

School Wellness

Newsletter

Spring into
Fitness

Spring
2018



winning with wellness

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.



Healthy Schools Program



rogue valley learning connection summit

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:

<http://bit.ly/2EIHINP>



walk+roll success throughout the year!

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!

healthy schools for kids.

rainier schools help rural families get fit

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**

Service. Teachers are encouraged to include short “wiggle breaks” throughout the day. For the last 3 years the school scheduled recess before lunch. This strategy encourages students to run and play before the meal is served. When it comes time for lunch they are ready to eat instead of rushing out the door to the playground. Nutrition Services reports consumption of lunches has increased and there is less food going to waste.

let's do breakfast

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

Get ready for 2018 by visiting www.oregonhunger.org/breakfast-challenge.

sweet carrot bread or muffins

INGREDIENTS

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

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

additional resources

National School Breakfast Week, March 5-9

Oregon School Employee Wellness Conference, March 25-27

www.oechoice.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

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