

#1

Britton-Macon Area School, Britton, MI
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- Student Wellness Team was formed, June 2006
- All pop machines were removed, August 2006
- All junk food was removed, August 2006
- New refrigerated carousel vending machine was purchased, August 2006 so that a variety of nutritious food could be provided
- Healthier foods were added to the lunch menu for the 2006-2007 school year
- Student Wellness Team conducted healthy taste testing in October 2006 to over 200 M.S. and H.S. students. Fourteen taste testing stations were available to try and vote on. This gave students the opportunity to see what foods they liked that were also nutritional a well, letting them know that their opinion counts. This helped make the change to healthier eating a more positive change.
- Student Wellness Team purchased physical activity equipment for elementary students with grant money. This was a way to show younger students that physical activity could be fun. They showed off the equipment at the Elementary Open House in September 2006 by conducting fun obstacle courses that students could participate in. Over 300 students participated in the obstacle courses.
- The Student Wellness Team started Fun Day Fridays for 1st – 5th grade students. Every Friday at lunch time, a different fun activity is available for students to participate in if they would like to. High school students run the program.
- Better choices have been implemented in the classrooms for class parties.
- The Student Wellness Team received permission from administrators to have a Student Wellness Lounge that will be open for the 2007-2008 school year. The lounge will be available to high school students to come and relax or to hold meetings. IN the room there will be computers with nutrition website links, wellness magazines, wellness brochures, etc.
- Completed HSAT, summer 2006.
- School Wellness Team attended Youth Summit in Battle Creek in October, 2006.

#2

Anonymous

- Walking Clubs
- Healthy Lunch – visuals and storyboards that reinforce the “superfood” of the month. Samples are provided by food service. This is implemented in the cafeteria during lunch period.
- Chef to be Academy – series of classes that provide nutritional education and a cooking experience (math – measurement worksheets incorporated into the program). This group also provides snacks for the school board meetings.
- Youth Advisory working with food service (taste testing for healthier foods, etc.).
- Summer and after school – nutrition series and food lab.

#3

Healthy Health Lunchroom Food Tags

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DHD #10 has piloted a shelf top system highlighting 200 heart healthy foods. This year, White Cloud Jr. / Sr. High School and Jack Jones Elementary used the same heart to identify healthy foods in February 2007. Low-cost, low-technology community partnership. Pictures and video available.

#4

Genesee ISD – PEA (Physical Education Association, P.E. teachers k-12)

Al Craven, School Health Consultant, Genesee ISD

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- Meet 4X per year for Professional Development (Sept. Nov., Feb., May)
- Objectives (1) updates from ISD, (2) sharing between teachers, (3) address various related issues (e.g. legal issues, safety standards and benchmarks assessment, health issues, curriculum obesity issues, etc.).
- ½ day with lunch provided and teacher substitute costs covered
- 60-70 teachers, k-12 attend each meeting

#5

Jackson County ISD

Kristan Pierce, MPH, RD

Health Educator/Community Health Coordinator (Program Coordinator for Health 4 Youth)

Foundation for a Healthy Community

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- Jackson Public Schools – coordinated school health teams at all schools. Local wellness policies being implemented. Using Healthy School Action Tools – have assessed each school and are implementing changes in all areas.
- Foote Hospital's Foundation for a Healthy Community is partnering to provide a health education pilot program for 4th and 5th graders at several districts in the JCISD – 12 lessons based on and using the Michigan Model for Health curriculum in the areas of nutrition, physical activity, and tobacco prevention. These will be taught by trained health coaches (RDs and fitness specialists). We will also be providing parent sessions at each school and sending home materials to families. We have matched control and intervention schools – only the intervention schools will receive the lessons. All students will be assessed using a reliable health behavior questionnaire and height and weight and will be periodically reassessed throughout the program and 2-3 years following. This Health 4Youth program is partnering with programs already in the schools, including Mileage Club, Girl Quest and Boy Quest. We are also piloting a family weight management program focused on nutrition, physical activity, and behavioral aspects of eating, including family dynamics – for families with children who are at risk for or overweight, aged 7-11 (taught by RDs and an MSW).