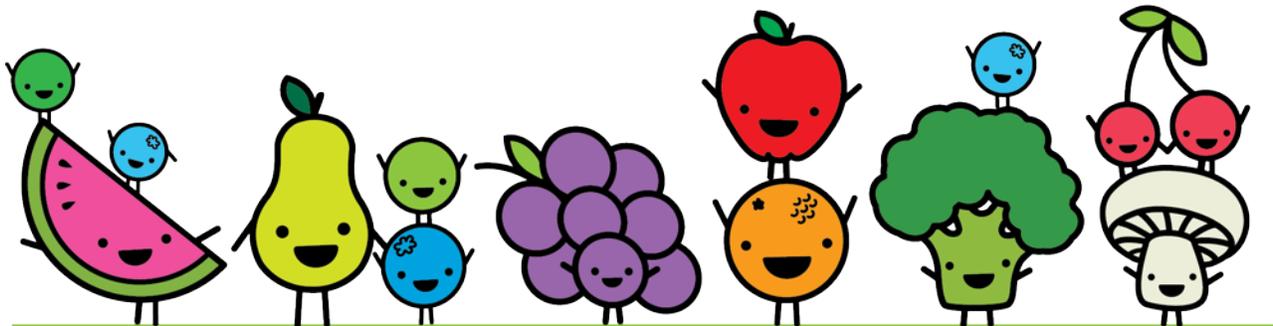
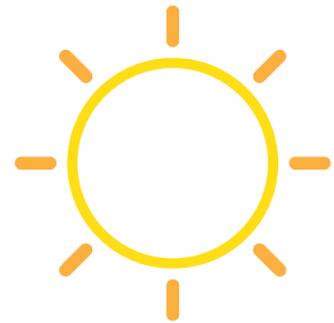




SCHOOL ENVIRONMENT KIT



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Overview

HealthPartners yumPower is committed to helping schools create a better environment for kids. When kids see the good-for-you lessons they're taught supported in school and around the community, it's easier for them to make and maintain better choices.

This toolkit is filled with some of the most effective school-based strategies to help kids eat better and be more active. You'll find strategies for the following topics:

- **Food and beverages:** Make the better choice the easy choice
- **Physical activity:** Provide opportunities for children to be physically active
- **Screen time:** Limit recreational screen time
- **Celebrations:** Use healthy rewards and celebrations
- **Staff engagement:** Support staff health and well-being with better food, beverage and physical activity opportunities

If your school is ready to get yumPowered, then join us and take the challenge!

Getting started

Identify a champion

This champion can be anyone – a teacher, school nurse, PTA/PTO member or administrator. Whoever they are, they should be excited to bring energy around the movement to build healthier kids and a stronger community.

Build a team

Change takes collaboration and support at multiple levels, so we encourage you to reach out to teachers, parents, administrators and students to determine your school's plan.

Explore yumPower strategies

As a team, think about where you are today and what you are ready to tackle. Choose the changes that fit and begin building for the future.

Take the pledge!

If your school is ready to get yumPowered, the principal and PTA/PTO president should both sign the pledge form included in this kit. If your school has a student council, the president should also sign the pledge.

Track your progress

Evaluation is important to helping us understand the impact of our work together. It helps us assess our strengths, identify areas for growth and celebrate our victories along the way. yumPower will provide an online survey in the fall and spring and will ask for regular feedback in order to evaluate the success of the movement.

Share yumPower

This is truly a community movement, which means that it grows stronger each time it is shared. So, share yumPower by getting involved in community events and reaching out to others to join the effort.

Taking action

While school districts set overall wellness policies, there are still many changes and choices individual schools may be able to make. If your school is ready to get yumPowered, get started with the ideas below. Each action you take will earn you points toward a school wellness award. But more importantly, each will bring you one step closer to creating a better school environment for all students. Your team will be sent an **online survey** in the fall and spring so you can track your progress.

Food and beverages: Serve up a recipe for change

- Implement a school-wide guideline for food and beverages (check all that apply):
 - Food Beverages Brought from home as snacks
 - Food Beverages Sold in vending machines, school stores, snack bars
 - Food Beverages Served at parties, special events and fundraisers
 - Include a fruit, a vegetable and no sugary drinks at all school events where food is offered
 - Positively promote better food and beverage choices through signage, pricing, placement, etc.
 - Eliminate marketing of branded food and beverages in the school environment (on signs, ads, in-school television, incentive programs, announcements, etc.).
 - Ensure at least 15-20 minutes for daily lunch, not including recess time
- Provide education/training on better food and beverage choices by participating in (check all that apply):
 - yumPower School Challenge
 - Smarter lunchroom training (for staff)
 - Other nutrition education or training activities _____
 - Ensure water fountains are accessible
 - Allow students to carry water bottles

Physical activity: Move more

- Implement a school-wide guideline to (check all that apply):
 - Ensure a daily physical activity break in each classroom
 - Ensure at least 15-30 minutes of daily recess, not including lunch time
 - Have recess before lunch
 - Encourage activity-based indoor recess
 - Ensure a physical education curriculum framework is written and implemented for every grade

- Promote and facilitate (check all that apply):
 - Use of active transportation to and from school (walking school bus, walk to school days, etc.)
 - Use of standing desks, exercise balls and other methods to increase movement
 - Physically active clubs and programs before and after school
 - Partnerships with community organizations to increase opportunities for students
 - Daily physical activity in school-sponsored before and after school programs
- Provide education/training on increasing physical activity including (check all that apply):
 - Active classroom strategies
 - Incorporating physical activity into lessons and homework assignments
 - Other school/classroom physical activity strategies _____

Screen time: Power down

- Implement a school-wide guideline to (check all that apply):
 - Limit screen time to academic purposes
 - Prohibit the use of screen time as a reward*
- Promote and facilitate (check all that apply):
 - A “screen-free week” celebration
 - Challenges and rewards for screen-free time

Celebrations: Rewards, parties and fundraisers

- Implement a school-wide guideline to (check all that apply):
 - Encourage the use of physical activity as a reward and eliminate the withholding of physical activity or recess as a punishment*
 - Eliminate the use of food or beverages as a reward and eliminate the withholding of food or beverages as a punishment*
 - Prohibit unhealthy food or sugary beverage fundraisers during the school day
 - Prohibit unhealthy food or sugary beverage fundraisers through school sanctioned organizations (PTA/PTO, school clubs, after school programs, etc.)
- Promote and facilitate (check all that apply):
 - An activity-based school fundraiser (i.e. Fun run/Walk/5K)
 - Healthier celebrations (i.e. birthdays and class parties)
 - Community events and celebrations that support health
- **Staff engagement: Support staff health and well-being with better food, beverage and physical activity opportunities**

* Unless explicitly allowed in a student’s individualized education program or behavior intervention plan.

Measuring progress

Where are you starting from, what are your goals and what has your school accomplished? Evaluation can answer these questions. If your school decides to take the pledge and power up this year, yumPower will help track your progress.

Step 1: Sign pledge form and send in (page 32)

Step 2: Fill out an initial survey
yumPower will email you a survey link. Rank each item on the Taking Action checklist (pages 4-5) based on what was in place at your school at the start of the school year.

Step 3: Take action
Work with your team to make progress on the areas you have prioritized

Step 4: Fill out a follow-up survey
yumPower will email you a survey link at the end of the year. Rank each item again based upon what your school is doing by the end of the school year.

Step 5: Be recognized
Making change is hard work and yumPower wants to recognize and celebrate your school's efforts! Every action your school takes over the course of the year will earn your school points. Your school's answers to the online survey will generate your score. Your score and the degree of change over the year will determine the size of the award. See *appendix for scoring information*.

Points	Reward
75-100	\$\$\$\$
50-74	\$\$\$
25-49	\$\$
1-24	\$

Awards are intended to further wellness at your school – PE, recess or cafeteria equipment; active field trips; school garden; whatever your school needs to continue promoting wellness!

Engaging families

yumPower is about helping families, not just kids, eat better and be active. Engaging families as your school gets yumPowered will help you succeed in making lasting changes for students at school and at home. Consider using some of these strategies to inform and involve families.

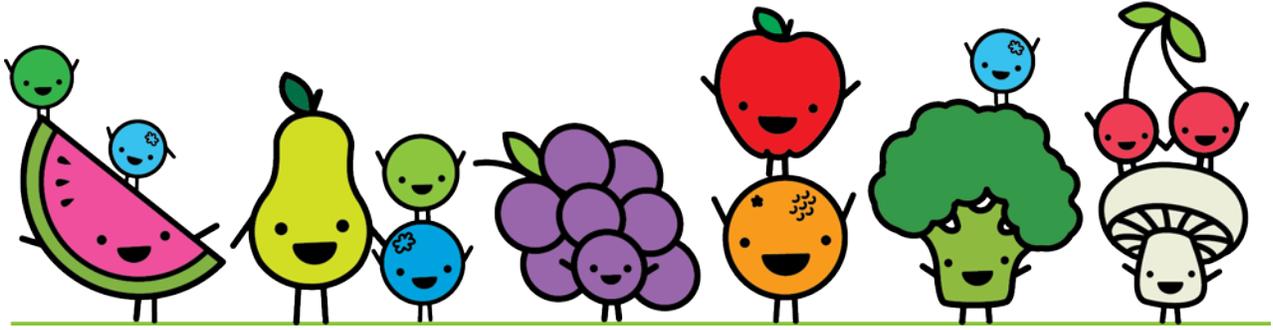
Events and activities

- Invite family members to be part of your yumPower team
- Share information about yumPower at school and PTA/PTO events
- Host an initial yumPower family event to share your message and goals
- Plan a series of yumPower family events over the year
- Engage families in challenges and activities
- Recruit family members to serve as volunteers for healthy and active events

Communication and other resources

- Share yumPower communications on better-for-you celebrations, snack and lunch ideas, community events and food and activity information
- Include yumPower in school newsletter and other communications
- Use signage at school and special events





FOOD AND BEVERAGES

Serve up a recipe for change at school

Kids consume as many as half of their daily calories at school between breakfast, lunch and snack. So, it's important they have good-for-you options to keep them powered up throughout the day.

A school-wide food and beverage guideline is a great first step to help all students have access to better foods and beverages during the school day or anytime on school grounds. And since schools are in the position to be advocates for better food for all children, taking positive steps to shape the school environment can help make the better choice the easy choice for students.

This section offers great guidelines to help you make positive food and beverage change, along with support materials for teachers and parents. The time to start is now!

“We need to support strategies to ensure all Americans can be healthy through regular physical activity and good nutrition. This will only happen if and when all of our children and families are able to make healthy choices where they live, learn, work and play.”

*2014 State of Obesity Report
Robert Wood Johnson Foundation*

School-wide food and beverage guideline

Schools navigate many federal, state and district-level policies regarding food and beverages. Outside of the lunchroom, however, there are many places where food and drinks enter the school environment. There's snack time, parties, activities, special events and more. Setting a guideline for approved or preferred food and beverages in these settings sends a consistent message to students and makes it easier for staff and parents to know what is expected.

Snacks from home

Many schools already restrict certain types of food from being brought to school as a snack (candy, soda, etc.). Some schools choose to go further by offering guidelines to families, encouraging them to send snacks that'll support their child's nutrition and fuel them up to learn better throughout the day. Suggestions may include fruits and vegetables, whole grains and protein while discouraging snacks that are high in sugar, salt or fat.

See the appendix for some suggested snacks your school can share with families.

Vending, concessions, school stores and snack bars

The [USDA Smart Snacks in Schools federal guidelines](#), which went into effect July 1, 2014, provide standards for all foods sold on school grounds during the school day.

These guidelines are a good start, but there's still more we can do. First, consider whether your school would like to adopt a guideline that goes further toward less processed and more real food. Then, consider whether you'll apply that guideline to snacks and vending available outside of school hours or at school events held offsite. A consistent guideline for all situations is easier to understand, communicate and follow.



A 2014 National Parent Poll says...

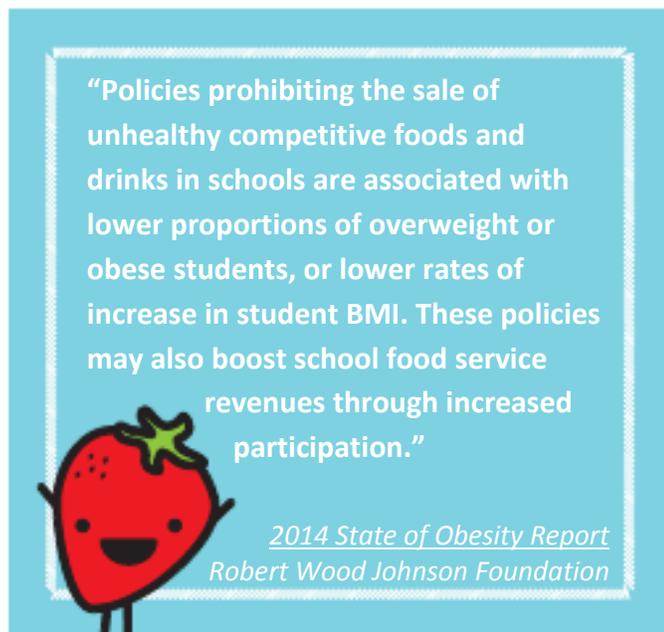
“The vast majority of parents of school-age children support strong national nutrition standards for all foods and beverages sold to students during school.”

- **72%** favor national standards for school meals
- **72%** support standards for school snacks
- **91%** support requiring schools to include a serving of fruits and vegetables with every meal

*The Pew Charitable Trusts,
the Robert Wood Johnson
Foundation (RWJF), and
the American Heart
Association (AHA) June
2014*

If your school is ready for a good-for-you move, here are a few tips to make positive changes and still profit:

- **Add 5-10 new items** that are better choices to the menu. It's a great move to gain more customers who are in search of better options.
- **Make better choices more affordable** (i.e. price water lower than soda)
- **Trust your customers.** They want to try new things. Give them the chance and they'll likely surprise you.
- **Run taste tests** to promote new items and test their popularity.
- **End marketing of less healthy foods and beverages** on signs, ads, in-school television, incentive programs, announcements, etc.
- **Engage your vendor partners.** It's important to get food and vending partners on board as you bring better choices to your school. Below is a sample letter to help start the conversation.



FOOD VENDOR SAMPLE LETTER

RE: Improving our school food environment

Dear [recipient name],

In an effort to improve the health of our students and employees, [School District] has decided to implement policies that support a culture and environment that will help our students and employees make better food choices. To support this culture, we believe there is a need to provide better food options at school.

Some of the areas we're considering will require your support, including:

- Stocking better food and beverage items in the vending machines that meet the Smart Snack and District guidelines
- Consideration of subsidy or reduced pricing for the better-for-you items

As we begin to establish an environment that makes it easy for our students and staff to eat better, we look forward to partnering with you to provide tasty and better food options. We welcome the opportunity to discuss further and look forward to continuing our relationship with [vendor name].

In partnership and health,

[Your name and school]



Power up your party!

It's fun to celebrate birthdays, holidays and other special occasions at school. It brings kids together and creates unique learning opportunities. But, you may have noticed some celebrations becoming overly centered on sugary foods and drinks.

These are great opportunities for your school to demonstrate its commitment to the yumPower message. By offering better options your school can be a role model and lead the way to a better food environment for kids and families. Having a consistent food and beverage policy across events, both in and out of school time, sends a clear message to students, staff and families.

See page 26 for more information on creating better-for-you celebrations at your school.

Splish-splash, fill up your glass

Kids grow and learn best when powered up with water or low-fat milk. Sugary drinks power kids down, yet they're the number one source of added sugar in most kids' diets. The USDA Smart Snacks in School Guidelines require that schools limit access to sugary drinks and those with caffeine (guidelines and restrictions vary by age group).

Model your school's commitment to better beverages by offering yumPower approved drinks at special events, fundraisers, school parties and more. It can be super easy and cheap while helping students achieve the goal of zero sugary drinks a day!

Use these better-for-you guidelines to power up your school.

yumPower approved drinks have:

- ✓ No added sugar
- ✓ No caffeine (for kids)
- ✓ No artificial sweeteners

yumPower drinks include:

- Water
- Milk or milk substitutes – 1% or nonfat, unsweetened*
- Real fruit or veggie smoothies
- Infused fruit or veggie waters with real produce or 100% juice
- 100% juice – limit to 4-6 ounces
- Carbonated flavored waters – no more than 40 calories per 8 ounces and no artificial sweeteners
- Coffee or black, green or herbal tea – for adults

What's a sugary drink?

Any drink that has added sugar or sweeteners such as high fructose corn syrup, including:

- Soda
- Sweet teas
- Sports drinks
- Energy drinks
- Fruit drinks (lemonade, fruit punch)
- Coffee drinks with added sugar
- Flavored waters



* Note: The USDA guidelines allow for non-fat chocolate milk to be served at school meals.

Mouth-watering milk

Milk is more than a drink. It's part of the basic food groups and full of the protein, calcium and vitamin D that growing bodies need each day. Milk naturally has some sugar (lactose), but this natural sugar is not a concern like the added sugars found in sugary drinks.

What about flavored milk?

Plain milk and water are the best choice to power up, but sometimes flavored milk can be OK. Flavored milk is not like other sugary drinks. While it has some added sugar, it also has all the important nutrients found in plain milk. National experts agree that flavored milk is a reasonable option for kids.^{1 2 3 4} It's even one of the best recovery drinks after vigorous exercise or training.⁵ So while plain milk is still the best choice, a little flavored milk can be OK too.

What if kids don't or can't drink milk?

Yogurt and cheese are tasty ways to squeeze in more servings from the milk group. Milk alternatives like soy, almond, rice or coconut milk can also help fill this gap. However, it's important to know not all alternatives provide the same benefits. For example, soy milk is a good source of protein, but almond, rice and coconut milk are not. With any milk alternative, choose drinks with calcium and vitamin D for the best benefits.



¹ Chocolate milk consequences: a pilot study evaluating the consequences of banning chocolate milk in school cafeterias. 2014 Apr 16; 9(4):e91022. doi: 10.1371/journal.pone.0091022. eCollection 2014. Hanks AS, Just DR, Wansink B. www.ncbi.nlm.nih.gov/pubmed/24740451

² Institute of Medicine, National Academy of Sciences, Committee on Nutrition Standards for Foods in Schools. V.A. Stallings and A.L. Yaktine (Eds). Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth.

³ American Academy of Pediatrics: Bhatia, J.J.S., and F.R. Greer. Clearing up Confusion on the role of dairy in children's diet. AAP News 28 (June): 15, 2007. www.aapnews.org.

⁴ Journal of the American Dietetic Association; Volume 108, Issue 4, Pages 631–639, April 2008. Drinking Flavored or Plain Milk Is Positively Associated with Nutrient Intake and Is Not Associated with Adverse Effects on Weight Status in US Children and Adolescents.

⁵ American College of Sports Medicine. Clearing up common nutrition myths. http://www.acsm.org/docs/fit-society-page/2011springfspn_nutrition.pdf?sfvrsn=0

Moving toward better beverages

Help students drink fewer sugary drinks by supplying and selling water and milk. Here are ways schools can get started:

- Implement a school-wide guideline to serve water and/or milk instead of sugary drinks at school and school-sponsored events. Having a consistent expectation helps set the tone in all settings.
- Sell better beverages in school, at school stores and fundraisers. Work with the PTA/PTO to adopt the same standards for sponsored events like carnivals and family celebrations.
- Make sure all water fountains work and are accessible.
- Allow students to carry water bottles. This helps reduce waste and keeps kids hydrated -- win-win!
- Consider setting a district-wide better beverage policy. Have a consistent approach at all levels and include before and after school programs, sports programs and concessions.
- Ask teachers and staff to lead by example. When students see trusted adults modeling good behavior, they take notice.

Did you know?

- The average kid drinks 1-2 sugary beverages each day.
- The average 20 oz. soda has about 17 teaspoons of sugar.
- Sugary drinks are the top source of calories in teens' diets.



Build a better food environment

What we eat is influenced by more than just our hunger or our willpower – we’re all influenced by what’s available, affordable and eye-catching. Food companies, restaurants and stores know this, which is why food advertising is such big business! Explore ways your school could promote good choices by making them appealing and affordable.

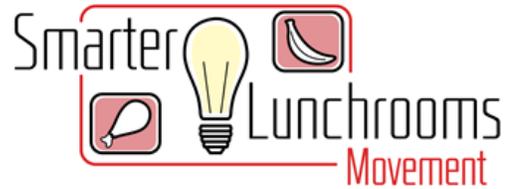
- **Use tasty, creative and innovative strategies** to successfully meet the USDA school meal guidelines and your budget. For inspiration, check out [Kids Safe and Healthful School Foods Project](#).
- **Involve students in taste tests** to gain support for new foods and let students know you value their opinion in deciding what’s served.
- **Offer choice and lots of color.** Offering a choice has a great impact on consumption. Asking kids if they want carrots or celery will increase consumption from 69 to 91 percent, compared to serving either carrots or celery alone. And, a study found kids prefer six different colors on their plate! Try mixed greens instead of just one green for salads or offer a colorful mix of veggies or different colors of fruit in a bowl, rather than just one option.
- **Make food fun.** Give it fun names like Pumped up Potatoes or Rockin’ Romaine and cut it into fun shapes or bite-size pieces.
- **Create a vibrant lunchroom.** Food presentation and environment greatly influence choice. Research shows using fun, colorful posters of kids eating fruits and veggies can help kids eat them too!
- **Positively promote better choices** through tastings, signage, pricing and placement.
For example:
 - Showcase fruits and veggies in visible, convenient and high-traffic areas
 - Make white milk more convenient and more ‘normal.’ Simple no-cost changes can increase the uptake of white milk over chocolate. Try these ideas:
 - Keep some white milk in all beverage coolers
 - Make white milk at least a third of all visible milk in the cafeteria
 - Put white milk in front of other beverages in the cooler
 - Bundle white milk with all “grab and go” meals as the default beverage
 - Adjust prices so the better choices are more affordable than sweets and other treats.

Did you know?

Decisions about eating and exercise are controlled more by factors in the environment, like the availability of fast food and opportunities to be physically active, than by just individual willpower.

Smarter Lunchrooms Movement

The [Smarter Lunchrooms Movement](#) was started in 2009 with the goal of creating sustainable lunchrooms that guide smarter choices. It's a grassroots movement trying to improve what children eat by applying evidence-based, lunchroom-focused principles that promote healthful eating.



The Smarter Lunchrooms Movement is supported by the Cornell Center for Behavioral Economics in Child Nutrition Programs (the B.E.N. Center). Online trainings, workshop guides and webinars are available through their website.

Other nutrition education or training activities

Additional student education resources and staff training opportunities are available at the local and national level. If your school would like to bring more nutrition education into the classroom, or train teachers, staff, coaches or before/after school professionals, contact one of the following for help connecting to resources:

- The yumPower team
- Your local public health office
- The School Nutrition Association

School Challenge

The HealthPartners yumPower School Challenge is our effort to reach kids and inspire them to eat five servings of fruits and veggies every day. The three-week challenge kicks off with a Try for 5 Fair where students get to taste and explore various fruits and veggies. Students then track the number of fruits and veggies they eat each day, aiming to get five or more.

Each classroom gets:

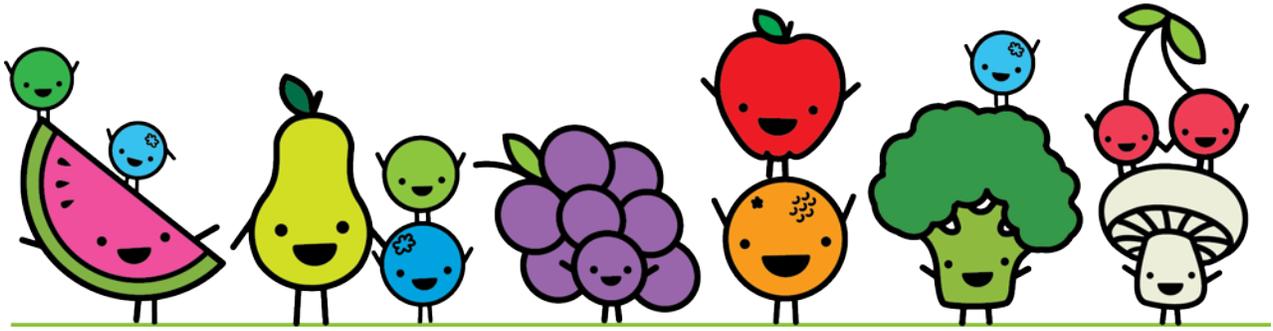
- Fruit and veggie trackers for each student
- Weekly awards for turning in completed trackers
- Lesson videos
- Brain break videos
- Activity sheets
- Classroom poster
- Power Pack Family Magazines filled with activities, recipes and tips and tricks for families

Schools met the challenge!

Food service reported students took more fruits and veggies, and 90 percent of school staff would recommend the challenge to other students.

Staff survey 2013-2014





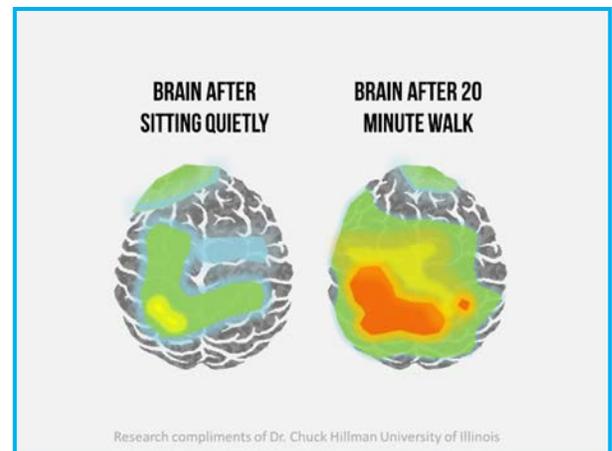
PHYSICAL ACTIVITY

Move more!

An active body and active mind go hand-in-hand. Unfortunately, many schools experience heavy classroom demands and respond by cutting active time throughout the school day. Evidence shows that if we want students to learn better and be their best, we need to give them more opportunities to be active, not less.

Physical activity benefits in schools⁶

- Studies show a positive link between physical activity and academic performance
- Student test scores improve after engaging in physical activity
- Students who are physically active and fit are more likely to perform well in school than their sedentary peers
- Studies show an increase in academic achievement when extra time is provided for physical activity, even when time is removed from academic instruction
- Activity breaks help students' on-task behavior
- Active transportation enhances academic performance



Moving and learning can also go together! Movement can energize both bodies and brain to help students learn better. Explore the following strategies to increase movement opportunities at your school.

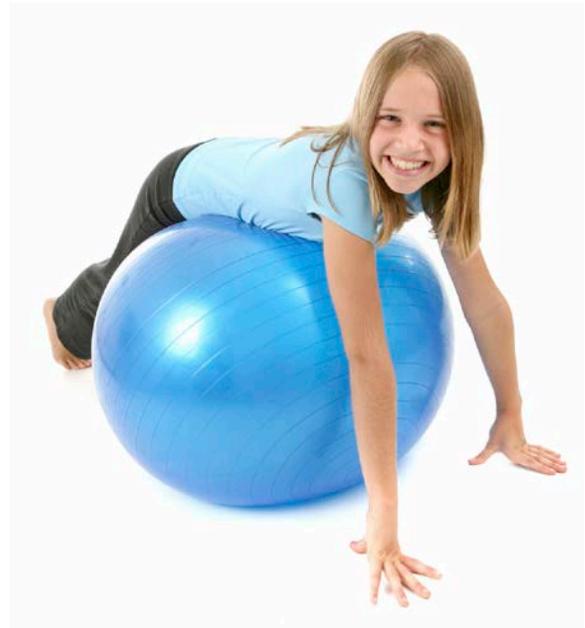
⁶ Active Living Research. *Active Bodies, Active Minds: Physical Activity and Academic Achievement*. San Diego, CA: Active Living Research, Robert Wood Johnson Foundation, February 2010.

Active classrooms

All teachers, not just those who teach PE, can help students be active. An active classroom includes physical activity throughout the day by adding movement into the lesson plan or by taking short activity breaks that allow students to get out of their seats and moving. By adding daily activity into the classroom, teachers can help students get closer to the goal of one hour of daily activity while also helping them improve their concentration and behavior in the classroom.

Try some of these fun brain break activities:

- Dance to music or a video
- Walk, skip or jump a maze through the classroom
- Play Simon Says with active tasks
- Practice different sports in place like running, skiing, yoga, biking while sitting on a desk
- Take kids on a trek around the room and add movement to a story by pretending to balance on logs, climb a mountain, swim across a river, etc.
- Create activity stations around the room and rotate along with music



Add activity to the environment by:

- Allowing students to stand while working
- Allowing students to sit on exercise balls

Find more ideas with these resources:

- <https://www.gonoodle.com/>
- <http://www.eatsmartmovemorenc.com/Energizers/Elementary.html>
- <http://www.extension.umn.edu/family/health-and-nutrition/toolkits-and-resources/energizers-for-nutrition-education/>
- <http://www.davidkatzmd.com/docs/ABCManual.pdf>

“Brain breaks have worked fantastically for ALL my students...it has even given my para and me a little needed energy by that time of the day!”

– Hudson Prairie Elementary School Teacher

Indoor recess

It's fun to be active outside all year long. The change in seasons allows for all sorts of great sports and activities to be played from swimming to skating or jumping in puddles to building a snowman.

Sometimes the weather doesn't agree and our activities need to be moved inside. But, that shouldn't stop us from being active. There are lots of ways to make indoor recess fun and active. Just try some of these ideas:

- Prepare a rainy day kit with games and music for the classroom
- Set up a walking route through the hallways
- Have a dance party
- Create a classroom obstacle course
- Have students teach classmates their favorite sport or activity
- Set up a four-square court in the hallway
- Play charades or Simon Says

Walking is in

Fewer kids are walking or biking to school these days, but active transportation can be a fun and easy way to help kids get moving. With a little coordination, your school could create safe, fun and active options for all students to get to school.

Create a walking school bus by:

- Encouraging families who live in a neighborhood to walk to school together once per week
- Coordinating adult walk leaders to meet children at designated spots and then walk a safe route to school as a group
- Organizing a school-wide walk where buses drop off all students at a predetermined location where they're met by teachers and walk leaders and then everyone walks together
- For more information about implementing a walking school bus and what safety and supervision questions to consider, visit the Safe Routes to School website:
http://guide.saferoutesinfo.org/walking_school_bus/index.cfm

Walk to school days

Designate a few days per year as walk to school days. Encourage families to organize and greet students at school with a celebration or activities.

Biking to school

Encourage students to bike to school by making sure you have enough secure bike racks or storage options. Make helmet safety a priority by educating kids and parents.



Join the club

There are endless ways to be physically active. Start physical activity clubs at your school to help inspire students and staff to get moving. Anyone can start one! Here are a few ideas to get started:

Sports clubs

- Single sport clubs – basketball, soccer, etc.
- Multi-sport clubs – learn a new sport each week
- International sports club – learn new sports and activities from around the world

Walking or running clubs⁷

- On-the-Move Monday or Walking Wednesday – make a commitment to walk for a period of time every Monday or Wednesday for the entire school year
- Thousand-step Thursday – keep track of steps using pedometers and record steps on a chart or incorporate them into math lessons

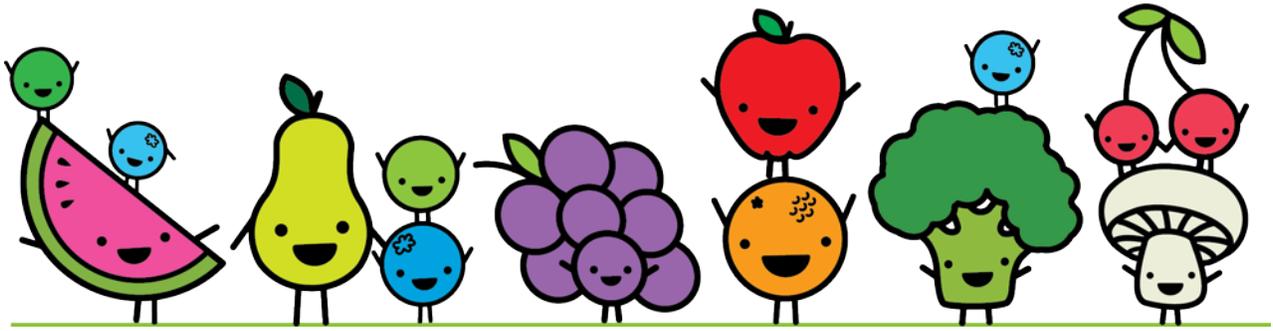
Active homework

Teachers can make homework educational and active by thinking creatively about assignments. Below are just a few ways homework can include activity:

- Counting – count steps, trees in the neighborhood, stairs, etc.
- Math – create problems that make students move. For example, take the number of houses on your street + number of streetlights - number of steps it takes you to get from your door to the sidewalk.
- Language - find the names of 10 streets in your neighborhood. Write a creative story about why the streets have their names.



⁷ Adapted from “Let’s Go! 5-2-1-0: School Toolkit.” <http://www.letsgo.org/wp-content/uploads/K5Tab07D03-Physical-Activity-Clubs-COLOR.pdf>



SCREEN TIME

Power down

Computers, tablets and other screen devices give us many important teaching tools – educational videos, games, creative software and more. However, many students today are spending too much time in front of a screen, which gets in the way of their ability to learn, play and grow.

Being too connected to what's on a screen often makes us disconnected from the people around us and means more time sitting than moving. When it comes to our kids, learning healthy screen habits at a young age is more important than ever. Too much screen time is linked to lower academic achievement, poor sleep habits, lower levels of physical activity and less time spent in creative play.

Consider setting a guideline that limits in-school screen time to academic purposes. This way, technology will be used to enhance learning while giving students time to exercise all parts of their growing brains.



Rewards unplugged

As we know, kids get plenty of screen time throughout the day. So, try rewarding them with something other than extra screen time. Explore rewards that will get students moving and engaging with their peers, like these ideas:

Individual rewards

- Special classroom duties for the day
- Sit with friends in class or at lunch
- Play a favorite game
- Bring a special item for show and tell
- Be the principal's assistant
- Invite a special guest for a meal or classroom activity
- Choose something from a school-spirit prize bin

Classroom rewards

- Extra recess time
- Classroom dance party
- Listen to music during class
- Eat breakfast or lunch outside
- Free choice time
- Extra gym time

Note: Screen time may be used as a reward if it is explicitly allowed in a student's individualized education program or behavior intervention plan.

Celebrate Screen-Free Week

Screen-Free Week is a national celebration where children, families, schools and communities spend seven days turning off entertainment screen media and turning on life! It's a time to unplug and play, read, daydream, create, explore and spend time with families and friends.⁸

Too much screen time is linked to poor school performance, childhood obesity and attention problems. And it's primarily through screens that children are exposed to marketing for not-so-good foods and beverages. While screens can be helpful in multiple ways, too much screen time can take over the many other things kids need to grow and develop.

Go to **screenfree.org** and follow their tips for organizing a Screen-Free Week at home, at school and in the community. Resources include:

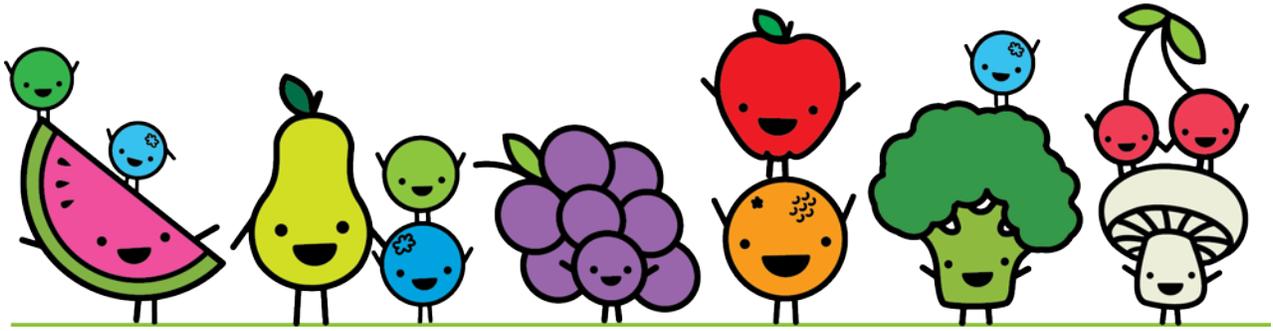
- Classroom lessons on media
- Screen-free challenges at home and at school
- School and community activities
- Information and statistics about screens and kids in the U.S.

Screen-free challenges

If you already have a reading log for your students, consider adding screen time tracking. Then reward students who go screen-free for a night, a week or a month with extra credit or active or non-food rewards

This can be a great way to engage families too! Talk with parents about screen time and encourage them to help their kids meet the challenge. An easy place to start is by removing screens from mealtimes and the bedroom.

⁸ What is Screen-Free Week, <http://www.screenfree.org/whatissfw.htm>.



CELEBRATIONS

Party on!

Celebrations, school events and fundraisers are important parts of a school's culture and identity. They help build school spirit and foster community. They can also send a powerful message to both kids and families about what the school values. As you explore ways to celebrate achievement, honor students and raise funds, consider how you might align them with the goal of helping kids eat well and be active.

Active rewards

Our choice of rewards sends a message to kids about what is valuable. When we reward with food or beverages, and especially with sweets, we're sending the message that those foods are more desirable. This can lead to food becoming a primary motivator in kids' lives and can result in poor eating habits. It's best to help kids grow up with a positive relationship with food by letting their bodies, not our rewards or punishments, tell them when they are hungry and full. Eliminating food and beverage rewards allows us to separate eating from achievement and instead focus on positive experiences.

Kids love to play and move so using physical activity as a reward gives them a chance to celebrate by doing what they love. It also reinforces the message that play and movement are in fact prize-worthy!

Ideas for individuals or the classroom

- Take a walk with the principal
- Earn extra time for recess
- Get an in-class physical activity break
- Earn a special session with the PE teacher
- Take home a piece of sports equipment over the weekend
- Invite a special guest to teach a new game or activity

Food, physical activity and recess shouldn't be taken away as punishment unless allowed in a student's individualized education program or behavior intervention plan. Work with your school's teachers and behavior specialists to determine disciplinary steps that support the learning environment without disrupting normal eating patterns or physical activity.

Powerful fundraisers

Fundraisers are an important way to get resources needed to support learning and enrichment. Too often they're focused on the sale of candy, baked goods, soda and other items with little to no nutritional value. Promoting these choices through fundraisers goes against the better-for-you messages being delivered at school and at home. Instead, adopt a guideline for better fundraising to send a consistent message and create an environment where it's easier for kids to make better choices.

Powered up carnival at Lake Elmo Elementary

In 2014, Lake Elmo Elementary swapped the sugar and served up some fun at their school carnival instead. While there were some skeptics who wondered if kids and families would like a "healthy" change, new games and foods got rave reviews from both kids and parents.

Kids gobbled up better food offerings like:

- Water, milk and fruit smoothies
- Tropical taco bar

The carnival was full of the usual fun games, but with powered-up prizes instead of candy. The most popular activities included:

- **Fruit Walk:** It's similar to a Cake Walk but no cakes were needed for kids to declare this event their all-time favorite. Kids were all smiles as they walked around a circle to music in hopes of winning their choice of a fresh pineapple, coconut or mango!
- **Water Bottle Ring Toss:** The kids enjoyed the challenge of aiming for special bottles of water wrapped in dollar bills and even a few five dollar bills. No soda? No problem!

The results? Great feedback from parents and kids and a carnival that still served as a wildly successful fundraiser.

"I really appreciate that our school carnival be a place where the healthy foods add to the fun, but the focus is on spending fun time with family and friends, instead of specific foods."

– PTA President

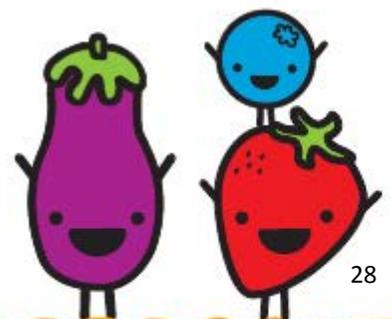


Food fundraising guidelines

The USDA Smart Snacks in Schools federal guidelines went into effect July 1, 2014. They provide standards for all foods sold on school grounds during the school day, including any foods sold for fundraising. All schools are required to follow these guidelines.

Schools can choose to go even further with these guidelines too. Since they don't apply to fundraisers that happen outside of school hours or off-site, your school might consider adopting one guideline across both in and out of school fundraisers. A single guideline is easier to understand, easier to implement and sends a consistent message to students and families.

Contact your principal and nutrition staff to understand the guidelines and how they'll impact your school. For more information, visit <http://healthymeals.nal.usda.gov/smartsnacks> or <https://www.healthiergeneration.org/smartsnacks>



Activity-based school fundraisers

Active fundraisers support a great cause while giving kids and families a reason to get moving! There are many different kinds of active fundraisers. Here are a few to get you started.

Walk/run

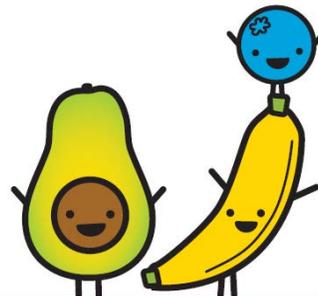
A school-sponsored walk/run is a great way to get families out and moving together! Plus, everyone in the community can participate. Simply work with your local community organizations or fitness experts to get started. Host the event on school grounds or in a community venue. You could have people pledge money as a team or simply charge an entry fee for participation.

Community dance

Get people of all ages grooving together by hosting a community dance. It's a great way to showcase local musicians too. Whether square dance or polka, do whatever moves you! Just string up some lights and start selling tickets.

Move-a-thon

Take a traditional read-a-thon and give it an active twist. During a move-a-thon, students track the amount of time they spend being active each day. Students ask family and friends to pledge support for their activity minutes – the more active they are, the more money they raise. Choose a month and set a goal (60 minutes a day is a great goal for all kids). Then think about including awards to keep the momentum going, like a pool party or special gym time.



We like to move it!

Students at Birch Lake and Otter Lake Elementary schools showed just how much they like to move. Each school had a month long move-a-thon and students hopped, skipped and jumped each day. They tracked their minutes, collected pledges and got moving – rain, snow or shine.

At the end of 25 days, Otter Lake students tallied **753,499 minutes** of activity and raised funds so that the PTA could continue supporting learning and enrichment. A definite win-win!

Parties and celebrations

There's a lot to celebrate throughout the school year - birthdays, holidays, local events and more. If we add up every cupcake, candy bar and slice of pizza that goes along with them, however, we see how quickly it can lead to over consuming treats and snacks. Try creating some new school traditions by rethinking how you celebrate.

Birthdays

Have the birthday student:

- Be the line leader or assistant for the day
- Bring in a special item for show and tell
- Bring in a favorite book to read

Have classmates:

- Share what they like best about the birthday student
- Play a game chosen by the birthday student

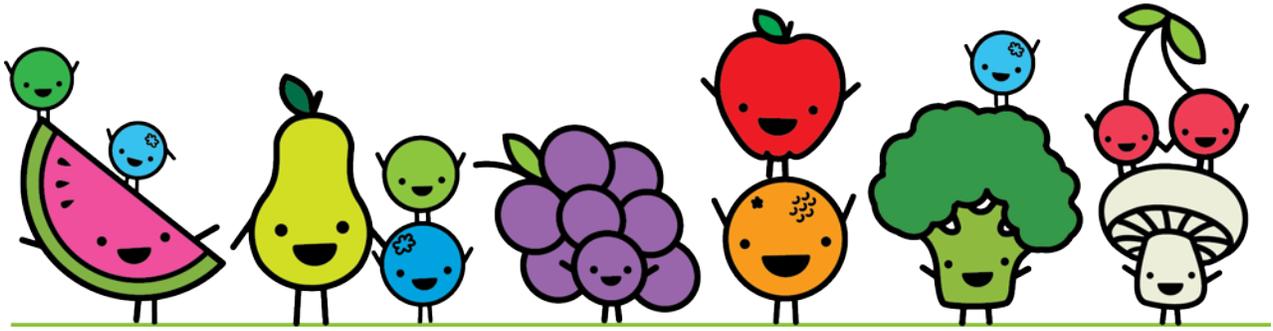
Holidays and seasonal parties

- Make crafts and cards
- Deliver notes to classmates instead of candy
- Learn holiday or traditional dances from around the world
- Decorate the classroom
- Write cards to seniors or people in the hospital
- Play a themed game like pumpkin bowling, pin the carrot-nose on the snowman, turkey trivia

Class celebrations

- Play a game
- Invite a special guest to class
- Have a classroom dance party
- Participate in a service project
- Enjoy extra recess time





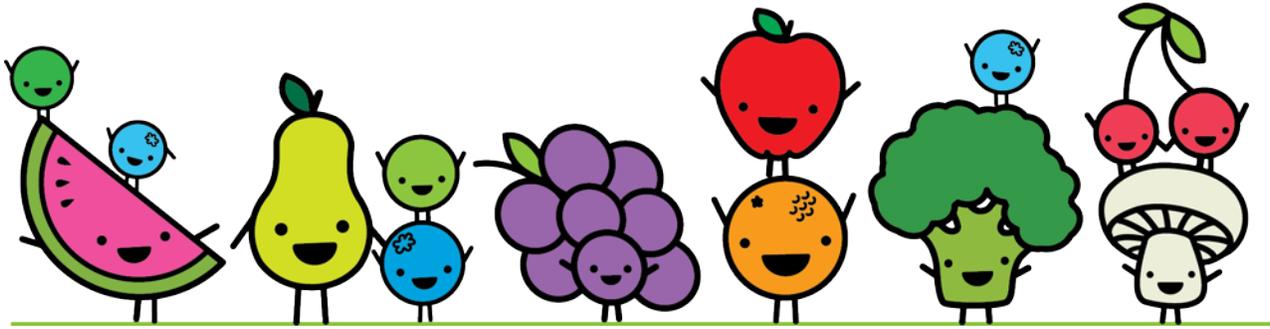
STAFF ENGAGEMENT

Well-being for all

Teachers and school staff are important role models for kids and families and are strong drivers of cultural and environmental change in schools. If your school is striving for a healthier environment, consider how you can involve staff as participants, leaders and advocates. Supporting school staff with their own well-being and involving them in making changes for kids can help your school succeed.

Ways to engage and support staff:

- Create an employee well-being committee to assess employee wants and needs
- Seek the support of district leadership for both school staff and student well-being
- Offer better-for-you food and beverages at school, catered events and for purchase
- Create a workplace that's physical activity-friendly. Encourage stair use through prompts, schedule walking meetings, supply standing desks, etc.
- Implement smoke-free policies or tobacco bans and provide incentives for quitting
- Provide access to evidence-based programs, including weight loss and tobacco cessation
- Provide health assessments with follow-up programs to take action
- Communicate with staff to raise awareness and educate employees on a variety of well-being topics, including the importance of self-care, stress reduction, well-being and even reading aloud to children to promote healthy child development
- Review and clarify time-off policies to include the flexibility for employees to accompany their children/family members to routine well-visits with their providers
- Promote preventative health screenings
- Support breastfeeding mothers by offering space, time and encouragement for breastfeeding/pumping at the work
- Promote and provide flu shots at the worksite
- Provide skin cancer prevention messaging and sun-shaded outdoor areas



SCHOOL ENVIRONMENT KIT PLEDGE FORM

School name and address: _____

Principal name: _____

Principal email: _____

yumPower team member

names and emails: _____

We pledge our commitment to yumPower and to helping kids eat well and be active!

Principal signature: _____

PTA President signature: _____

Student Council President

signature (if applicable): _____

Email, fax or mail pledge form to:

DeDee Varner
Mailstop 21103A
P.O. Box 1309
Minneapolis, MN 55440

or

deanna.d.varner@healthpartners.com
Fax: 952-883-7761