



What's up with Wellness?

November 2011



Food Service Directors: Jodi Hollister (New Hampton) & Pat Echard (MFL MarMac)



Tasty. Homemade. School Lunch. Yup! A tasty, homemade school lunch prepared at the 5th Season Workshop!

Inside...

***Wellness Updates from 16 schools throughout Northeast Iowa.**

***Features about the most recent Youth Meeting, FoodCorps, Yoga, the 5th Season Workshop, and more!**

Many ingredients go into making healthy kids. Two of the most important are good food and physical activity. Most children today don't get enough of either, and the result is an increase in chronic illness, including Type II diabetes and childhood obesity.

Schools are the public tables, at which many of our children eat two or even three meals a day. By offering healthy food, such as salad bars and other fresh, local options, schools can have a direct impact on the health and wellbeing of our kids.

School is also a place that children spend a good portion of their waking hours. Increasing the amount of physical activity they get while there, or through school-related events, can go a long way toward reversing the negative health trends that have become prominent in the last decade.

In Northeast Iowa, we are working vibrant places that serve locally grown opportunities for physical activity



Making the healthy choice, the easy choice.



Face your Plate.

Youth Meeting

Youth FFI reps attended a workshop focused on the concept: “Food has Value.” Youth, Youth Coaches and 4-H County Youth Coordinators participated in interactive stations—*Would you Rather?*, *Face your Plate*, and *Share the Wealth: A Shopping Drama*. At each station students explored a variety of scenarios and questions. Participants were encouraged to think about the value of consuming whole, fresh foods and shopping locally. Youth and adults were also given food investigation journals. They will share their reflections at the next youth meeting with a “panel of professionals.” Panelists will include food service directors, local farmers and food procurement specialists. A similar workshop could be replicated for active living or fitness.

School Updates:

Central of Elkader:

- ❖ K-3rd grade school students sampled [black bean brownies](#). Sonja Arneson-Ecklund, the FFI Resource Contact, served Central’s cafeteria at once, and most everyone agreed it was “the best brownie I’ve ever had...” Arneson-Ecklund has baked over 500 this past month!
- ❖ Arneson-Ecklund also taught a nutrition lecture to Deb Walz’ Home Ec. Class about basic nutrition principles. She also brought in a pan of homemade black bean brownies. 😊

Decorah:

- ❖ A group of 20 high school students are spearheading a weekly Nutrition and Fitness club with the assistance of English teacher Dana Hogen. Students from Carrie Lee and John Cline walk to the Decorah High School campus and participate in a physical activity, enjoy a healthy snack and learn a wellness lesson from high school students. Some of the activities include kid-friendly yoga and learning about how much sugar is in soda. There are approximately 70 kids registered, requiring lots of helping hands, and energetic attitudes.
- ❖ The group of Decorah cross-age teachers have taught 11, 2nd and 3rd classrooms at John Cline and Carrie Lee Elementary Schools about broccoli and beans.
- ❖ Middle school students at St. Benedict’s School in Decorah are also serving as cross-age teachers. They have taught lessons to the 2nd and 3rd grade school students. While sampling broccoli a 2nd grade student exclaimed, “I could eat 5,000 broccoli florets!”

MFL MarMac:

- ❖ Sonja Arneson-Ecklund helped organize a survey for parents to gather feedback about how many times chocolate milk should be served at school.

New Hampton:

- ❖ Staff in the New Hampton School District have been encouraged to embrace a new healthy change each week as part of their [Live Healthy Iowa](#) campaign. Teachers at New Hampton High School had a great time high-fiving each other for completing the first challenge— make five positive comments a day! Other challenges have included adding whole grains, increasing cardio workouts, and getting 6-8 hours of sleep a night.

New Hampton continued on page 3...

Cross-Age Teaching Update

This past month, students participating in the cross-age teaching program at Oelwein and Turkey Valley hopped to the beat of dry beans. Students reached their hand into a brown paper bag. Depending on the bean they selected, high school and elementary school students would hop on one foot, do jumping-jacks or run in place.

During the lesson at Turkey Valley, one elementary school student shouted out "I like dried beans!" High school students taught younger students how dried beans help their bodies. Beans help keep you "regular", as they have a lot of fiber. Students could also identify the names of dried beans in the bag: garbanzo, black, pinto, kidney, and lima beans.



Turkey Valley Elementary School students learn about broccoli from cross-age teachers. Students tried to guess if broccoli was raw, steamed or boiled by reaching into a paper bag. Students sampled raw broccoli to conclude the lesson.

5. # of schools participating in cross-age teaching.

1000. # of people who participated in [Driftless Safari](#)

16.

of schools that completed an Action Plan for the 2011-2012 school year..

Oelwein:

- ❖ The Iowa Department of Public Health [Pick a Better Snack](#) program is well underway at Oelwein. Stephanie Conant, the FFI Resource Contact, is responsible for teaching nutrition education lessons with former FFI AmeriCorps service member, Heather Pecinovsky.
- ❖ Cross-age teachers in Oelwein prepare for their lessons in the FFA class. Way to be resourceful!
- ❖ Every month kindergarteners participate in Food & Fitness Friday's. This month they're sampling homemade squash soup.

7. # of resource contacts with FFI.

14,030.40. \$ spent on local food by area schools during the 2010-2011 school year.

New Hampton continued...

- ❖ Construction of New Hampton High School's second greenhouse is well underway. Industrial tech students are helping construct a storage shed near the greenhouse, and other students learned how to pour concrete for the base of the greenhouse.
- ❖ G.I.S students from Luther College recently mapped the city of New Hampton for sidewalk quality and safety. This is part of the region-wide [Safe Routes to School](#) program.
- ❖ The New Hampton Food and Fitness Youth Team is discussing plans to sell healthy meal options at wrestling meets and basketball games.

North Fayette:

- ❖ The North Fayette Walking Club has 7 members. Thus far they've walked 110 miles. Members are strategizing on how to increase student involvement.
- ❖ The North Fayette Wellness Team is applying for [Fuel Up To Play 60](#) and the [Whole Kids Garden](#) grants.
- ❖ Leah Chapman, the FFI Resource Contact, is planning healthy breakfast taste-tests at North Fayette High School and a cafeteria taste-test at the West Union Center.
- ❖ The North Fayette Youth Food and Fitness Team will do nutrition lessons at the West Union Center.
- ❖ North Fayette senior, Kaylee Michelson, organized a F.E.E.S.T dinner on November 20th with help from Postville senior, Alex Enyart.

North Winneshiek:

- ❖ Sonja Arneson-Ecklund, the FFI Resource Contact, made purple and green smoothies for pre-K students. Each student was assigned a job, such as pouring juice or adding fruit. About half of the students liked the purple smoothies, which contained fruit, juice, and milk. The green smoothie included fruit and a little kale. This was Arneson-Ecklund's first time working with pre-K kids. It was a good learning experience. Her plans for next time? Use less ingredients, serve smaller samples, and call the green smoothie a fun name like the Shrek or the Hulk!

Postville:

- ❖ Elizabeth Makarewicz, the FFI Resource Contact, is doing a fitness activity with Lisa Snitker's kindergarten class every other Monday. The first lesson was an interpretive reading of *The Gingerbread Man*, complete with lots of stretching, twisting, and jumping.
- ❖ The planning has already started for the Postville community/school garden! This spring the garden crew hopes to expand the space devoted for the school, build raised beds and an outdoor station for washing vegetables.
- ❖ Food Service Director Laurie Smith, Title 1 Reading teacher Denise Imoehl, and Makarewicz attended the Allamakee County [Live Healthy Iowa](#) meeting on November 16th. The wellness team and PE classes will begin a 100-Day Wellness Challenge.
- ❖ Postville senior, Alex Enyart, organized a F.E.E.S.T dinner on November 20th with help from North Fayette senior, Kaylee Michelson.

Riceville:

- ❖ The Riceville wellness team is looking at expanding options for their salad bar to include soups, trail mix, in addition to different fruits and vegetables.
- ❖ The school board approved plans to move the school garden. The new location will be on school grounds for increased access and visibility.
- ❖ The Food & Fitness youth team is making plans to continue teaching lessons on food to elementary classes. Potential topics include portion sizes and sugar content in beverages.

St. Joseph's:

- ❖ The St. Joe's Food and Fitness Youth Team has discussed adding several healthy options to the concession stand during athletic events.
- ❖ Afterschool fitness activities have been very well-received by students and staff. The Youth Team wants to organize additional activities for the winter and spring. They would love to do a snowman-building contest.
- ❖ For November's Whole School Wellness Activity, students started the day by running relay races through the halls!
- ❖ Food Service Staff are experimenting with garbanzo beans. They've made [hummus](#) and have the beans on the salad bar for students to try.

Starmont:

- ❖ Elizabeth Makarewicz, the FFI Resource Contact, made cornbread for Starmont's *After-School Program* prior to Thanksgiving. She would like to start talking to kids about food-sheds, or everything between where food is produced and where food is consumed. How is she planning to teach kids? Draw circles! *How can you make your circle smaller?*
- ❖ Makarewicz will also teach two 40-minute lessons on *Veggies in Desserts* in Family and Consumer Science Teacher Jan Murray's classroom.
- ❖ Jan Murray's section of *Child Development* will start cross-age teaching this winter.

South Winneshiek:

- ❖ There are healthy options at South Winneshiek's sporting events! Look for turkey sandwiches at concession stands.
- ❖ Sheryl Holien's health classes including lots of exposure to new foods. She recently made homemade applesauce for her students to try.
- ❖ South Winneshiek has a "non-athlete fitness room" for those students who are not in a sport.

Have you heard about the new national service program doing great things to help your community?



Hello, FoodCorps!

Their Mission:

We envision a nation of well-nourished children: children who know what healthy food is, how it grows and where it comes from, and who have access to it every day. These children, having grown up in a healthy food environment, will learn better, live longer, and liberate their generation from diet-related disease.

We envision a bright future for our Service Members: emerging leaders who, having invested a year of public service creating healthy food environments for children, will go on to become farmers, chefs, educators and public health leaders. These visionaries, armed with the skills to improve school food, will improve all food.

Info. & graphic courtesy of: <http://www.foodcorps.org>



Turkey Valley:

- ❖ Pre-K- 6th graders participated in a pumpkin day activity. Every teacher brought their Crock Pot and tried cooking a pie pumpkin. Students sampled the cooked pumpkin and pumpkin bread.
- ❖ Stephanie Conant, FFI Resource Contact, did a lesson on President Abe Lincoln, who declared Thanksgiving a national holiday.

West Central:

- ❖ West Central Wellness Team is hosting its first "Rec. Night" on December 19th. High School students will be responsible for healthy snacks.
- ❖ West Central Wellness Team is applying for [Fuel Up To Play 60](#) and the [Whole Kids Garden](#) grants.
- ❖ Healthy tips are going into school newsletter and calendar.
- ❖ The West Central Wellness Team completed its vision statement and high school art students are creating the wellness team's logo.
- ❖ West Central will have an after-school Foods Club connected to the [Iowa 4-H Program](#).

The middle school and high school students in Trevor Arnold's PE class spent two days this month learning some yoga basics with guest yoga instructor, Sonja Arneson-Ecklund. Only a few of the students had practiced yoga before, but the classes caught on quickly. The half-hour yoga instruction included spoken narration for a warm-up, a sun salutation, a warrior

sequence, a standing balance section, a stretching section, and a final relaxation pose.

Students were also exposed to new types of yoga-breathing, restful positions to take as a break during homework time, and a couple of peaceful relaxation mantras.

The overall impression of the two-day yoga experience was positive. Teachers reported overhearing students say they found it challenging and they didn't know yoga could be such a workout or that it could make you sore the next day. The effort to bring new forms of physical activity into PE classes and other academic settings is a part of the Active Living component to the NE Iowa FFI.



Central of Elkader students participate in yoga lead by Sonja Arneson-Ecklund, the FFI Resource Contact.



Preserve the 5th Season Workshop!

November 2011

This newsletter is a product of the Northeast Iowa Food & Fitness Initiative.

We encourage recipients to contribute! Please submit articles or bullets to Flannery Cerbin, Communications Liaison, fcerberin@iastate.edu / 563-382-2949.

Thank you!

Food service staff from area schools bustle about the kitchen at North Winneshiek Community School. They grab knives and cutting boards, and butternut squash. Their goal? Turn fresh, local produce into soup.

Chef Monique Hooker directs in a thick French accent, "don't boil the soup forever. Bring it to a boil and then let it simmer!"

Chef Hooker has led 5th Season Workshops in Northeast Iowa and in Viroqua, Wisconsin where there are effort to create healthy school meals by processing fresh, local produce and storing it for later consumption.