

# Alliance for a Healthier Generation

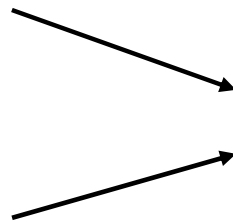
# Healthy Schools Program

Julie Garcia  
NM Relationship Manager



# Reversing the Trend

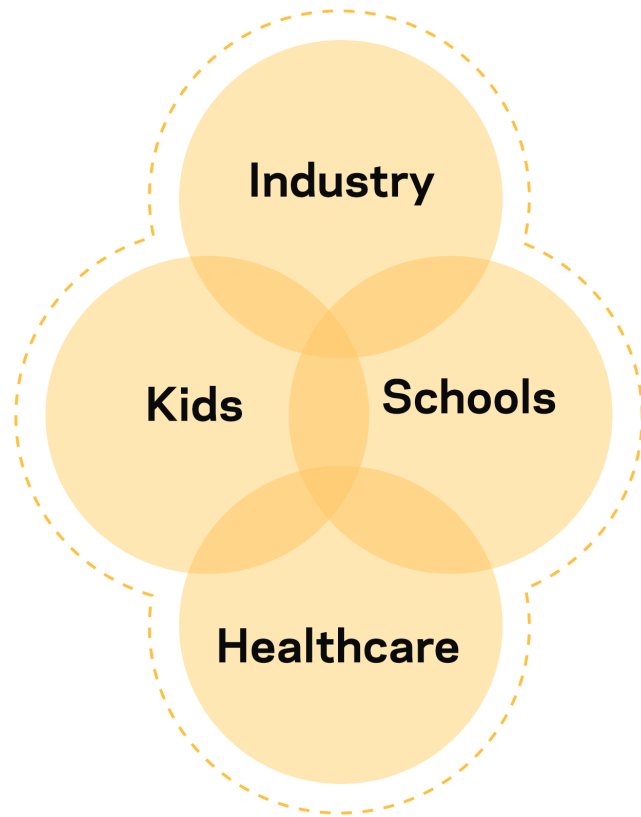
*To eliminate childhood obesity and inspire all young people in the United States to develop lifelong, healthy habits*



**Alliance  
for a  
Healthier  
Generation**



# Alliance for a Healthier Generation



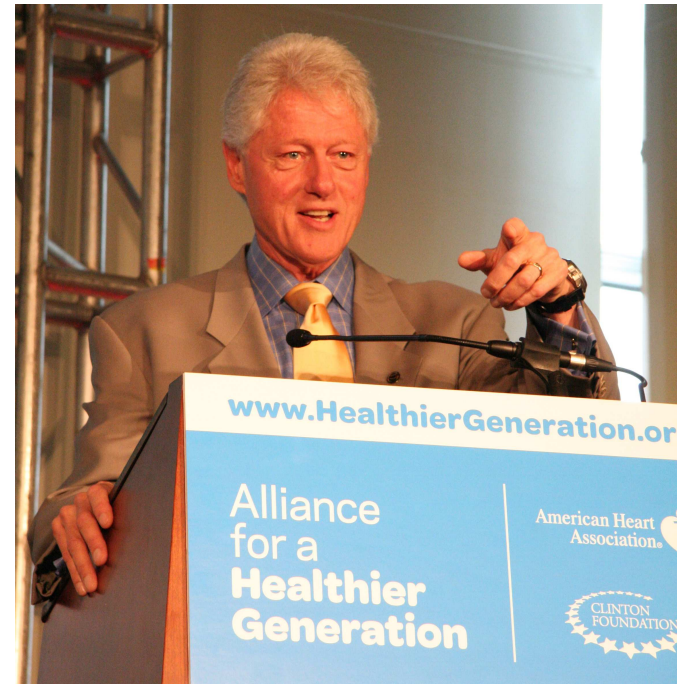
## Goal:

**To reduce the prevalence of childhood obesity by 2015 by fostering an environment that helps all young people pursue healthy and active lives**



# Healthy Schools Program Mission

The Healthy Schools Program is working to create a culture where schools that promote healthy eating and physical activity are the norm and not the exception.



# Why We Work with Schools

**25 Million** children and teens, about 1 in 3, are overweight or obese.

**Over 20%** of the U.S. population spend their day in the school environment.

**Good health and learning go hand in hand.**



Source: The Journal of the American Medical Association



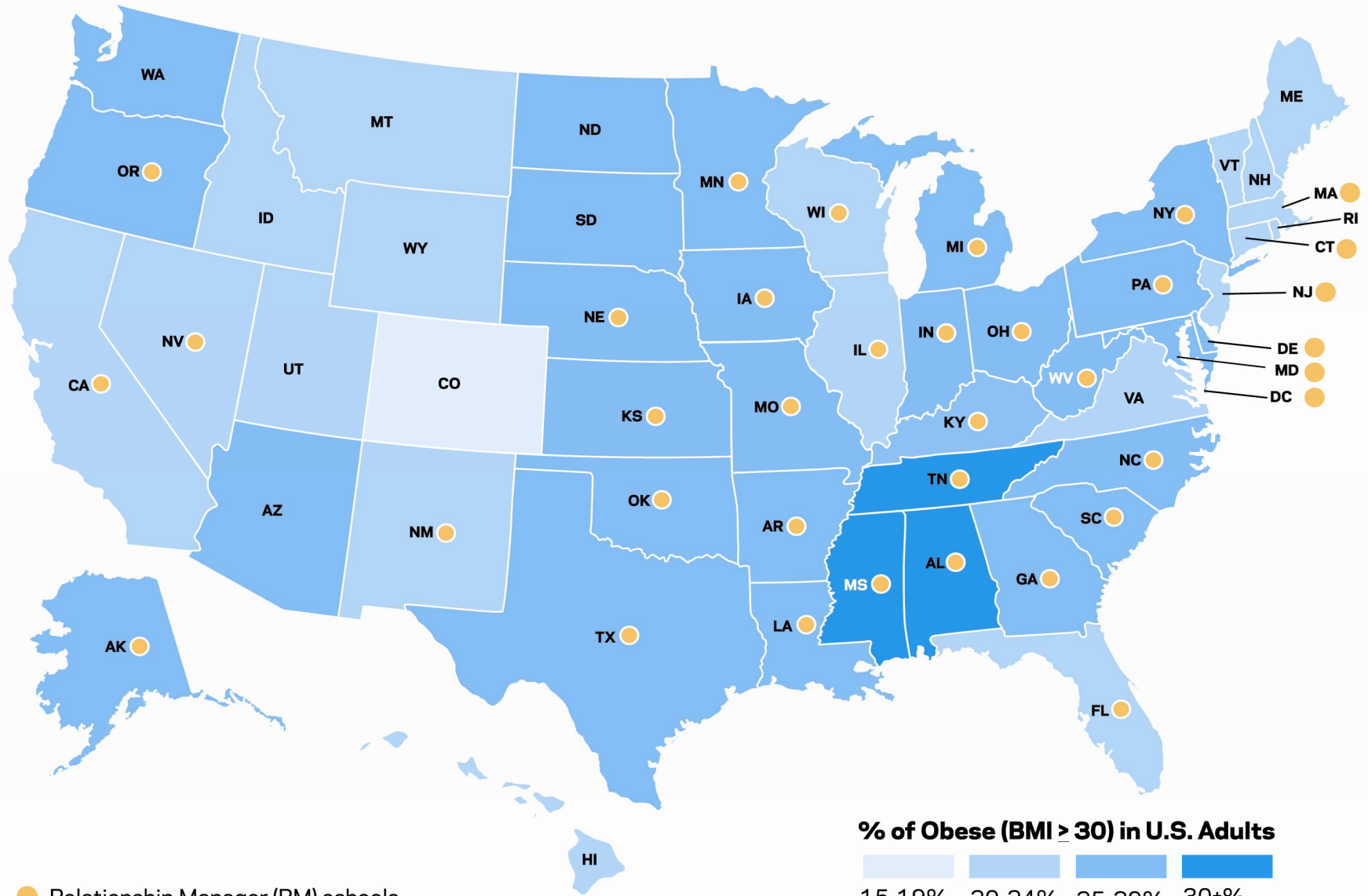


***“If schools do not deal with children’s health by design, they deal with it by default.”***

**Health is Academic, 1997**



# Healthy Schools Program Reach



# The Healthy Schools Program

- Helps schools comply with local/state wellness policy requirements
- Is committed to working with schools for multiple school years
- Provides Services at NO COST!



# As your Relationship Manager I will...

- **Guide** your School Wellness Council through the process of developing a healthier school environment
- **Broker** connections to local, state and national resources your school needs to implement your action plan
- **Showcase** your school's successes through our recognition program and communications strategies



# The Process

## *Six Steps to a Healthier School Environment*



① *Convene  
School  
Wellness  
Council*



② *Complete  
Inventory*



③ *Action Plan*



④ *Identify  
Resources*



⑤ *Take Action!*



⑥ *Celebrate  
Your  
Successes*



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# Ingredients for Change

Vision	Skills	Incentives	Resources	Action Plan	=	Change
	Skills	Incentives	Resources	Action Plan	=	Confusion
Vision		Incentives	Resources	Action Plan	=	Anxiety
Vision	Skills		Resources	Action Plan	=	Slow Change
Vision	Skills	Incentives		Action Plan	=	Frustration
Vision	Skills	Incentives	Resources		=	False Starts



# Physical Activity Opportunity

## A JAMMIN' MINUTE

Reps	Workout Routine: Seated Exercises
10	Raise and lower heels
10	Hands on hips, march your feet
10	Stand up, jump and sit down
10	Reach behind, opposite shoulder touch
10	Squeeze your bottom tight

### Health-E-tip

Calorie-saving tip: Stick to one serving of cereal. Use a measuring cup to accurately determine one serving of cereal and one serving of milk (check box for serving sizes). That's as much as 8,400 calories saved over 6 weeks, which is 2 1/2 pounds.

- Jammin' Minutes ([www.jamschoolprogram.com](http://www.jamschoolprogram.com))



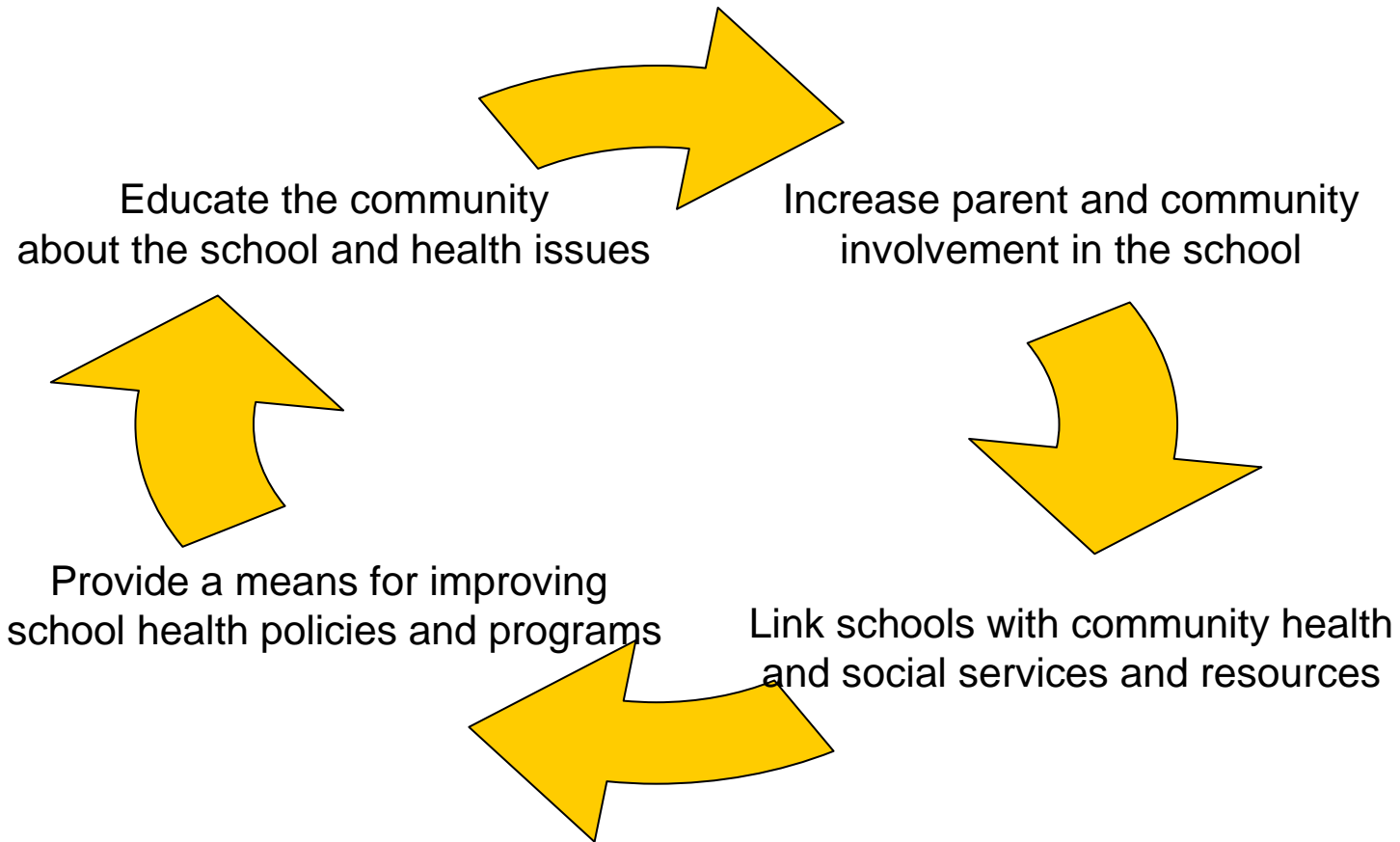
# What are School Wellness Councils?

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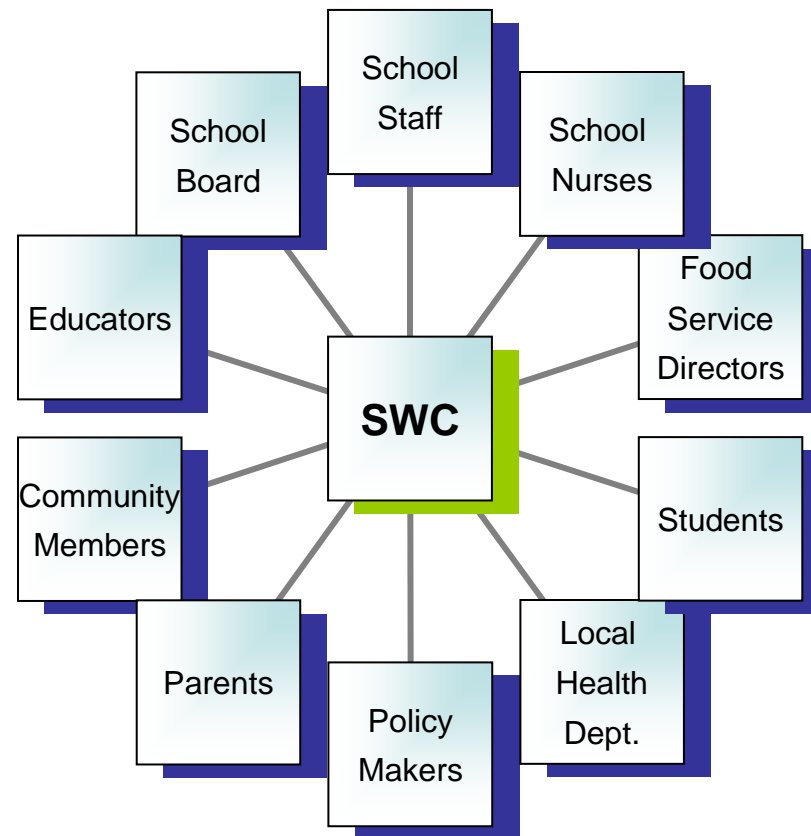
*A School Wellness Council (SWC) is a group made up of individuals who represent the school and community population. The SWC works together to lead and implement all aspects of the Healthy Schools Program.*



# Benefits of a School Wellness Council



# Possible Members of a School Wellness Council



# Physical Activity Break

## Electric Slide

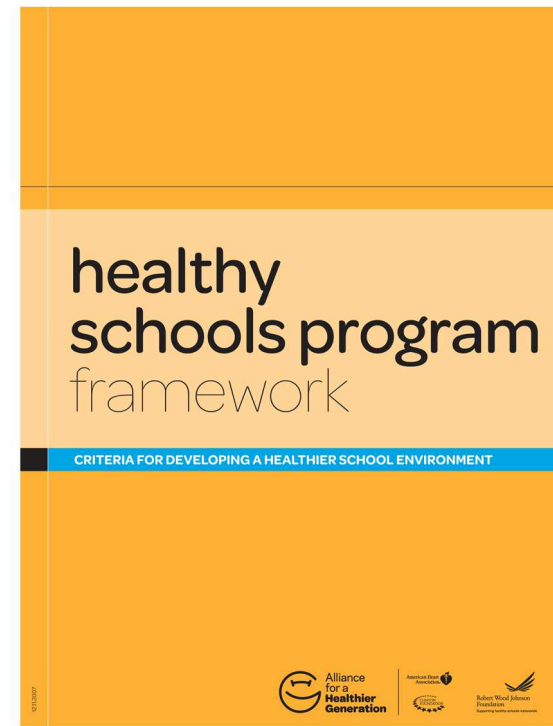
- Crossover to the Right (R) 4 times, then Left (L) 4 times
- Step back 4 times,
- Rock forward and back
- Turn to the right and repeat sequence from the top.



# Best Practices Framework

A set of best practice criteria that provide guidelines for a healthier school environment

- Policy & Systems
- Health Education
- Physical Education
- School Meals Programs
- Competitive Foods & Beverages
- Physical Activity
- Before & After school Programs
- School Employee Wellness



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# HSB Inventory



## Step 2: Complete Inventory



Policy	Meals	Comp. Foods	Health Ed.	Phys. Activity	Staff Wellness	Phys. Ed.	Afterschool	Results
<p>1. Our district has adopted a wellness policy that is consistent with the 2004 Congressional requirements.</p> <p><input type="radio"/> Yes</p> <p><input checked="" type="radio"/> No</p> <p>2. Our district or school has adopted administrative regulations (procedures/policies) that are aligned to our district wellness policy.</p> <p><input type="radio"/> Yes</p> <p><input checked="" type="radio"/> No</p> <p>3. Our school has convened a wellness council/committee.</p> <p><input type="radio"/> Yes</p> <p><input checked="" type="radio"/> No</p> <p>4. Our school's wellness council/committee meets at least every other month.</p> <p><input type="radio"/> Yes</p> <p><input checked="" type="radio"/> No</p> <p><input type="radio"/> Our school does not have a wellness council/committee</p>								



# Fact Finding Note Sheet



www.HealthierGeneration.org  
1-888-KID-HLTH

## Healthy Schools Inventory Fact Finding Note Sheet

This is a worksheet that your School Wellness Council can use to help answer the Healthy Schools Inventory questions. Helpful tips regarding whom in your school and district might have the answers are included, as well as examples of evidence needed to document achievement of the Healthy Schools Program Framework.

Inventory Question	People Who Will Likely Know	Evidence of Success
<b>Policy/Systems</b>		
Our district has adopted a wellness policy that is consistent with the 2004 Congressional requirements. <input type="checkbox"/> Yes <input type="checkbox"/> No	Principal District Food Service Director	Copy of the district wellness policy
Our district or school has adopted administrative regulations (policies/procedures) that are aligned to our district wellness policy. <input type="checkbox"/> Yes <input type="checkbox"/> No	Principal District Food Service Director	Highlight and label administrative regulations in the district wellness policy
Our school has convened a wellness council/committee. <input type="checkbox"/> Yes <input type="checkbox"/> No	Principal	Sign-in sheets for the school wellness council/committee



 = required item to complete for next level of Recognition

Action Steps	Importance	Feasibility	Sustainability	Priority
<b>POLICY/SYSTEMS</b>				
<b>2. The status of activities that support the implementation of our wellness policy are communicated at least annually to students, families and school staff.</b>				
<i>Action Step: Communicate the status of activities that support the implementation of the wellness policy at least annually to students, families and school staff</i>				
<b>3. Our school has convened a wellness council/committee that meets at least every other month during the school year.</b>				
<i>Action Step: Convene a wellness council/committee that meets at least every other month during the school year</i>				
<b>4. Our school's wellness council/committee includes and fosters the participation of representatives with the varying linguistic, cultural and socio-economic backgrounds of the student population.</b>				
<i>Action Step: Establish a wellness council/committee that includes and fosters the participation of representatives with the varying linguistic, cultural and socio-economic backgrounds of the student population</i>				
<b>5. Our school's wellness council/committee includes at least one student-family member representative as an active member.</b>				
<i>Action Step: Ensure the wellness council/committee includes at least one student-family member representative as an active member</i>				
<b>6. All parents and guardians have the opportunity to provide meaningful input to the development and implementation of school health and wellness activities</b>				

# Completed “sample” Prioritization chart:

<b>Policy/Systems</b>				
<b>Action Steps</b>	<b>Importance</b>	<b>Feasibility</b>	<b>Sustainability</b>	<b>Priority</b>
Dedicate a line item in the school budget for health and wellness	<b>Medium</b>	<b>Medium</b>	<b>Medium</b>	<b>Medium</b>
<b>School Meals Programs</b>				
<b>Action Steps</b>	<b>Importance</b>	<b>Feasibility</b>	<b>Sustainability</b>	<b>Priority</b>
Serve only whole grains daily at breakfast and lunch	<b>High</b>	<b>Low</b>	<b>High</b>	<b>High</b>
Offer an annual training program completed by ALL food service staff covering techniques to reduce fat, sodium, etc. in food preparation	<b>High</b>	<b>Low</b>	<b>Low</b>	<b>Low</b>



# Sample Action Planning Chart: Develop Your Plan



Action Steps	Steps to Achievement	Lead Person(s)	By When?	Resources	Evidence of Success
<i>Based on Prioritization Results</i>	<i>Steps that need to be taken to accomplish Action Step</i>	<i>Who will take responsibility to ensure steps are accomplished?</i>	<i>By what date will you accomplish action steps?</i>	<i>What resources are needed to accomplish action steps?</i>	1) <i>What evidence is needed to demonstrate achieving the HSP Framework Criteria?</i> 2) <i>What evidence is needed to demonstrate implementation of Steps to Achievement?</i>
Establish a School Wellness Council	<ul style="list-style-type: none"> <li>•Identify &amp; invite potential members</li> <li>•Schedule a meeting time</li> <li>•Conduct first SWC meeting to orient members</li> <li>•Hold SWC meeting every 6-8 weeks</li> </ul>	Joe & Janet  Joe & Janet  Joe & Janet  All	September 15 <sup>th</sup>   October 1 <sup>st</sup>		1) Roster of SWC members  2)SWC sign in & meeting agendas



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# Tapping into our Online Tools

- [Resource Database](#) which connects you to quality resources, grant opportunities and discounted materials
- [Implementation Toolkits](#) which provide a step-by-step guide to meeting the best practices criteria in the Framework
- [Professional Development Opportunities](#) for school staff to learn and network in our eight content areas
- [Product Navigator and Snack Food Calculator](#) to help schools select healthier options that meet the Alliance's Guidelines



# Resource Database and Materials

## Alliance School Beverage Guidelines Toolkit

### STEP 1: Understanding the Guidelines Go

Go here for an overview of the Guidelines and answers to frequently asked questions as well as lists of products that qualify.

### STEP 2: Adopting the Guidelines Go

Go here to learn how to make the Guidelines your district beverage policy and for ideas on how to gain acceptance from the decision-makers in your school and/or district.

### STEP 3: Implementing the Guidelines Go

Go here for answers to the most commonly asked questions regarding amending contracts, revenue concerns, working with your vendors, and changing the beverages offered to students in your schools.

### STEP 4: Marketing & Monitoring the Guidelines Go

Go here for ideas and best practices on generating acceptance of the Guidelines, encouraging purchase of new products, and communicating the changes to the school community.

## Resources

Welcome to our searchable Resource Database! To begin your search,

- ▶ Choose your topic of interest from the drop-down menu.
- ▶ Select if you would like to search resources available in a specific state or all locations (national).
- ▶ Resources will appear based on your search parameters. Each resource will include a linkable title and a source for the item listed.

Resource	Location	Category	Source
<a href="#">Healthy Fundraising Ideas</a>	National	Parent Resources Funding Opportunities	Alliance for a Healthier Generation/ National Parent Teacher Association
<a href="#">State Department: Funding Opportunities</a>	AZ	Funding Opportunities	State Department of Education
<a href="#">State Department: Funding Opportunities</a>	CO	Funding Opportunities	State Department of Education
<a href="#">State Department: Funding Opportunities</a>	FL	Funding Opportunities	State Department of Education



# Professional Development Opportunities

## WEBINARS


Short for a Web-based seminar, a webinar is a presentation and/or workshop that is shared over the Web while participants listen to audio through their phone, at no cost.

### Webinar Schedule

Short for **Web-based seminar**, a webinar is a presentation and/or workshop that is shared over the Web while participants listen to audio through their telephone (conference call and online presentation all at once--at no cost).


The Alliance team connects you with the experts who will answer your questions and bring you new insights as you work toward a healthier school environment. The best part, all you need is a telephone and a computer connected to the Internet -- a cadre of experts will *virtually* join you at your desk.

Simply **click** on a category below to view the upcoming webinars in that area!

 [Healthy Schools Program Overview and Showcasing Resources](#)

 [Steps to a Healthier School Environment \(6 Steps\)](#)

 [School Employee Wellness](#)


 [Physical Activity](#)

 [Physical Education](#)

 [Health Education](#)

 [Before/Afterschool Programs](#)

 [Policy/Systems](#)

 [Competitive Foods & Beverages](#)

 [School Meals](#)



# Healthy Schools Program Resources

Biweekly newsletters filled with useful tools and resources for creating a healthier school environment



IN THIS ISSUE	
2	Teachers Take Advantage of Local Treasures AT TREASURE ISLAND ELEMENTARY
2	Small Change Makes Big Impact AT NORTH CHANAR ELEMENTARY
3	A Healthy Lunch with the Principal AT ALMA SCHROEDER ELEMENTARY
3	Walking the Green AT FLAMM ELEMENTARY
4	School Nurses Stay After School to Get Kids Moving! STONCHARD FARM ELEMENTARY
4	Cherry Tree Puts the "Fun" in Fundraiser AT CHERRY TREE ELEMENTARY

Success Story No. 1  
**Brooklyn Students Walk Across America After School**  
 P.S. 503  
 BROOKLYN, NEW YORK

P.S. 503's Walk Across America Club integrates physical activity and learning across curricular areas as part of a creative after-school program. Students walk with pedometers and have the opportunity to study geography, math, history, practice their writing, create charts and graphs, and learn healthy habits. P.S. 503 earned 747 students in grades K through 5th grade in the Brooklyn neighborhood of Sunset Park.

With new principal and a new strategy for success, the faculty and staff have been working towards improving the health of their school across the board. The Walk Across America program is the creation of PE Teacher Maureen Bieaty, who proposed that the program be included in the school activities budget. Students meet with Mr. Bieaty after school and walk around the school wearing pedometers. Students take the sum of all steps and plot their progress on a large map displayed on the wall in the classroom.

At the first milestone city, Philadelphia, the students sent postcards to the principal or their teacher telling them what they learned about the city they were visiting. When they reached the Heartland, the students set their goal for the year: reaching Hollywood. The students convinced Ms. Bieaty



to let them wear the pedometers home so they could log more miles and reach their goal faster. When they arrived in Hollywood at the end of the year, the school's art teacher created a special replica of Grauman's Chinese Theater and the students walked the red carpet at their very own movie premiere event.

Courtesy of P.S. 503



Innovative and inspiring stories from schools across the country



# National Recognition Award



- Awarded to schools meeting best practice criteria in the Healthy Schools Program Framework
- Framework Criteria are reviewed annually by the Healthy Schools Program's Expert Panel.
- Awards can be earned at the bronze, silver, gold and platinum levels
- To earn an award, a school must meet at least that level in all eight criteria areas
- Application for recognition may be submitted at any time



# Product Navigator and Calculator

## Healthy Schools Product Navigator

Welcome to the Healthy Schools Product Navigator! Use this free tool to create a shopping list of foods that meet the Alliance's healthy snack guidelines for schools. Just browse the catalog, add items to your shopping list, and print.

### Browse By Category

#### Bars / Bites

Granola Bars, Energy Bars, Breakfast Bites, Breakfast Cookies

#### Dairy

Yogurts, Drinkable Yogurts, Yogurt Smoothies

#### Snacks

Chips, Nuts, Pretzels, Crackers

#### Soup

Canned Soups, Dry Soup Packets, Frozen Soups

#### Cookies, Desserts

Cookies, Gelatins, Puddings

#### Beverages

[Click Here](#) for drinks that meet our beverage guidelines?

### My Shopping List

Total Items in List : 0

VIEW LIST

PRINT LIST

View All Products

View All Companies

Healthy Schools Product Calculator

## Healthy Schools Product Calculator

Use the Healthy Schools Product Calculator to determine if a snack food or side item meets the [Alliance's Guidelines for Competitive Foods](#). *Note: The results appear below in box three.*

### 1. What Is The Product?

- Fresh Fruit and/or Vegetable
- Dried Fruit
- Fruit in Own Juice
- Fruit in Syrup
- Vegetable in Sauce
- Fried Vegetable
- Yogurt, Drinkable Yogurt, Cottage Cheese
- Nuts and Seeds
- Soup
- Egg and Cheese
- Other

### 2. Enter Product Information

#### Nutrition Facts

Serving Size	0 g ( 1 oz = 28.35 g )		
Amount Per Serving			
Calories	0		
Calories from Fat ( 1 g of fat = 9 cal )	0		
Total Fat	0 g		
Saturated Fat	0 g		
Sodium	0 mg		
Potassium	0 mg		
Carbohydrates			
Dietary Fiber	0 g		
Sugars	0 g		
Protein	0 g		
Vitamin A	0 %	Vitamin C	0 %
Vitamin E	0 %	Iron	0 %
Calcium	0 %	Magnesium	0 %
Folate	0 %		
<input type="checkbox"/> fat free or low fat dairy <input type="checkbox"/> 1/2 serving of fruit/vegetables			

**CALCULATE**



# What We Ask of You

- Designate a school level contact
- Build and maintain a School Wellness Council that meets at least every other month
- Actively participate, engage, communicate and support others in your school who are working to create a healthier school environment
- Implement the 6 Step Process for Creating a Healthier School Environment



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**[www.HealthierGeneration.org/schools](http://www.HealthierGeneration.org/schools)**

**“Never doubt that a small group of thoughtful,  
committed citizens can change the world.  
Indeed, it is the only thing that ever has.”**

**- Margaret Mead**

