

Healthy Schools Healthy Students

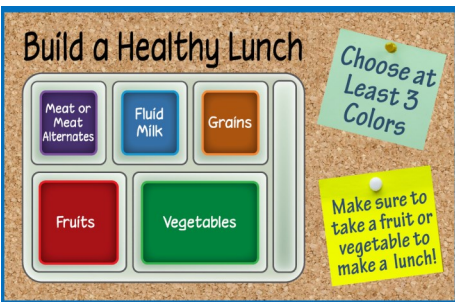


Build a Healthy Lunch Posters

The Build a Healthy Lunch posters have been updated with a new look! If you would like some printed copies please send an e-mail to carrie.scheidel@iowa.gov with

mailing address and interested quantity. The posters can be downloaded and printed if you are interested in different sizes.

[Click here!](#)



Today is National Wear Red Day! Heart disease and stroke cause 1 in 3 deaths among women each year, more than all cancers combined. However, 80% of all cardiac events can be prevented with lifestyle changes. February is a month to show love for others, but also a time to learn about your heart health and what you need to do to live a heart healthy life. Be Well! Carrie



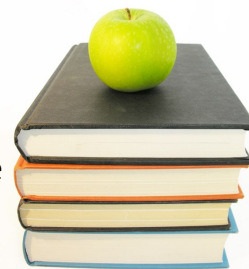
Cross-Age Teaching

Cross-age teaching provides a unique experience where high school students positively use their influence to educate their younger peers with visits to the classroom. The NE Iowa Farm to School program provides an interactive opportunity through monthly lessons that includes taste testings of local foods. Want to see what cross-age teaching looks like? [Click here](#) for a video of Turkey Valley students in action! For more information contact Teresa Wiemerslage at wiemer@iastate.edu.

It's a Team Effort Webinar

On Tuesday, February 9th from 3:30-4:30pm a webinar will be held for elementary teachers and school staff that will include strategies to incorporate more nutrition education and physical activity into the school day. Ideas will be shared on how to make it happen while making it fun and enhance learning at the same time! Participants will learn about free resources from Team Nutrition and tips for school wellness success. Presenters include: Anne Cundiff RD, LD FAND and Kathryn Thompson RDN, LD from the Academy of Nutrition and Dietetics.

[Click here to register!](#)



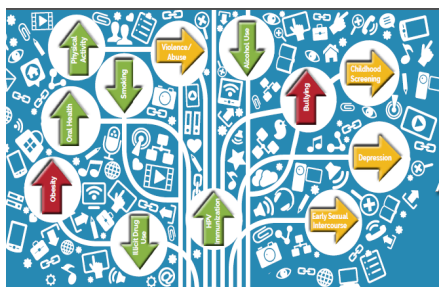


MyPlate eBooks

The Two Bite Club and Discover MyPlate: Emergent Reader Mini Books are now available as eBooks! These [free eBooks](#) teach young children about the *MyPlate* food groups and include interactive features to test comprehension and make learning fun. Each eBook includes audio narration that highlights the text as it's read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes. We invite you to download these and share them with pre-school or kindergarten age children. Available for download using: iOS devices via iBooks, Android devices via the free eReader application Kobo, and personal computers via the eReader Radium, using the Google Chrome Web browser.

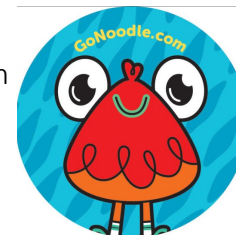
Life Course Resource

The Iowa Department of Public Health created an interactive tool that focuses on 12 “upstream” indicators related to adolescent health that can positively affect health outcomes later in life called the “Life Course Application”. The tool provides Iowa data as it compares to the national average, talking points that can help a school nurse engage in conversation with a student and provide supplemental information such as current trends and links to resources. To view the interactive resource, [click here](#).



Go Noodle Behavior Incentive

Go Noodle is a free, on-line program that helps teachers get kids moving with short interactive activities. A [first grade teacher blogged](#) about how she uses the in-class activity break program as a behavior incentive.



Count down to Go Noodle: Sometimes it can be difficult to remember to move with everything that needs to be completed in a school day. Having a countdown to a GoNoodle video can help with this, and provide a behavior reward that is visible to students! This can be done by picking a number for a countdown, as you get through your tasks cross off the numbers, once they are all crossed off it's time for a Go Noodle break!

Go Noodle Champ: You can create another behavior incentive for a student to become the Go Noodle champ who gets to select the video.

For more ideas [click here](#).

Iowa Youth Institute

The World Food Prize Iowa Youth Institute is inviting high school students from every high school in Iowa to participate in its day-long program at Iowa State University on April 25. The event aims to inspire the next generation of leaders and offers students an opportunity to explore academic and career paths in fields related to STEM, food, agriculture and global development. To participate, students select a challenge facing a particular country, and write a three- to five-page paper explaining the issue and outlining potential solutions. It is offered at no cost to teachers or students. For more info, [click here](#).



Fuel Up to Play 60 Iowa Rewards Summit

The 2016 Rewards Summit will be held at University of Iowa on April 26. Participants will get to have a once in a lifetime experience:

- Participating in Skills and Drills at Kinnick Stadium
- Interacting with University of Iowa Student-Athletes
- Touring the Locker Rooms and press box area
- Interacting with a dairy farmer from Iowa
- Having a visit from Herky

To be eligible to be chosen for this experience, schools must reach Touchdown Status by March 1, 2016. Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council, Midwest Dairy Council and the NFL in collaboration with the USDA. It's not too late to complete your six steps at www.FuelUptoPlay60.com! If you would like some helpful tips, please contact Jen Ransom at jransom@midwestdairy.com.



Action for Healthy Kids Webinar - How to Host a Health & Wellness Fair: Steps to Success

Wednesday, February 10, 2016 - 3:00PM - 3:30PM

Join Action for Healthy Kids to learn key steps to success for hosting a health and wellness fair at your school. Whether you're a health fair veteran or you've never planned a fair before, you'll walk away with tips, tricks and tools to implementing a successful health & wellness fair for your school and community.

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