Thirteen Oregon schools made the Alliance for a Healthier Generation 2017 list of America’s Healthiest Schools for promoting healthier eating and physical activity for students and staff.

Silver Awards
• Floyd Light Middle School, Portland
• Ron Russell Middle School, Portland

Bronze Awards
• St. Paul Elementary School, St. Paul
• Brookwood Elementary School, Hillsboro
• Earl Boyles Elementary School, Portland
• Eastwood Elementary School, Hillsboro
• Lincoln Park Elementary School, Portland
• Menlo Park Elementary School, Portland
• Minter Bridge Elementary School, Hillsboro
• Mooberry Elementary School, Hillsboro
• West Powellhurst Elementary School, Portland
• Witch Hazel Elementary School, Hillsboro
• Elk Meadow Elementary School, Bend

Healthier Generation recognizes schools that meet or exceed stringent standards. Standards include serving healthier meals and snacks, getting students moving more, offering high-quality physical and health education and empowering school leaders to become healthy role models.

Free resources, tools and experts are available. To learn more about the Alliance for a Healthier Generation’s Healthy Schools Program visit schools.healthiergeneration.org.

Improving student performance and advancing health and wellness were the primary themes discussed at the Learning Connection Summit at Central Point Elementary School on October 26.

“Advancing a culture of wellness in the Rogue Valley will help improve student achievement and contribute to the vitality and health of our region,” said Cheryl Kirk, Nutrition Instructor for Family and Community Health/SNAP-Ed, Oregon State University Extension.

Summit participants left inspired, more deeply connected and committed to advance school and community wellness with time and resources over the next year and beyond.

For more information, go to:

Nearly 300 schools participated in October’s Walk+Roll to School Day. Congratulations Oregon Schools! West Tualatin View ES increased health and safety with 92% of students getting involved.

Keep momentum going with fun events - Resolution Walks in January, I Heart February, Marching Madness and April’s Spring Steps can roll right into May’s Walk+Bike Challenge Month.

Check out Oregon’s new SRTS website for tips and resources to promote events to keep us all moving!
Congratulations to the 81 schools that participated in the 2017 November School Breakfast Challenge. Winning schools below increased breakfast participation by an average of 30%. That’s a lot of students ready to learn!

- McNary Heights Elementary, Umatilla
- Baker Middle School, Baker
- Fullerton IV, Roseburg
- Lake Creek Learning Center, Eagle Point


Nutrition Services Director, Debby Webster, says “When students and staff are active in fitness and physical activity, we are able to work harder and stronger. Their minds and bodies are ready to have a productive learning day.” Rainier School District partnered with OEA Choice Trust to fund fitness classes like yoga for teachers and staff. Students are moving more with Physical Activity Toolkits provided through partnership with OSU Extension.

Nutrition Services reports consumption of lunches has increased and there is less food going to waste.

**sweet carrot bread or muffins**

**INGREDIENTS**

1 cup sliced carrots  
(about 1 can (14.5 ounces) or 2 to 3 fresh carrots)  
2/3 cup packed brown sugar  
1 egg lightly beaten  
1 cup nonfat or 1% milk  
1 tsp cinnamon  
2 cups baking mix  
(biscuit or pancake mix)  
3/4 cup raisins or other dried fruit  
(optional)

**DIRECTIONS**

Preheat oven to 350 degrees. Prepare baking pans. If making a loaf, lightly spray or oil and flour a 9x5 bread pan. If making muffins, lightly oil or spray a muffin tin.

Cook carrots until they are very soft.

- Fresh - Steam or boil.
- Frozen - Follow package directions or microwave, steam or boil.
- Canned - Rinse and drain.

Mash carrots well with a fork or potato masher, or use a blender or food processor to puree until smooth.

In large bowl, mix carrots with brown sugar, egg, and milk until well blended. Add remaining ingredients and mix well.

Pour batter into prepared bread pans or fill 12 muffin cups about 2/3 full.

Bake bread for 50 minutes or muffins for 18 to 20 minutes, until a fork or knife inserted in center comes out clean.

Let cool slightly then remove from pans. Cool completely then store in an airtight container at room temperature.

Notes: Make your own baking mix called Master Mix. www.foodhero.org

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**about this newsletter**

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations:

- Alliance for a Healthier Generation
- Healthy Kids Learn Better
- OEA Choice Trust
- OHA, Public Health Division
- Oregon Action for Healthy Kids
- Oregon Dairy and Nutrition Council
- Oregon Department of Education
- Oregon Public Health Institute
- Oregon School Nutrition Association
- OSU Extension Family & Com. Health
- Multnomah Co. Community Wellness and Prevention Program

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**additional resources**

- National School Breakfast Week, March 5-9
- Oregon School Employee Wellness Conference, March 25-27  
  www.oeachoice.com/news-events
- Fuel Up To Play 60 Grant applications accepted April 2018  
  odncouncil.org/category/fuel-up-to-play-60 and www.fueluptoplay60.com
- Every Kid Healthy Week, April 23-27  
  www.actionforhealthykids.org
- Screen Free Week, April 30- May 6  
  www.commercialfreechildhood.org
- May is Walk + Bike Challenge Month  
  www.oregonsaferoutes.org
- Oregon Summer Food Programs  
  www.summerfoodoregon.org