

The Lake City Area School District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement and hereby adopts this Student Wellness Policy.

Nutrition Education

Every year, all students, Pre - K-12, shall be offered nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.¹ Nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² The District shall encourage students to make nutritious food choices.

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The District shall consider nutrient density,³ portion size, and the food guide pyramid before permitting food and beverages to be sold or served to students.

The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

¹ Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998. http://www.michigan.gov/documents/Health_Standards_15052_7.pdf.

² Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

³ Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program.⁴ Physical education shall equip students with the knowledge and skills necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.⁵

Every year all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The Superintendent shall implement this policy and measure how well it is being managed, and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

⁴ Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

⁵ Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998. http://222.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf

Approved: MASB Recommended and Approved by the Michigan State Board of Education

LEGAL REF: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) (Approved by the Michigan State Board of Education, October 10, 2005.)

Administrative Rules Regarding the *Lake City Area School District* Student Wellness Policy

In order to enact and enforce the Lake City Area School District Student Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the school board, school administrators, and the public, have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team⁶ that will provide an ongoing review and evaluation of the Lake City Area School District Student Wellness Policy and these administrative rules.⁷

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration,
- Counseling/psychological/and social services,
- Food services,
- Health education,
- Health services,
- Parent/Guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies),

⁶ Centers for Disease Control's Coordinated School health web site:

<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

⁷ State of Michigan's State Board of Education's Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools:

http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf

- Physical education.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect;
- Respect for others;
- Healthy eating; and
- Physical activity.⁸

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Lake City Area School District Student Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent of Schools
710 E. Mitchell Street, Lake City, MI 49651
231-839-4333

Students, staff, and community will be informed about the Student Wellness Policy annually.

Nutrition Education

Nutrition education, a component of comprehensive health education,⁹ shall be offered every year to all students of the District. The District may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses the following:

⁸ The Role of Michigan Schools in Promoting Healthy Weight. 2001
<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

⁹ The Michigan Model for Comprehensive School Health Education is a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health
<http://www.emc.cmich.edu/cshp/healthed.htm>

Curriculum:¹⁰

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.¹¹
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.¹²

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by "highly qualified teachers of health education."¹³

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

¹⁰ Michigan Model for Comprehensive School Health Education nutrition lessons meet this administrative rule: <http://www.emc.cmich.edu/Health/Maps/nutrition.htm>

¹¹Health Education Content Standards And Benchmarks, Michigan Department of Education, July 1998. http://www.michigan.gov/documents/Health_Standards_15052_7.pdf

¹²Michigan Model for Comprehensive School Health Education nutrition content map: <http://www.emc.cmich.edu/Health/Maps/nutrition.htm>

¹³Michigan State Board Of Education, Policy On Comprehensive School Health Education, June 2004. http://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf

Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

Each school building in the District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards;
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less;
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less;
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less¹⁴; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques; and
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.¹⁵

¹⁴ The District shall assure that the dietary needs of food-allergic students are taken into consideration in menu planning.

¹⁵ State of Michigan's Board Of Education's Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs.

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A)

The District shall discourage using food as a reward. Alternatives to using food as a reward are found in Appendix B.

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C)¹⁶

The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Sales of items such as pizza kits, cookie dough, pies, candy etc. that are not intended for on site consumption are acceptable. Items such as candy bars, doughnuts, bake sales, etc., intended for on-site consumption, are not encouraged. See Appendix D for additional healthy options for fundraising.

Vending sales of soft drinks and candy will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For the District-approved beverage vending machine list, see Appendix E.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the District.¹⁷ In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

¹⁶ <http://www.tn.fcs.msue.msu.edu/Stateboardofeducationnutritionpolicy12003.pdf>

¹⁷ Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

The District shall implement a quality physical education program that addresses the following:

Curriculum:¹⁸

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.¹⁹
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher to student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.²⁰

¹⁸ The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule: <http://www.michiganfitness.org/EPEC>

¹⁹ Physical Education Content Standards and Benchmarks, State Board of Education, July 1998. www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf

²⁰ The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule: <http://www.michiganfitness.org/EPEC>

- Offers instructional periods totaling 50 minutes per week (elementary) and 220 minutes per week (middle and high school).²¹
- Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade five. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades six through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before and after school extracurricular physical activity programs, Safe Routes to School Programs,²² and use of school facilities outside of school hours.

Other School-Based Activities Designed to Promote Student-Wellness

The District shall strive to create a healthy school environment which promotes healthy eating and physical activity.²³ In order to create this environment the following activities shall be implemented:

Dining Environment:

The school District shall provide:

- A clean, safe, enjoyable meal environment for students,
- Enough space and serving areas to ensure all students have access to school meals

with minimum wait time,

8453-R Student Wellness Policy (Cf. 4450, 4460)

8453-R-8

²¹ State Board of Education, Policy on Quality Physical Education. September 2003.

www.michigan.gov/documents/HealthPolicyPE_77380_7.pdf

²² Safe Routes to Schools Program Information: www.saferoutesmichigan.org

²³ Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools/>

- Drinking fountains in all schools, so that students can get water at meals and throughout the day,
- Encouragement to maximize student participation in school meal programs, and
- Identity protection of students who eat free and reduced price meals.

Time to Eat:

The school District shall ensure:

- Adequate time for students to enjoy eating healthy foods with friends in schools,
- That lunch time is scheduled as near the middle of the school day as possible

Food or Physical Activity as a Reward or Punishment:

The school District shall discourage:

- The use or withholding of food as a punishment in schools, (See Appendix B)
- Denying student participation in recess or other physical activities as a form of discipline or for classroom make-up time, (See Appendix F)
- Using physical activity as a punishment, and

The School District shall encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (See Appendix F)

Consistent School Activities and Environment

The school District shall

- Complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors,
- Encourage all school fundraising efforts to support healthy eating and physical activity, (See Appendix D)
- Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
- Make efforts to keep school or District-owned physical activity facilities open for use by students outside school hours,

- Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
- Help provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
- Encourage all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs, and
- Encourage implementation of physical activity across the curriculum throughout the school day or in all subject areas, for example, brain breaks.

Implementation and Measurement

All employees of the District are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.²⁴ The District shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

Appendices

Appendix A: Healthy Food and Beverages Criteria and Healthy Snack List²⁵

Appendix B: Alternatives to Using Food as a Reward²⁶

Appendix C: Healthy School Parties²⁷

Appendix D: Healthy School Fundraisers²⁸

Appendix E: Serving Healthy Beverages

Appendix F: Michigan Physical Education and Activity Resources

Appendix A: Healthy Food and Beverages Criteria and Healthy Snack List

²⁵Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

²⁶Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

²⁷Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

²⁸Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

Your Resource to Health Packaged Food and Beverage Products

The two lists below will help schools identify healthy food and beverages that are available from food-service distributors and snack vendors for vending machines, a' la carte, and other venues.

Single –serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

- 1) Contain 300 or fewer calories,
- 2) One or more grams of fiber, or
- 3) At least 10% of Calcium, Iron, Vitamin A or Vitamin C

Appendix B: Alternatives to Using Food as a Reward

At school, home and throughout the community, children are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value by are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar and fat.
- It teaches children to eat when they’re not hungry as a reward to themselves.

Children learn preferences for foods made available to them, including those that are unhealthy.²⁹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among children, particularly teen age children, is at epidemic levels and can often lead to serious health problems.³⁰

Students Learn what they Live

Students naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

²⁹ Birch L.L. Development of Feed Preferences. *Annu. Rev. Nutr.* 1999, 19:41-62.

³⁰ Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight among US Children and Adolescents, 1999-2000. *JAMA*, October 9, 2002 Vol 288, No. 14.

ZERO-COST ALTERNATIVES

- Sit by Friends
- Read Outdoors
- Have extra Art time
- Have an extra recess
- Read to a younger class
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (ie. Sing)
- Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store or movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: *“I have my students earn letters to spell game day... after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!”*

FRIDAY FREE TIME: *I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc., I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don’t feel bad about their free time”.*

Adapted from a project funded by Michigan Department of Community Health’s Cardiovascular Health, Nutrition and Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition School. For more information about Team Nutrition, contact Chris Flood at 269-639-0002, or go to: www.tn.fcs.msue.msu.edu

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Appendix C: Healthy School Parties

Schools play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools – which have a great impact on children – to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School and Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- Fresh fruit and vegetables
- Buy locally when possible
- Yogurt
- Bagels with low fat cream cheese
- Baby carrots and other vegetables with low fat dip
- Trail mix*
- Nuts and seeds*
- Fig cookies
- Animal crackers
- Bottled water (including flavored water)
- Baked Chips
- Low fat popcorn
- Granola bars*
- Soft pretzels and mustard
- Pizza (no extra cheese and no more than one meat)
- Pudding
- String cheese
- Cereal bar
- Single-serve low fat or fat free milk (regular or flavored)
- 100% fruit juice (small single-serves)

*May be allergens and/or a choking risk for some people, please check with a healthcare provider.

Note: See “Recipes” in the Resources by Topic section.

Appendix D: Healthy School FundraisersSmart Fundraisers for Today's Health Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in “school fundraisers” to access 112,000+ sites.

A few of these sites follow:

www.afrds.org/homeframe.html

Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with “Fundraising Fundamentals”, a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

www.PTOtoday.com

Lists fundraising activities by categories, has a “work vs. reward” equation, contains a parent sharing section on “what works, what doesn't and why”.

www.fundraising-ideas.com

Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.

Appendix E: Serving Healthy Beverages

Lake City Area School District-Approved Beverage Machine Product List

Lower Elementary

No beverage vending machine available

Upper Elementary

- Waters and flavored waters, no sugars added
- 100% juice in 8 ounce containers
- Sports Drinks
- Flavored milks, 8 ounce containers
- ABSOLUTELY NO POP OF ANY KIND

Middle School

- Water
- 100% juice in 12 ounce containers
- Sports Drinks
- Fitness water products
- Flavored milks, 14.9 ounce containers
- ABSOLUTELY NO POP OF ANY KIND

High School

- Water
- 100% juice in 12 ounce containers
- Sports drinks
- Fitness water products
- Flavored milks, 14.9 ounce containers
- ABSOLUTELY NO POP OF ANY KIND

Appendix F: Michigan Physical Education and Activity ResourcesCross-Curricular Instruction: Integrating Physical Activity into ClassroomSubjects:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.

- Brain Breaks: www.emc.cmich.edu/BrainBreaks
- Energizers: www.ncpe4me.com/energizers.html
- Take Ten: www.take10.net

Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. www.tn.fcs.msue.msu.edu/booklist.html

Examples:

- *Get Moving: Tips on Exercise*, Feeney, Kathy, Bridgestone Books, 2002.
- *Let the Games Begin*, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000.
- Display poster or banners with physical activity themes:
www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf

Using Physical Activity to Reward Students

Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity.

Ideas for School Parties

Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

Resources

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time work-wide in a symbolic event of fitness and unity. www.michiganfitness.org
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- *Jump Rope for Heart*: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may
- *Walk to School Day/Safe Routes to School*: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! www.michiganfitness.org/

Recess before Lunch

Scheduling recess before lunch makes sense! Good nutrition goes hand in hand with improved behavior and learning. Recess before Lunch gives students the opportunity to excel in both.

Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials. www.opi.state.mt.us/schoolfood/index.html