

COMMIT 2B FIT

Thanks to all for a successful start of Commit 2B Fit for the 2013-14 School Year!

A note of thanks to The School District of Palm Beach County School Food Service Department and all of our participating schools! We appreciate your continued support and more importantly your dedication to the health and wellness of your students.

By now, your students should be utilizing the Commit 2B Fit Student Agendas and are on their way to learning the fundamentals of nutrition and physical activity.

TIPS FOR SUCCESS

Take advantage of the tools and resources available to you through Commit 2B Fit and other sources.

Incorporate nutrition and physical activity into the school day every day.

Each week, select a student to be a "Commit 2B Fit Champion"; have them read the tips and info from the planner for that week and host a brief discussion.

Lead by example. Be a role model to your students for a healthy lifestyle.

Learn How To Become A Commit 2B Fit Model School

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THE MORE THEY BURN THE BETTER THEY LEARN


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YOUR CHILD	AMOUNT OF ACTIVITY	VARIOUS ACTIVITIES	ACADEMIC ACHIEVEMENT

Did you know that kids who are physically active get better grades?

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/BurnToLearn

SOURCES | CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement. CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DH&H; 2010.

Commit 2B Fit Model School Criteria

To become a Model Commit 2B Fit School, Your School Must Implement criteria 1-3 and at least three of the criteria 4-9.

- 1) Utilize Commit 2B Fit Student Planners in 3rd-5th grades.
- 2) Implement the district's local wellness policy including physical education as described in State Statute - 1003.455 and School Board Policy 8.025.
- 3) School culture reflects health and wellness, for example:
 - a. Display Commit 2B Fit posters/collateral
 - b. Have Commit 2B Fit assembly to take the pledge to Commit 2B Fit
 - c. All faculty and staff aware of involvement in Commit 2B Fit
 - d. Collaborative and integrated approach to wellness throughout school and academic subjects
 - e. Infuse Commit 2B Fit newsletters within the school and share with parents
- 4) Utilize the Commit 2B Fit student planner in at least one other grade K-2
- 5) Has a school wellness council/committee.
- 6) Has a staff/employee wellness program.
- 7) Provides healthy foods or food alternatives for school celebrations (e.g. Stickers, pencils, etc.).
- 8) School fundraising involves healthy foods/activities (e.g. gift wrapping, recycling printer cartridges, cell phones - school promotional items such as T-shirts, pens, pencils, book covers, water bottles, candles, magazines, etc.).
- 9) Hosts at least one Commit 2B Fit event or activity (e.g. Walk-a-thon, fun run, school-wide art project).

A school that meets the criteria of being a Commit 2B Fit School will be given a Commit 2B Fit flag to display, recognition at a School Board meeting and District's Wellness Promotion Task Force, recognition on a brochure distributed through Publix and a press release will be distributed to all appropriate agencies.

An application to be eligible as a Commit 2B Fit Model School will be distributed to all schools using the Commit 2B Fit planner at the beginning of the school year. A school wishing to be considered as a Commit 2B Fit Model school shall submit the application with appropriate documentation by mid - January 2014. (Details will be included on application)

Fun Fall Facts

DID YOU KNOW?

Americans consume an average of 25 pounds of candy per year, and the US Census Bureau Estimates much of this is consumed around Halloween.

DAYLIGHT SAVINGS

On November 3rd, we'll all set our clocks back an hour. But just because it gets dark sooner doesn't mean you can't enjoy time outside. Fall is the perfect time to take advantage of the dip in temperature and get out and be active:

FALL FRUITS AND VEGGIES

You get the best value and the most nutritious produce when you buy seasonally. Traditional fall produce includes:

Fruits: apples, blackberries, cherries, figs, dates, pears, plums, pumpkins and raspberries.

Veggies: beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, spinach, sweet potatoes, turnips and winter



PUMPKIN FACTS:

- 🍂 Pumpkins are usually orange but can sometimes be yellow, white, green or red.
- 🍂 The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'.
- 🍂 Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.
- 🍂 Giant pumpkins can be grown for competitions, with some weighing over 1000 pounds!. In 2010, the world record was 1810 pounds! That's huge!!
- 🍂 Over 1 billion pounds (450 million kgs) of pumpkin are produced in the US every year.
- 🍂 As a food, pumpkin can be baked, roasted, steamed or boiled.
- 🍂 Native Americans used pumpkin seeds for food and medicine.
- 🍂 Pumpkins contain potassium and Vitamin A.

