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Healthy School Teams - FY18 - Kickoff

1 message

School Based Wellness Coordinator - Healthy School Teams

Mon, Oct 9, 2017 at 8:02 AM

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Reply-To: jeannine.rizzo@palmbeachschools.org

To: jeannine.rizzo@palmbeachschools.org

Greetings Everyone! Just a friendly reminder that you're receiving this email because you are member of the Healthy School Team for your school for FY18. Please add my email address: jeannine.rizzo@palmbeachschools.org to your address book so that these newsletters will be sure to land in your inbox! Looking forward to working with you this year!

You may [unsubscribe](#) if you no longer wish to receive our emails.

October 2017

School Based Wellness

N e w V i s i o n N e w F u t u r e !



On behalf of the School Food Service Department we are excited to begin another school year together! Maintaining our alignment with our vision of "Kids First" and our commitment to support School Based Wellness initiatives, we are here to provide support for Healthy School Teams as you continue to create a healthy, wellness culture at your school this year!

School Food Service -- Behind the Line!

Most of you are familiar with the role of School Food Service "behind the line." We align with the Department of Agriculture and provide approximately 183,000 meals daily to the students that attend our schools! In fact, last year just under 34 MILLION meals were served during the school year and during the summer!

School Food Service -- Out in Front!

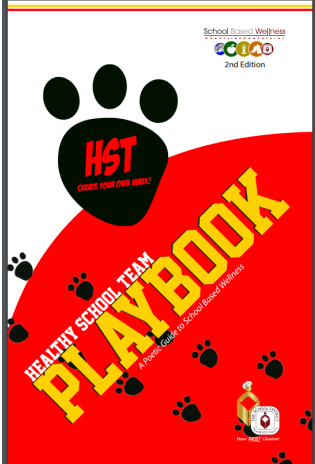
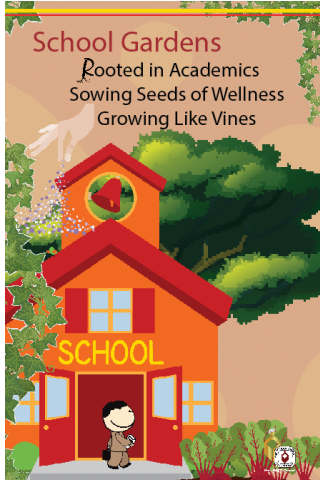
What you may not know is that School Food Service has a role "Out in Front" as well. We oversee the Wellness Policy for the District and we are responsible for the implementation of two of the three District Wellness initiatives -- School Based Wellness and Community Wellness. Employee or Staff Wellness is overseen by our Risk Management and Benefits Department.


I am Jeannine Rizzo, the Wellness Coordinator for **School Based Wellness**. I am on the Nutrition Services Team in the School Food Service Department. I oversee all School Based Wellness initiatives which has a laser focused scope --- the three Pillars of Wellness: Nutrition, Emotional Well-being and Physical Activity.

The Wellness initiative in our District is vast and encompasses different aspects of wellness. For questions regarding **Staff Wellness**, please reach out to Carlye Fabrikant in Risk and Benefits Management. For questions about **Community Wellness** which includes the District's Wellness Policy, the Wellness Promotion Task Force, Backpack Programs and Food Pantries, please reach out to Paula Triana in School Food Service.

My contact information is at the bottom of this newsletter. Please keep it handy and reach out to me whenever you have questions about School Based Wellness programs and initiatives for students.

School Based Wellness Initiatives

Programs	Participating Grades	Mandatory/ Optional	Resources Available
Healthy School Teams	K-12	Mandatory	 <p><u>Playbook - 2nd Edition</u> <u>New this Year!</u> <u>HST Playbook Launch -</u> <u>Vodcast</u></p>
School Gardens	K-12 (123 Schools Participating)	Optional	 <p><u>School Garden Development</u> <u>Guide - 3rd Edition</u></p>

			<i>New this Year!</i>
Healthy Habits Nutrition Planner Program	K-5 (107 Elementary Schools Participating)	Optional	 <p style="text-align: center;"><i>New this year!</i></p>



Healthy School Teams - New Procedure this Year!

Recording the Healthy School Team Leader

This year, a [bulletin](#) (click the link) addressed to "all principals" requires each school to "RECORD" the name of their Healthy School Team Leader. This information was requested by August 31st!

Congratulations to the following schools that recorded their Healthy School Team Leaders. [Click Here to view.](#)

If your school doesn't have a RECORDED Healthy School Team leader, please pass this newsletter along to your principal so that they can do so. Schools that do NOT record their Healthy School Team leader will likely miss out on valuable information during the year.

Building the Healthy School Team

As you start your journey this school year and begin creating and developing your Healthy School Team, remember a diversified team with members having various levels of expertise will serve your school and students beautifully. As you contemplate who the players on your team will be, please keep the Pillars of Wellness in mind and use them as your guide -- Nutrition, Emotional Well-being and Physical Activity.

Please remember and consider the following when building your team this year:

- *Serving on the Healthy School Team is voluntary*
- *Invite and choose members who are passionate about wellness*
- *Several staff members may be core members because of the nature of their official school role*
 - *For example:*
 - *SFS Manager - Nutrition*
 - *School Counselor - Emotional Well-being*
 - *PE Coach - Physical Activity*
 - *School Nurse - all components*



Nutrition



Emotional Well-Being



Physical Activity

Do these symbols look familiar? They should -- they represent the scope of School Based Wellness AND are featured in logo. This will help to remind you of the scope of School Based Wellness.

Creating Wellness Practices...Be Good Mentors!

We all know that when we eat nutritious foods, we nourish our minds, we are more alert and our bodies remain healthy. When we incorporate physical activity, we are more flexible and focused, and when we tap into our inner strength, we are more grounded, rooted and more equipped to move through the various dynamics we face on any given day. The same is true for our students!

School Fundraisers / School Parties

Be innovative this year with the ideas that you introduce and implement on campus so that a truly meaningful and successful wellness culture is created for your students. How creative can you be? Can you replace school parties and food fundraisers with activities that omit food and incorporate physical activity instead? How about painting inspiring words on rocks? You'll be surprised to see the differences that this makes as it relates how students respond academically. Discuss these ideas and more as a team to see what differences you can make this year.



Breakfast is FREE everyday for our kids! Encourage students to start the day off right by nourishing their minds.

Everyone wants to feel good, everyone wants to know that they matter and



everyone wants to be liked! Think of ways of how you can inspire a student each day. One kind word, one seemingly random act of kindness has a ripple affect! Create good vibes! Highlight student strengths as opposed to focusing on and calling out deficits. Set the bar high, recognize those who rise to the occasion and watch what happens...Everyone will RISE UP!



Find ways this year to incorporate more physical activity into the day! Encourage step contests! Help students find an activity that they enjoy, can embrace and make their own.



Need Funding -- [Click Here for Available Grants](#)



Funding Opportunities Available

check out the

[Fuel Up to Play 60 Playbook](#)

Fantastic funding opportunities available to incorporate Nutrition and Fitness into the school day!

Looking for a Healthy Fundraiser for 2017-2018?

We've Got You Covered

Want to plan a fall fundraiser that raises money for your school and creates a healthy school environment? We are excited to announce our new school fundraising program, SuperFit School Challenge. Let's join forces to promote healthy eating and physical activity in a fun, engaging, not-so-traditional fundraiser. It's time for your school to take SuperFit School Challenge. Learn more at SuperFitSchoolChallenge.org



Huge Shout Out to Plumosa School of the Arts!

Congratulations to Plumosa School of the Arts for receiving a Fuel Up to Play 60 Grant! Their award includes a smoothie station, a frozen yogurt station and a giant sidewalk

stencil that can be painted anywhere to encourage students to MOVE!

What a beautiful way to begin the new school year! This is exactly what successful Healthy School Teams are doing and what we hope to see more of from the schools in our district! Thank you Sally Smollar for leading the charge at Plumosa! Great job!

If your school is doing something spectacular to incorporate more nutrition, physical activity and emotional well-being practices into the school day, please let us know so that we can share them as best practices!



"MUST DO'S"

As part of the Federal, State and District requirements, below are the mandatory responsibilities of the Healthy School Team again this school year:

1. Ensure school follows Smart Snacks in School guidelines
2. Monitor and Track Food Fundraisers
3. Submit an Annual Assessment

Here is more information for you to refer to related to the responsibilities referenced above:

[Smart Snacks, Approved Vending, Fundraising Guidelines and Exemptions](#)

[Annual Assessment - FY17 Questions](#)

- *TIP: Use the Annual Assessment questions from FY17 as a guide as there is a high probability that similar questions will be asked again at the end of this year.*



Interesting Articles to Read...



New Resource Available
ParentsforHealthyKids.org



Mind/Shift - How We Learn

<https://ww2.kqed.org/mindshift/2017/08/07/how-a-school-ditched-awards-and-assemblies-to-refocus-on-kids-and-learning/>

Educating the Whole Child

is designed to educate, empower and engage parents and caregivers in becoming change agents for healthier schools and support them to reinforce healthy habits at home. Parents will learn how to get involved and make a difference in school health, engage school leaders and decision makers, explore a variety of school health topics, connect with other parents in a community forum, get tips for being healthy at home and much more. Take a look!

<http://community.shapeamerica.org/blogs/jennifer-loomis/2017/08/15/pe-teacher-teams-up-with-school-specialists-to-educate-the-whole-child>



Exercise Helps Kids Succeed in School

http://www. Kearneyhub.com/opinions/kearneyopinions/exercise-helps-kids-succeed-in-school/article_a9823a66-7ea3-11e7-8d9d-a78947d72652.html



[Sign Up Here!](#)

If you are no longer serving on the Healthy School Team and/or no longer want to receive the Healthy School Team Newsletter, please choose "update profile" at the bottom of this email and remove yourself from the list. Unsubscribing will remove you from all School Based Wellness newsletters including School Gardens.



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