



September, 2007

TO: Alachua County School Wellness Committees and Principals
FROM: Alachua County Team (ACT) for Healthy Kids

We are very pleased to present this Alachua County school wellness toolkit to assist you in the planning, development, implementation and evaluation of your school wellness policy. As you know, the School Board of Alachua County adopted a school wellness policy in the Fall of 2006. This policy was developed to comply with the Child Nutrition and WIC Reauthorization Act of 2004 which requires all school districts that participate in the school lunch program to implement a school wellness policy by the 2006-07 school year.

School wellness is one step towards addressing the childhood obesity crisis in the United States. All of us value the importance of healthy eating habits and physical activity in fostering lifelong health for our children. A school environment that supports good nutrition, healthy choices, and physical activity contributes to improved learning.

The Alachua County Team (ACT) for Healthy Kids is a community group comprised of individuals from various backgrounds, including pediatricians, nurses, dietitians, occupational therapists, teachers, parents, and other community members who are interested in the health of our children. This toolkit was developed to provide you with the resources that you will need to implement your school's wellness policy. We hope that you find the material useful as you develop your strategies for a healthy school environment.

Members of ACT are also willing to assist your school in a number of different ways, including serving on the wellness committee, advising your committee through the process, and answering any questions. Please feel free to contact us at acthealthykids@gmail.com. Good luck with the coming school year. We look forward to working with you to keep our children in Alachua County healthy!!

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ACT for Healthy Kids

School Wellness Self-Assessment

The School Wellness Self-Assessment is designed to be a tool for your school's Wellness Committee. The assessment will help to identify areas of need and priorities for the school to meet and exceed the guidelines set forth by the district wellness policy. The wellness policy for the Alachua County School District **is available in the resources section of your toolkit**. The Alachua County School Wellness Toolkit provides resources and suggestions for meeting and exceeding the district wellness policy.

The School Wellness Self-Assessment contains five sections:

1. Wellness Policy and Systems Assessment;
2. Nutrition Education Assessment;
3. Physical Activity Assessment;
4. School-Based Activity Assessment;
5. Nutritional Guidelines Assessment.

Each section asks your Wellness Committee to describe your school at the present time. **The items required by the district wellness policy are in bold**. All other items are recommended by ACT for Healthy Kids as additional ways to promote wellness in your school, but are not required. Completing this tool with your school's Wellness Committee will help to guide your wellness planning by identifying your schools strengths and weaknesses. ACT for Healthy Kids recommends that your Wellness Committee complete this tool as a group to promote dialogue between members or to assign sections of the assessment to members of your committee with specific knowledge of the section area. This tool can be completed all at once or used in sections based on your school's needs. Additionally, a section for comments and notes is available for you to use during the assessment. We recommend making copies of the School Wellness Self-Assessment so your school's Wellness Committee can revisit the tool again to measure your progress.

We hope this tool helps you to identify your school's strengths and weaknesses and guides your schools wellness decision making and planning activities.

School: _____ Date: _____
 Completed by: _____ Title: _____

Section 1: Wellness Policy and Systems Assessment

This section of the assessment will help to strengthen your school Wellness Committee. Implementation of the criteria below will help strengthen the systems within your local school to help promote health and wellness. Please check the box that best describes how well your school agrees with each statement below. **The items required by the district wellness policy are in bold.**

	No	Partially	Yes	Don't Know	Comment and Notes
1. My school has a Wellness Committee that includes the suggested member representation:					
Parents					
Teachers					
Students					
School Nurse					
Physical Education/Health Teachers					
Career Services (support staff)					
Food Services					
Administration					
2. My school's Wellness Committee meets regularly (e.g. once every other month)?					
3. My school's Wellness Committee focuses on coordinating physical activity/physical education, nutrition, and staff/student wellness.					
4. My school's Wellness Committee is a standing agenda item on my school's PTO/ PTA, School Advisory Council, and/or student council/student government.					
5. My school has a system/procedure in place to communicate health policies to students, parents, staff, and visitors.					
6. My school's Wellness Committee has a system/procedure in place to gain support of school administrators.					
7. My school's Wellness Committee has a plan to evaluate and report progress.					
8. My school engages parents and community members to help plan and implement health and wellness programs.					

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School: _____ Date: _____

Completed by: _____ Title: _____

Section 2: Nutrition Education Assessment

This section will help to strengthen your school’s nutrition education curriculum in the classroom and through other school-based activities. Please check the box that best describes how well your school agrees with each statement below.

The items required by the district wellness policy are in bold.

	No	Partially	Yes	Don't Know	Comment and Notes
1. My school’s nutrition education curriculum is in line with the Sunshine State Standards.					
2. All teachers who provide nutrition education in my school use a curriculum that is in line with the Sunshine State Standards.					
3. My school offers enjoyable and developmentally appropriate activities throughout the school year (e.g. learning games, role playing and cooperative learning).					
4. Our school cafeteria provides nutrition education opportunities for students beyond the classroom (e.g. learning labs).					
5. My school provides opportunities for students to practice healthy eating behaviors (e.g. reading food labels and planning healthy snacks).					
6. My school provides consistent nutrition messages throughout the school that reinforce each other.					
7. My school’s nutrition education program is integrated into the core curriculum areas like math, science, and language arts.					
8. My school provides opportunities for engaging and involving families and the communities in nutrition education and nutrition promotion.					
9. My school promotes nutrition education standards and benchmarks through a variety of media (e.g. internet resources, visual media).					
10. My school provides training in nutrition education best practices for appropriate staff.					
11. All teachers who provide nutrition education participate in professional development in this area at least once a year.					

School: _____ Date: _____

Completed by: _____ Title: _____

Section 3: Physical Activity Assessment

This section of the assessment will help to strengthen your school’s activity/physical education curriculum in the classroom and in other school-based activities. Implementation of the criteria below will increase the amount of physical activity and improve the quality of physical education offered within your local school to help promote health and wellness. Please check the box that best describes how well your school agrees with each statement below. **The items required by the district wellness policy are in bold.**

	No	Partially	Yes	Don't Know	Comment and Notes
1. My school’s physical education (PE) curriculum is in line with the National Association of Sports and Physical Education and the Sunshine State Standards.					
2. My school’s PE program:					
Consists of activities that are grade level appropriate and sequential;					
Consists of activities that are of a moderate to vigorous level and duration;					
Consists of activities in which at least 50% of class time is devoted to physical activity;					
Has an adequate budget, equipment, supplies, and technology;					
Is taught by licensed or certified PE teachers or appropriately trained teachers.					
Has a student/teacher ratio that is comparable to other subject areas (like math and language arts).					
Integrates physical activity into other curriculum areas like math, science and language classes.					
3. My school provides the required/recommended minutes of physical education per week:					
<i>Grades K-5: required 150 minutes per week</i>					
<i>Grades 6-8: recommends 225 minutes per week</i>					
4. My school encourages moderate to vigorous physical activity beyond the school day.					
5. My school promotes physical activity by:					
<i>Grades K-5: providing physical activity for 15-30 minutes on the days when PE is not scheduled;</i>					
<i>Grades 6-12: offering opportunities for extra curricular activities and intramural programs.</i>					
6. Students in my school receive positive, motivating messages about physical activity.					

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	No	Partially	Yes	Don't Know	Comment and Notes
7. My school provides information and education to encourage families and the community to incorporate physical activity into their daily lives.					
8. My school provides opportunities for engaging and involving families and the community in physical activity.					
9. All teachers who provide physical education participate in professional development in this area at least once a year.					
10. My school encourages the establishment of community and business partnerships to institute physical activity programs.					
11. My school provides community members access to the indoor and outdoor facilities after school hours.					

School: _____ Date: _____

Completed by: _____ Title: _____

Section 4: School-Based Activity Assessment

This section of the assessment will help to increase classroom and other school-based opportunities for health and wellness in your school. Implementation of the suggestions below will help promote health and wellness in your school. Please check the box that best describes how well your school agrees with each statement below. **The items required by the district wellness policy are in bold.**

	No	Partially	Yes	Don't Know	Comment and Notes
1. My school encourages staff to improve their own personal health and wellness such as offering health screenings, stress management programs, and fitness programs.					
2. My school offers incentives for staff to improve their own personal health and wellness (e.g. reward programs/ in-service points).					
3. My school communicates information to parents on nutrition education, benefits of physical activity, and children's health information (e.g. Body Mass Index).					
4. My school provides school-sponsored activities that promote health and wellness (e.g. parent seminars, walkathons).					
5. My school provides healthy options for food or beverages at school fundraisers, school sponsored events, health fairs, and field trips.					
6. Teachers at my school are encouraged to use food and beverages that meet the recommended nutrition standards for snacks, celebrations, and rewards.					
7. Teachers at my school are encouraged to look for alternatives to discipline practices that deny students participation in recess or other physical activities or for classroom make up time.					
8. My school provides daily opportunities for moderate to vigorous physical activity during after-school enrichment programs.					
9. Students at my school receive at least 10 minutes for breakfast and at least 20 minutes for lunch from the time the students receive their food.					
10. My school encourages organizations to raise funds selling non-junk food items.					

School: _____ Date: _____

Completed by: _____ Title: _____

Section 5: Nutritional Guidelines Assessment

This section of the assessment will help to establish food service programs that are in compliance with district guidelines. The guidelines include reimbursable meals, competitive foods, vending, and other nutritional opportunities. Many of the nutritional standards are controlled by the school district, the list below addresses issues that your individual school can influence. Please check the box that best describes how well your school agrees with each statement below. **The items required by the district wellness policy are in bold.**

	No	Partially	Yes	Don't Know	Comment and Notes
1. My school provides affordable access to the varied and nutritional foods they need to be healthy and to learn well.					
2. My schools' meals program includes:					
Only fat-free or low-fat milk (flavored or unflavored);					
Increased whole grains daily at breakfast or lunch;					
Increased fresh fruits and vegetables daily;					
Only, unsaturated, zero trans fat oils in food preparation.					
3. My school has prepared a list of snack items that comply with the district wellness policy guidelines for staff, parents and after-school program personnel.					
4. The competitive foods offered in my school include healthy food choices and are offered at prices students can afford.					
5. There are appropriate restrictions on students' access to vending machines, school stores, snack bars, and other outlets that sell food and beverages.					

ACT for Healthy Kids

School Wellness Action Plan

This activity is designed to help your school's Wellness Committee create an action plan for working towards the implementation of your district wellness policy. An action plan provides a written framework for achieving the desired changes at your school to implement the district wellness policy. This action plan will enable your school to look at the big picture, set priorities, and develop action steps or activities to begin to work towards change. This action planning activity is based on the Centers for Disease Control and Prevention (CDC) School Health Index and was modified to meet the requirements of your district's wellness policy.

The School Wellness Action Plan should be developed by your school's Wellness Committee after completing the School Wellness Self Assessment. Your answers to the School Wellness Self Assessment will guide your action planning activities. To increase the likelihood of success, it is important to bring together all members of your school's Wellness Committee to develop your school's action plan. During this activity, your school will:

- √ Identify strengths and weaknesses;
- √ Identify potential actions to improve on areas of weakness and enhance strengths;
- √ Establish priority areas or areas of focus;
- √ Create specific actions/tasks that will impact the identified priority areas;
- √ Identify responsible parties for the actions/tasks;
- √ Create a timeline for the actions/tasks.

This is an opportunity for your school's Wellness Committee to ***act***. The toolkit was developed to assist you in this process by providing resources and suggestions for improving the health and wellness of students in your school. We recommend using the action plan to monitor and track progress. Update and revise the plan during your Wellness Committee meetings frequently. We recommend making copies of the School Wellness Action Plan so your school's Wellness Committee can use the tool again to develop future plans.

Section 2: Nutrition Education Assessment

Look back at how your school scored on Section 2 of the School Wellness Policy Self-Assessment.

1. What are the strengths of your school’s nutrition education program/curriculum?

2. What are the weaknesses of your school’s nutrition education program/curriculum?

3. List several recommended actions to improve each of the identified weaknesses.

List each of the actions identified in question 3 in the table below. Please rank each action on a scale of 1 to 5 described below in each category. Add the total points for each action to get the total points. The actions with the highest points indicate potential priority actions.

Importance	How important is the action to my school? 1= not important 3= moderately important 5= very important
Commitment	How enthusiastic would the school community be about implementing the action? 1= not enthusiastic 3= moderately enthusiastic 5= very enthusiastic
Feasibility	How difficult (e.g. cost, time) would it be to complete the action? 1= very difficult 3= moderately difficult 5= not difficult

Section 2 Actions	Importance	Commitment	Feasibility	Total Points	Top Priority (Y/N)

Section 3: Physical Activity Assessment

Look back at how your school scored on Section 3 of the School Wellness Policy Self-Assessment.

1. What are the strengths of your school’s physical activity program/curriculum?

2. What are the weaknesses of your schools physical activity program/curriculum?

3. List several recommended actions to improve each of the identified weaknesses.

List each of the actions identified in question 3 in the table below. Please rank each action on a scale of 1 to 5 described below in each category. Add the total points for each action to get the total points. The actions with the highest points indicate potential priority actions.

Importance	How important is the action to my school? 1= not important 3= moderately important 5= very important
Commitment	How enthusiastic would the school community be about implementing the action? 1= not enthusiastic 3= moderately enthusiastic 5= very enthusiastic
Feasibility	How difficult (e.g. cost, time) would it be to complete the action? 1= very difficult 3= moderately difficult 5= not difficult

Section 3 Actions	Importance	Commitment	Feasibility	Total Points	Top Priority (Y/N)

Section 5: Nutrition Guidelines Assessment

Look back at how your school scored on Section 5 of the School Wellness Policy Self-Assessment.

1. What are the strengths of your school’s nutrition guidelines?

2. What are the weaknesses of your school’s nutrition guidelines?

3. List several recommended actions to improve each of the identified weaknesses.

List each of the actions identified in question 3 in the table below. Please rank each action on a scale of 1 to 5 described below in each category. Add the total points for each action to get the total points. The actions with the highest points indicate potential priority actions.

Importance	How important is the action to my school? 1= not important 3= moderately important 5= very important
Commitment	How enthusiastic would the school community be about implementing the action? 1= not enthusiastic 3= moderately enthusiastic 5= very enthusiastic
Feasibility	How difficult (e.g. cost, time) would it be to complete the action? 1= very difficult 3= moderately difficult 5= not difficult

Section 5 Actions	Importance	Commitment	Feasibility	Total Points	Top Priority (Y/N)

School: _____

Date: _____

ACT for Healthy Kids

School Wellness Action Plan

1. List the top two priority actions your school’s Wellness Committee has agreed to implement from each of the sections above.
2. List the specific steps/activities needed to implement each action.
3. Assign a responsible person or party.
4. Develop a timeline for the step/activity by identifying a start and finish date.

	ACTION	STEPS/ ACTIVITY	BY WHOM	DATE START	DATE FINISH
Section 1	1.	A.			
		B.			
		C.			
		D.			
		E.			
	2.	A.			
		B.			
		C.			
		D.			
		E.			
Section 2	3.	A.			
		B.			
		C.			
		D.			
		E.			
	4.	A.			
		B.			
		C.			
		D.			
		E.			
Section 3	5.	A.			
		B.			
		C.			
		D.			
		E.			

	ACTION	STEPS/ ACTIVITY	BY WHOM	DATE START	DATE FINISH
	6.	A.			
		B.			
		C.			
		D.			
		E.			
Section 4	7.	A.			
		B.			
		C.			
		D.			
		E.			
	8.	A.			
		B.			
		C.			
		D.			
		E.			
Section 5	9.	A.			
		B.			
		C.			
		D.			
		E.			
	10.	A.			
		B.			
		C.			
		D.			
		E.			

Progress Notes:

Section 1

Wellness Policy and Systems Development

Create an infrastructure within schools through the establishment of school Wellness Committees to promote school health and wellness.

❖ **Action Steps:**

1. Create a Wellness Committee within your school that is dedicated to coordinating physical education/physical activity, nutrition, and staff/student wellness.
2. Develop systems/procedures to communicate your school's health policies to students, parents, staff, and visitors.
3. Develop systems/procedures to gain support from your school's administrators for health policies, programs, and activities.
4. Evaluate and report on your school's Wellness Committee activities.

1. *Create a Wellness Committee within your school that is dedicated to coordinating physical education/physical activity, nutrition, and staff/student wellness.*

❖ **Why:**

Each school in Alachua County is required to form a Wellness Committee to coordinate physical activity, nutrition, and student/staff wellness. This group should include members from diverse backgrounds such as parents, teachers, students, nursing staff, physical education and health teachers, career services staff, food services staff, and school administration. Having members from different backgrounds will provide high levels of insight into the current activities as well as providing vision for the future. This group is responsible for coordinating physical activity, nutrition, and student/staff wellness including the implementation of the Alachua County School Wellness Policy.

❖ **How:**

- ✓ Identify members (8-10) including parents, teachers, students, nursing staff, physical education/health teachers, career services staff, food services staff, and school administration.
- ✓ Establish member responsibilities and requirements.
- ✓ Establish a regular meeting schedule for the school year (e.g. every month or every other month).
- ✓ Develop goals for coordinating physical activity, nutrition, and student/staff wellness. Completing the Self-Assessment and Action Plan included in this toolkit will assist with this task.

❖ **Resources:**

- ✓ **Alachua County Public Schools:** www.sbac.edu
- ✓ **Florida Department of Education:** www.fldoe.org
- ✓ **Model School Wellness Policies:** www.schoolwellnesspolicies.org
- ✓ **Centers for Disease Control and Prevention Local Wellness Policies Tools and Resources:**
www.cdc.gov/HealthyYouth/healthtopics/wellness.htm
- ✓ **Team Nutrition: Local Wellness Policy:**
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
- ✓ **National Association for Sports and Physical Education:**
www.aahperd.org/naspe/template.cfm?template=wellness.html
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org
- ✓ **National Association of State Boards of Education:**
www.nasbe.org/

2. Develop systems/procedures to communicate your school's health policies to students, parents, staff, and visitors.

❖ **Why:**

Communication of health and wellness policies to students, parents, staff, and visitors is vital to successful implementation of the district wellness policies and procedures in your school. As the Wellness Committee, you are responsible for coordinating the physical activity, nutrition, and student/staff wellness activities for your school, which includes the implementation of the district wellness policy. Therefore, one of your primary responsibilities as a Wellness Committee is to communicate the new wellness policy to stakeholders including students, parents, staff, and visitors. Many stakeholders are not aware of the policies and procedures set forth by the district. As a Wellness Committee you must send consistent messages to stakeholders. In order to do this successfully a system/procedure for communicating policies needs to be developed.

❖ **How:**

- ✓ Identify target audiences.
- ✓ Develop messages for communication.
- ✓ Identify forums for sharing information to target audiences such as PTO/PTA, SAC, and Student Councils/Student Government.
- ✓ Utilize multiple delivery techniques such as presentations, newsletters and forums.

❖ **Resources:**

- ✓ **American Cancer Society:** Promoting Healthy Youth, Schools and Communities: *A Guide to Community-School Health Councils:* www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf
- ✓ **Public Schools of North Carolina:** Effective School Health Advisory Councils: *Moving from Policy to Action:* www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf
- ✓ **Model School Wellness Policies:** www.schoolwellnesspolicies.org/WellnessPolicies.html
- ✓ **Centers for Disease Control and Prevention Local Wellness Policies Tools and Resources:** www.cdc.gov/HealthyYouth/healthtopics/wellness.htm
- ✓ **Team Nutrition:** Local Wellness Policy: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
- ✓ **National Association for Sports and Physical Education:** www.aahperd.org/naspe/template.cfm?template=wellness.html
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org

3. Develop systems/procedures to gain support from your school's administrators for health policies, programs, and activities.

❖ **Why:**

Working with your school administrators is a key part to the implementation health policies, programs, and activities. Gaining support from your school's administrators for these activities increases its likelihood for success. As a Wellness Committee, you are responsible for coordinating the physical activity, nutrition, and student/staff wellness activities for your school; therefore the support from administrators is vital for the implementation of policies, programs, and activities. School administrators are very busy and their time is in high demand. Developing a system or process to gain support of administrators will help to communicate your message in a consistent and efficient manner.

❖ **How:**

- ✓ Encourage a school administrator to participate in your school's Wellness Committee.
- ✓ Establish regular communication with administrators about activities through email, meetings, or teleconference.
- ✓ When communicating, explain how health and wellness activities can positively impact other areas of the school including academic performance.

❖ **Resources:**

- ✓ **American Cancer Society:** Promoting Healthy Youth, Schools and Communities: *A Guide to Community-School Health Councils:* www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf
- ✓ **Public Schools of North Carolina:** Effective School Health Advisory Councils: *Moving from Policy to Action:* www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf
- ✓ **Model School Wellness Policies:** www.schoolwellnesspolicies.org/WellnessPolicies.html
- ✓ **Centers for Disease Control and Prevention Local Wellness Policies Tools and Resources:** www.cdc.gov/HealthyYouth/healthtopics/wellness.htm
- ✓ **Team Nutrition:** Local Wellness Policy: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
- ✓ **National Association for Sports and Physical Education:** www.aahperd.org/naspe/template.cfm?template=wellness.html
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org

4. Evaluate and report on your school's Wellness Committee activities.

❖ Why:

Evaluation is an important piece to any program or activity that your Wellness Committee implements. Evaluation provides value for what you have done, identifies areas for improvement, and determines if your program had the outcome you intended. As a Wellness Committee, you are responsible for coordinating the physical activity, nutrition, and student/staff wellness activities for your school; therefore learning what works, what doesn't, and how programs can be improved is the responsibility of the committee. Sharing your findings with key stakeholders, including parents, students, teachers, and administrators is also important. Sharing the successes, failures, and possible areas of improvement for programs and activities can increase support from your stakeholders.

❖ How:

- ✓ Prior to the development and implementation of your program:
 - Identify the changes you expect because of the program.
 - Set measurable goals and objectives for the program.
 - Develop a method of data collection.
- ✓ Implement data collection procedures.
- ✓ Analyze the data.
 - Did the things happen that you expected to happen?
 - Is it making a difference?
 - Are there improvements that need to be made?
- ✓ Report findings to key stakeholders.

❖ Resources:

- ✓ **Community Toolkit:** ctb.ku.edu/en
- ✓ **Department of Education:** Evaluation Primer: *An Overview of Education Evaluation*: www.ed.gov/offices/OUS/PES/primer1.html
- ✓ **Centers for Disease Control and Prevention Local Wellness Policies Tools and Resources:** www.cdc.gov/HealthyYouth/healthtopics/wellness.htm
- ✓ **Team Nutrition:** Local Wellness Policy: www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org

Section 2

Nutrition Education

Promote healthy nutrition habits and role modeling among students, parents, teachers, administrators, food service employees, and other staff.

❖ **Action Steps:**

1. Develop a nutrition education curriculum at your school that is in line with the Sunshine State Standards and requires all teachers who provide nutrition education at your school use a curriculum that is in line with the Sunshine State Standards.
2. Offer enjoyable and developmentally appropriate activities at your school throughout the school year.
3. The cafeteria at your school provides nutrition education opportunities for students beyond the classroom.
4. Opportunities for students to practice healthy eating behaviors are offered at your school.
5. Offer opportunities for engaging and involving your school's families and community in nutrition education and nutrition promotion.
6. Promote nutrition education standards and benchmarks through a variety of media at your school.
7. Provide training in nutrition education best practices for appropriate staff and require all teachers who provide nutrition education in your school to participate in professional development in this area at least once a year.

1. Develop a nutrition education curriculum at your school that is in line with the Sunshine State Standards and requires all teachers who provide nutrition education at your school use a curriculum that is in line with the Sunshine State Standards.

❖ **Why:**

Nutrition education provides the knowledge and skills needed to adopt behaviors that will promote long-term health. Well-nourished children perform better in the classroom and experience fewer illnesses and absences from school. Development of healthful nutrition behaviors early in life will result in healthier adults.

❖ **How:**

Implement a nutrition curriculum that teaches key nutrition education topics in all four grade levels (preK-2, 3-5, 6-8, and 9-12). This curriculum should begin with more basic topics in elementary school and build upon this knowledge in middle and high school. Nutrition education can be integrated into core curriculum areas such as math, science, and language, as well as taught in health classes. The curriculum should follow the Florida Sunshine State Standards (www.fl DOE.org/bii/Curriculum/SSS)

Recommended topics for elementary school students:

- ✓ Balancing food intake and physical activity
- ✓ Benefits of healthy eating
- ✓ Eating more fruits, vegetables, whole grains, and calcium-rich foods
- ✓ Making healthy food choices for meals and snacks
- ✓ My Pyramid
- ✓ Food safety essentials.

Recommended topics for middle and high school:

- ✓ More depth on topics covered in elementary school
- ✓ Dietary Guidelines for Americans
- ✓ Understanding influences on food choices
- ✓ Healthy weight control
- ✓ Using the food label
- ✓ Making effective decisions about health and dietary practices.

❖ Resources:

Resource	Grade Level			
	PreK-2	3-5	6-8	9-12
Sunshine State Standards: www.fldoe.org/bii/Curriculum/SSS	✓	✓	✓	✓
Action for Healthy Kids: www.actionforhealthykids.org	✓	✓	✓	✓
Alliance for a Healthier Generation: www.healthiergeneration.org	✓	✓	✓	✓
Dairy Council of California: www.dairycouncilofca.org	✓	✓	✓	✓
Dole 5–A Day: www.dole5aday.com	✓	✓	✓	
Health Teacher: www.healthteacher.com	✓	✓	✓	✓
Portion Distortion: http://hp2010.nhlbihin.net/portion	✓	✓	✓	✓
Kidnetic: www.kidnetic.com	✓	✓	✓	
My Pyramid: www.mypyramid.gov	✓	✓	✓	✓
We Can!: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/	✓	✓	✓	
Dairy Council of Washington www.eatsmart.org	✓	✓	✓	✓

2. Offer enjoyable and developmentally appropriate activities at your school throughout the school year (e.g. learning games, role playing, and cooperative learning).

❖ **Why:**

Ongoing activities reinforce the nutrition education curriculum by offering opportunities to practice skills. These activities must be developmentally appropriate to address the learning needs of students at various stages of development.

❖ **How:**

Work with teachers, staff, PTA, SAC, parents, community members, and school foodservice directors to develop and implement a schedule of events related to the nutrition education topics included in the curriculum.

Examples of activities include:

- ✓ Health fairs
- ✓ Cooking demonstrations
- ✓ Farm and farmer market visits
- ✓ School gardens
- ✓ Games and activities
- ✓ Developing newsletters.

❖ **Resources:**

- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **National Dairy Council:** www.nationaldairycouncil.org
- ✓ **Dairy Council of California:** www.dairycouncilofca.org
- ✓ **Dairy Council of Washington:** www.eatsmart.org
- ✓ **Dole 5–A Day:** www.dole5aday.com
- ✓ **Farmer’s Market Coloring Book:**
<http://www.ams.usda.gov/farmersmarkets/KidsCorner.htm>
- ✓ **Fruits and Vegetables More Matters:**
www.fruitsandveggiesmorematters.org
- ✓ **Health Fair Planning Guide:**
http://fcs.tamu.edu/HEALTH/health_fair_planning_guide/index.php
- ✓ **Kid’s Cooking Club:** www.kidscook.com
- ✓ **My Pyramid:** www.mypyramid.gov
- ✓ **School Gardens:** <http://aggie-horticulture.tamu.edu/kindergarden/Child/school/sgintro.htm>

3. The cafeteria at your school provides nutrition education opportunities for students beyond the classroom (e.g. learning labs).

❖ **Why:**

The school cafeteria provides opportunities and resources to reinforce the curriculum taught in the classroom. By providing a real-life environment where students make actual food choices, they are able to practice decision-making regarding healthful diets.

❖ **How:**

- ✓ Give the foodservice director a key role in coordinating cafeteria activities.
- ✓ Establish healthy food promotional activities such as:
 - Trying new recipes
 - Food tastings
 - Cooking demonstrations
 - Providing nutrition education about menu offerings.

❖ **Resources:**

- ✓ **Eunshil McKenna, RD, LD, Food Specialist II, Alachua County School Food Service:** 352-955-7539, ext 225 or mckennes@sbac.edu
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org
- ✓ **School Nutrition Association:** www.schoolnutrition.org
- ✓ **Kid's Health:** www.kidshealth.org
- ✓ **Nutrition.gov:** www.nutrition.gov

4. Opportunities for students to practice healthy eating behaviors are offered at your school (e.g. reading food labels and planning healthy snacks).

❖ **Why:**

Classroom instruction and providing healthy options in the cafeteria do not alone foster adoption of healthful eating behaviors. Students need opportunities to apply knowledge and practice skills learned in the classroom.

❖ **How:**

- ✓ Meal planning activities in the classroom that demonstrate healthful eating plans and snacks.
- ✓ Cooking demonstrations that include tasting new foods.
- ✓ Teach students to read and understand food labels as part of the curriculum.
- ✓ Foster partnerships between foodservice staff and after-school programs that allow students to learn cooking skills.

❖ **Resources:**

- ✓ **Eunshil McKenna, RD, LD, Food Specialist II, Alachua County School Food Service:** 352-955-7539, ext 225 or mckennes@sbac.edu
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org
- ✓ **Nutrition.gov:** www.nutrition.gov
- ✓ **My Pyramid:** www.mypyramid.gov

5. Offer opportunities for engaging and involving your school's families and community in nutrition education and nutrition promotion.

❖ **Why:**

Classroom education alone does not give students the skills necessary to make behavior changes related to healthy eating. Students need to hear consistent health messages through different channels at school, at home and in the community are more likely to adopt healthy behaviors.

❖ **How:**

- ✓ Include articles in school newsletters and/or community newspapers about the important role that parents and teachers play in student health.
- ✓ Include information on monthly school meal calendars that are sent home to parents.
- ✓ Provide information to parents at back-to-school nights and health fairs.
- ✓ Work with after school programs to promote healthy snacks and decision-making about foods.

❖ **Resources:**

- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org
- ✓ **National Dairy Council:** www.nationaldairycouncil.org
- ✓ **Dairy Council of California:** www.dairycouncilofca.org
- ✓ **Dairy Council of Washington:** www.eatsmart.org
- ✓ **Florida's Coordinated Healthy School Program:** www.fldoe.org/bii/instruct/health/h-pilot.asp
- ✓ **CATCH Texas:** www.catchtexas.org
- ✓ **Healthy School Snacks:** www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf
- ✓ **School Nutrition Association:** www.schoolnutrition.org

6. Promote nutrition education standards and benchmarks through a variety of media at your school (e.g. internet resources, visual media).

❖ **Why:**

To educate and inform students, staff, parents, and the community of the guidelines for healthful eating in order to expand the channels through which students hear nutrition education messages.

❖ **How:**

- ✓ Use morning TV announcements to promote My Pyramid and healthy eating messages.
- ✓ Use school websites and newsletters to educate and inform parents and staff about Dietary Guidelines and My Pyramid.
- ✓ Educate teachers about websites with teaching resources.

❖ **Resources:**

- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org
- ✓ **My Pyramid:** www.mypyramid.gov

7. Provide training in nutrition education best practices for appropriate staff and require all teachers who provide nutrition education in your school to participate in professional development in this area at least once a year.

❖ **Why:**

A commitment by all faculty and staff to teaching and modeling healthful nutrition behaviors is needed to foster adoption of these behaviors by students. By attending professional development programs, participants can acquire current, valid research-based information on nutrition, updated and new teaching techniques, and lessons for effectively teaching skills-based nutrition using My Pyramid and the Dietary Guidelines.

❖ **How:**

- ✓ Provide incentives and seek out opportunities for educators to attend professional development and training activities.
- ✓ Seek qualified individuals to provide in-service training to staff on best practices (e.g. Cooperative Extension Foods and Nutrition staff).
- ✓ Provide workshops that allow staff to practice teaching techniques and use new resources and curricula.

Section 3

Physical Activity

To increase the amount of physical activity and improve the quality of physical education programming in your school to promote the health and wellness for your students and staff.

❖ **Action Steps:**

1. Provide a physical education (PE) curriculum in your school that is in line with national and state standards, including the required and/or recommended minutes of PE per week.
2. Provide a PE program for your students designed to improve physical fitness and promote health and wellness in a safe environment.
3. Provide and encourage your students to engage in physical activity of moderate to vigorous intensity and duration outside of physical education classes and beyond the school day.
4. Provide your students with positive, motivating messages about physical activity.
5. Provide information and education to encourage your students' families to incorporate physical activity into their daily lives.
6. Provide opportunities for engaging your students' families and the community to incorporate physical activity into their daily lives.

7. Require teachers who provide physical education to participate in professional development in this area at least once a year.
8. Establish community and business partnerships to institute physical activity programs for your school.
9. Grant community members access to your school's indoor and outdoor facilities after school hours.

1. Provide a physical education (PE) curriculum in your school that is in line with national and state standards, including the required and/or recommended minutes of PE per week.

❖ **Why:**

Physical education (PE) provides an opportunity for students to engage in physical activity during the school day. PE provides students with opportunities to develop the skills needed to promote long-term health. The benefits of regular physical activity include: building healthy muscles and bones, reducing the risk of obesity and chronic diseases, reducing the risk of depression and anxiety, and promoting psychological well-being. Studies support that when students are physically active their academic performance improves. To ensure that students are receiving the skills they need to promote long-term health and wellness, it is important to implement curriculums that are in line with national and state standards.

❖ **How:**

Implement a PE curriculum that teaches key physical education topics in all grade levels (preK-2, 3-5, 6-8, 9-12). This curriculum should begin with more basic skill development in elementary school and build upon this knowledge in middle and high school. The curriculum should follow the Florida Sunshine State Standards and the National Association for Sports and Physical Education. Standards are grade level specific and include the following areas:

- ✓ Motor and movement skills
- ✓ Knowledge and application of movement concepts, principles, strategies, and tactics
- ✓ Regular participation in physical activity
- ✓ Development and maintenance of physical fitness
- ✓ Personal and social responsibility
- ✓ Valuing physical activity.

Required/Recommended minutes of PE

Grades K-5: required 150 minutes per week.

Grades 6-12: recommends 225 minutes per week.

❖ **Resources:**

- ✓ **National Association for Sports and Physical Education:**
www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html

- ✓ **Florida Sunshine State Standard:** www.fldoe.org/bii/Curriculum/SSS
- ✓ **Center for Disease Control and Prevention:** Physical Education Curriculum Assessment Tool (PECAT): www.cdc.gov/HealthyYouth/pecat/
- ✓ **Centers for Disease Control and Prevention:** Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People: www.cdc.gov/HealthyYouth/physicalactivity/guidelines
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org
- ✓ **Centers for Disease Control and Prevention:** U.S. Physical Activity Statistics: www.cdc.gov/nccdphp/dnpa/physical/stats/index.htm

2. Provide a PE program for your students designed to improve physical fitness and promote health and wellness in a safe environment.

❖ **Why:**

PE provides students with the opportunity to develop the skills needed to promote long-term health. Quality PE programs allow students to obtain and maintain high levels of physical fitness. These programs must teach students age-appropriate skills and allow adequate time for skill development and skill improvement. The PE program should be designed to promote physical fitness and be provided in a safe environment with qualified staff. This will decrease the risk of injury for students.

❖ **How:**

Develop a PE program that is designed to increase fitness and improve overall health and wellness in a safe environment:

- ✓ Activities must be grade level appropriate and sequential.
- ✓ Activities must be of moderate to vigorous intensity and duration.
- ✓ PE must devote **at least** 50% of class time to physical activity.
- ✓ Program must have an adequate budget, equipment, supplies, and technology.
- ✓ PE must be taught by licensed or certified PE teachers or appropriately trained teachers.
- ✓ PE must have teacher/student ratio that is comparable to other subject areas.

❖ **Resources:**

Standards

- ✓ **National Association for Sports and Physical Education:**
<http://www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html>
- ✓ **Florida Sunshine State Standard:**
www.fldoe.org/bii/Curriculum/SSS

Guidelines and Policy Resources

- ✓ **National Association of State Boards of Education:**
www.nasbe.org/
- ✓ **Centers for Disease Control and Prevention:** Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People: www.cdc.gov/HealthyYouth/physicalactivity/guidelines
- ✓ **National Association of Sports and Physical Education:** Appropriate Practices: www.aahperd.org/naspe
- ✓ **Guide to Community Preventive Services:** Physical Activity: www.thecommunityguide.org/pa

- ✓ **Center for Disease Control and Preventions:** State-Based Physical Activity Program Directory: <http://apps.nccd.cdc.gov/DNPAProg/StateV.asp>
- ✓ **PE4LIFE:** www.pe4life.org
- ✓ **Alliance for a Healthier Generation:** www.healthiergeneration.org

Safety Resources

- ✓ **National Program for Playground Safety:** www.uni.edu/playground
- ✓ **National Youth Sports and Safety Foundation, Inc.:** www.nyssf.org/wframeset.html

Assessment Resources

- ✓ **FITNESSGRAM®/ACTIVITYGRAM:** The Cooper Institute for Aerobics Research: www.fitnessgram.net
- ✓ **Physical Best:** American Alliance for Health, Physical Education, and Dance: www.humankinetics.com

Curriculum Resources

Resources	Grade Level			
	PreK-2	3-5	6-8	9-12
CATCH: www.flaghouse.com/CatchPE.asp	✓	✓		
Heart Power: www.americanheart.org	✓	✓	✓	
PE Central: www.pecentral.org	✓	✓	✓	✓
SPARK: www.sparkpe.org	✓	✓	✓	✓
Project LEAN: www.californiaprojectlean.org			✓	✓

3. Provide and encourage your students to engage in physical activity of moderate to vigorous intensity outside of physical education classes and beyond the school day.

❖ **Why:**

It is recommended that youth and adolescents participate in at least 60 minutes of moderate intensity physical activity most days, preferably all days of the week. Physical education and the schools cannot provide all of the needed physical activity for youth and adolescents. Therefore, opportunities for moderate to vigorous physical activity should be encouraged.

❖ **How:**

Examples for increasing physical activity beyond physical education in the schools include:

- ✓ In grades *K-5* provide physical activity for 15-30 minutes on the days when PE is not scheduled.
- ✓ In grades 6-12 provide opportunities for extra curricular activities and intramural programs.
- ✓ Integrate physical activity into core subject matters like math and science.
- ✓ Provide daily recess for elementary school students.
- ✓ Provide opportunities for physical activity during after school programs.
- ✓ Promote activities such as walking or biking to school.
- ✓ Utilize websites and internet resources in your classroom and homework assignments.
- ✓ Plan health promotion activities and incentives for students and parents to encourage regular physical activity (e.g. Morning Mile).

❖ **Resources:**

- ✓ **Dietary Guidelines for Americans 2005:** www.healthierus.gov/dietaryguidelines
- ✓ **What Moves U:** www.whatmovesu.com
- ✓ **American Heart Association:** www.americanheart.org
- ✓ **Go Healthy Challenge Kids Movement:** www.healthiergeneration.org/teens.aspx?id=202
- ✓ **BAM (Body and Mind):** www.bam.gov

- ✓ **Guidelines for After School Physical Activity and Intramural Sports Programs:**
www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf
- ✓ **KidsWalk to School:** www.cdc.gov/nccdphp/dnpa/kidswalk
- ✓ **CDC's VERB Campaign:** www.cdc.gov/VERB
- ✓ **President's Council on Physical Fitness and Sports:**
www.fitness.gov
- ✓ **After School Alliance:** www.afterschoolalliance.org
- ✓ **After School Physical Activity:** www.afterschoolpa.com
- ✓ **Do More, Watch Less:**
www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm
- ✓ **Small Step:** www.smallstep.gov
- ✓ **CDC's Powerful Bones, Powerful Girls:**
www.cdc.gov/powerfulbones
- ✓ **Kidentic:** www.kidnetic.com
- ✓ **We Can!: Ways to Enhance Children's Activity and Nutrition:**
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
- ✓ **PE4LIFE:** www.pe4life.org
- ✓ **Brain Breaks:** www.emc.cmich.edu/brainbreaks
- ✓ **Energizers:** www.ncpe4me.com/energizers.html

4. Provide your students with positive, motivating messages about physical activity.

❖ **Why:**

Sending consistently positive, motivating messages about physical activity is important when trying to encourage students to participate. It is essential that we create an environment that empowers and encourages students to make positive, life-enhancing decisions on healthy diet and physical activity. Schools should make a commitment to sending these messages to students. Messages should promote the pleasure and fun associated with being physically active, as well as ways to overcome barriers to physical activity. Most importantly, enjoyment and success in a physical activity is a major influence on whether a person continues to be active.

❖ **How:**

Some examples of how to send positive, motivating messages about physical activity include:

- ✓ Identify target audience such as students, parents, or staff.
- ✓ Include articles in school newsletters and/or community newspapers about the importance of physical activity.
- ✓ Develop monthly media campaigns on specific physical activity topics.
- ✓ Provide information to parents at back-to-school nights and health fairs.
- ✓ Create a school proclamation promoting physical activity.
- ✓ Hold school-wide events promoting physical activity (e.g. poster contests or fitness fairs).
- ✓ Identify fitness role models or mentors for your school.
- ✓ Spend time explaining the importance of physical activity to overall health and fitness and why physical activity is important and worthwhile.
- ✓ Be enthusiastic about physical activity and the enthusiasm will be transmitted to students.
- ✓ Demonstrate to students how you find physical activity important (e.g. be active with your students).
- ✓ Use extrinsic motivators (rewards for correct behaviors). Everyone likes the feeling of accomplishment and recognition; rewards for good work produce those good feelings.

❖ **Resources:**

- ✓ **Media Smart Youth: Eat, Think, Be Active:** www.nichd.nih.gov/msy/
- ✓ **CDC Parents, Teachers, and Principal Brochures:** www.cdc.gov/healthyyouth/physicalactivity/brochures/index.htm
- ✓ **American Council on Exercise:** www.acefitness.org/ofk
- ✓ **American Heart Association:** www.americanheart.org

5. Provide information and education to encourage your students' families to incorporate physical activity into their daily lives.

❖ **Why:**

Physical activity should not occur in physical education class, but the goal should be to help children and their families understand the positive, healthy impacts of active behaviors. Research has shown that even a moderate amount of physical activity dispersed throughout the day has significant health benefits. Most importantly, children who participate in healthy activities with their families are more likely to develop lifelong healthy habits.

❖ **How:**

Some examples on how to provide information and education to encourage families to incorporate physical activity into their daily lives:

- ✓ Create a school calendar with monthly physical activity tips.
- ✓ Incorporate a health section in your school newsletter:
 - Keep information simple and direct (be to the point);
 - Don't provide too much information;
 - Add tips and strategies.
- ✓ Utilize school websites for information about importance of physical activity. Incorporate daily tips to increase physical activity.
- ✓ Invite speakers to present at PTA or School Advisory Council meetings.
- ✓ Promote Activity Days throughout the school year and invite parents.

❖ **Resources:**

- ✓ **Florida Department of Education Lending Libraries:**
<http://doehealthlibraries.cites.fsu.edu/index.cfm?fuseaction=home.publish&rc=3>
- ✓ **Centers for Disease Control and Prevention:** Information for parents, teachers and principals to increase physical activity:
www.cdc.gov/HealthyYouth/physicalactivity/publications.htm
- ✓ **Kids Walk-to-School Programs:**
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm
- ✓ **Food and Drug Administration and U.S. Department of Agriculture:** *"The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions"*:
www.fns.usda.gov/tn/Resources/power_of_choice.html
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Maternal and Child Health Library:**
www.mchlibrary.info/KnowledgePaths/kp_phys_activity.html
- ✓ **American Council on Exercise:** www.acefitness.org/ofk/
- ✓ **American Heart Association:** www.americanheart.org

- ✓ **Learning resources for students, families and teachers:**
www.funattic.com/game_list.htm

6. Provide opportunities for engaging and involving your student's families and the community in physical activity.

❖ **Why:**

Students learn and grow at home, at school, and in the community. Parent and community teamwork is essential to help children to make healthy physical activity choices. More will be accomplished if schools, families, and communities work together to promote successful and healthy students.

❖ **How:**

Some examples on how to provide opportunities for engaging and involving families and the community in physical activity:

- ✓ Encourage parent/child walks in the evenings.
- ✓ Encourage family activities, such as trips to the zoo, hikes, a visit to the park, or bicycle rides.
- ✓ On hot summer days, place a sprinkler in the yard and have your child run through it.
- ✓ Swimming provides needed aerobic activity: visit a pool or the beach.
- ✓ Remove video and TV time and fill that time with active choices.
- ✓ Coordinate community-based walk-runs, dance-a-thons, jump-rope competitions that can be held on or near the school grounds.
- ✓ Attend field trips to community-based gyms, parks, and practice sessions with local sports teams.
- ✓ Utilize students and personnel from local universities, colleges, and high schools.
- ✓ Health Fairs provide wonderful opportunities for schools and communities to provide information and opportunities for families to learn and engage in physical activities.
- ✓ Provide physical activities during school events.

❖ **Resources:**

- ✓ **Learning Standards for Health, Physical Education and Family and Consumer Sciences at Three Levels:**
www.emsc.nysed.gov/ciai/pe/pub/hpefcle.pdf
- ✓ **Centers for Disease Control and Prevention:** Information for parents, teachers and principals to increase physical activity:
www.cdc.gov/HealthyYouth/physicalactivity/publications.htm
- ✓ **Kids Walk-to-School Programs:**
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

- ✓ **Food and Drug Administration and U.S. Department of Agriculture:** *"The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions"*:
www.fns.usda.gov/tn/Resources/power_of_choice.html
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Maternal and Child Health Library:**
www.mchlibrary.info/KnowledgePaths/kp_phys_activity.html
- ✓ **American Council on Exercise:** www.acefitness.org/ofk/
- ✓ **American Heart Association:** www.americanheart.org
- ✓ **Do More, Watch Less:**
www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm
- ✓ **Small Step:** www.smallstep.gov
- ✓ **We Can!:** Ways to Enhance Children's Activity and Nutrition:
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/
- ✓ **PE4LIFE:** www.pe4life.org

7. Provide all teachers who teach physical education in your school with opportunities to participate in professional development in this area at least once a year.

❖ **Why:**

Teachers who provide physical education are expected to nurture and teach sportsmanship, as well as basic physical activity rules, skills, and strategies. Adequate and on-going training in physical activity principles, sports first aid, and the knowledge of how to effectively teach basic sport skills and use equipment properly is essential. The lack of may result in improper physical training techniques, disorganized practices, psychological abuse, and injury.

❖ **How:**

Examples on how to provide professional development to teachers who provide physical education:

- ✓ Seek support from the Alachua County School Board.
- ✓ Provide in-service opportunities during monthly teacher meetings.
- ✓ Develop workshops and invite community partners.
- ✓ Attend regular meetings with other PE teachers.
- ✓ Use district-wide resources, such as lesson plans.

❖ **Resources:**

- ✓ **Alachua County School Board:** www.sbac.edu
- ✓ **Physical Education Curriculum Analysis Tool:** <http://www.cdc.gov/HealthyYouth/pecat/>
- ✓ **Florida Alliance for Health, Physical Education, Recreation, Dance and Sport:** www.fahperd.org
- ✓ **Teacher Toolbag for Professional Development:** www.tea.state.tx.us/tchrtoolbag/ProDev_PhyEdu.html
- ✓ **Education World:** www.education-world.com/pe_health
- ✓ **Learning resources for students, families and teachers:** www.funattic.com/game_list.htm

8. Encourage the establishment of community and business partnerships to institute physical activity programs in your school.

❖ **Why:**

When schools develop and implement strategies for promoting effective school-family-community partnerships, the result is improved learning for all students and strengthened schools, families, and communities. The private sector can be a significant player in promoting healthy diets and physical activity. Community businesses can become important partners with schools in implementing positive and consistent messages to facilitate and enable integrated efforts to encourage healthy eating and physical activity. Cooperative relationships with community and businesses have already led to many favorable outcomes related to diet and physical activity.

❖ **How:**

Examples on how to establish community and business partnerships:

- ✓ Schools must be willing to recruit community members for school related physical activity programs, to listen to other people's viewpoints, and to share decision making with community and business partners.
- ✓ Administrative support can be provided through funding that is made available from the district office budget; materials, space, and equipment used in promoting community involvement.
- ✓ Teams of teachers and community members (e.g., the Wellness Committee) can meet in small groups to study school-community relationships, discuss efforts to involve the community, and devise strategies to improve their own practice.

What can the community and businesses do?:

Local community businesses such as restaurants, retailers, catering companies, sporting-goods manufacturers, advertising and recreation businesses, insurance and banking groups, pharmaceutical companies, and the media all have important parts to play as responsible employers and as advocates for healthy lifestyles. Community-based partners can:

- ✓ Provide handouts and support for health fairs;
- ✓ Sponsor school activities;
- ✓ Provide administrative support;
- ✓ Develop and provide in-services for students, staff, and faculty.

❖ Resources:

- ✓ **Step by Step Guide for Community Action to Promote Physical Activity:** www.cdc.gov/nccdphp/dnpa/pahand.htm
- ✓ **U.S. Department of Health and Human Services:** www.hhs.gov/news/press/2002pres/20020501a.html
- ✓ **Florida Department of Health:** floridashealth.com
- ✓ **Active Living by Design:** <http://www.activelivingbydesign.org/>
- ✓ Examples of successful community-based programs can be found at:
 - www.healthtrust.org
 - http://extension.umd.edu/nutrition/FSNE/files/FSNE_Partnerships.pdf
 - www.hmsa.com/community/programs/fun5
 - http://findarticles.com/p/articles/mi_m1145/is_n10_v29/ai_15889849

9. Provide community members access to your schools indoor and outdoor facilities during after school hours.

❖ **Why:**

School facilities are an important resource in developing and sustaining lifelong learning, in promoting community and business partnerships, and in encouraging citizen participation in community activities. Schools can provide an environment that is safe, easy to access, and has the facilities necessary for active engagement in physical activities.

❖ **How:**

Examples on how to provide community members access to school facilities:

- ✓ Develop and review guidelines and applications for use of school property.
- ✓ Use school facilities for community sponsored team sports.
- ✓ Promote after school activities.
- ✓ Keep the track open for walks.
- ✓ Have school faculty/staff (SACS, Wellness Committee) volunteer to keep facilities open one day a week for family/community day.

❖ **Resources:**

- ✓ **School Board of Alachua County:** www.sbac.edu
- ✓ **Alachua County Parks and Recreation:** www.alachuacounty.us/government/depts/pw/parks
- ✓ **Center for Collaborative Solutions:** "Healthy Behaviors for Children and Family" guide for afterschool programs: http://ccscenter.org/images/library/File/whats_new/Formatted%20Exemplary%20Practices%207-19-07.pdf
- ✓ **After School Physical Activity:** www.afterschoolpa.com

Section 4

School-Based Activities

Increase opportunities for health and wellness in the classroom and in school-based activities in your school.

❖ **Action Steps:**

1. Create programs and incentives for your staff to improve their own personal health and wellness.
2. Communicate information to your students' parents on nutrition education, benefits of physical activity, and children's health information.
3. Provide school-sponsored activities that promote health and wellness. Incorporate healthy options for food or beverages at school fundraisers, school sponsored events, health fairs, and field trips.
4. Encourage your teachers to use food and beverages that meet the recommended nutrition standards for snacks, celebrations, and rewards.
5. Provide teachers with student discipline practices that do not take away recess or other physical activities.
6. Include daily opportunities for moderate to vigorous physical activity during after-school enrichment programs.
7. Allow at least 10 minutes for breakfast and at least 20 minutes for lunch from the time the students receive their food.

1. Create programs and incentives for your staff to improve their own personal health and wellness.

❖ **Why:**

School personnel serve as role models for students by participating in physical activity and other healthy behaviors. Teachers' participation in regular physical activity improves their physical fitness, general well-being, and ability to handle job stress. Rewards and recognition builds enthusiasm for attendance in physical programs and stronger school community relationships.

❖ **How:**

School personnel can:

- ✓ Start a walking program or club.
- ✓ Provide fitness assessments for employees such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
- ✓ Offer lunch and learn information sessions.
- ✓ Host a physical activity class.
- ✓ Provide newsletters or brochures on walking, physical activity, disease and injury prevention, etc.
- ✓ Start a video lending library by having physical activity videos available to check out.
- ✓ Recognize National Health Observances such as National Employee Health and Fitness Month in May or Family Fitness Month in August
- ✓ Schedule a mobile unit for mammogram testing.
- ✓ Access local health clubs, local not-for-profit organizations, or universities for resources, materials, or speakers.

❖ **Resources:**

- ✓ **American Council on Exercise:** www.acefitness.org
- ✓ **American Heart Association:** Active for Life Program: 352-337-8150
- ✓ **Healthfinder®:** www.healthfinder.gov
- ✓ **IDEA Health and Fitness:** www.ideafit.com
- ✓ **National Health Observances:**
www.healthfinder.gov/library/nho/nho.asp
- ✓ **Grass roots efforts:**
http://findarticles.com/p/articles/mi_qa3666/is_199901/ai_n8842822
- ✓ **Adult fitness ideas:** www.healthierus.gov/exercise.html
- ✓ **Alachua County guide:**
www.doh.state.fl.us/chdalachua/cardio/fitness-adults.htm
- ✓ **Wellness at Work:** www.takeonestep.org/
- ✓ **Gainesville Health and Fitness Center:** www.ghfc.com
- ✓ **University of Florida College of Health and Human Performance:** www.hhp.ufl.edu

2. Communicate information to parents on nutrition education, benefits of physical activity, and children's health information

❖ **Why:**

Because parents are critical role models for establishing activity attitudes and habits, schools need to send them information on physical activity through various means. Research shows that children whose parents are more active are leaner than children whose parents are not. Opportunities and motivation to be physically active begin at home.

❖ **How:**

- ✓ Include tips, facts, and stories about physical activity in school newsletters.
- ✓ Provide physical activity information to parents at back-to-school nights.
- ✓ Host a health/fitness/recreation fair for parents, students, and staff. Recruit recreation and fitness companies to "demo" their fun, innovative products to help create new attitudes that activity is fun, creative, and limited only by imagination.
- ✓ Host fun runs and family fitness nights.

❖ **Resources:**

- ✓ **American Council on Exercise:** www.acefitness.org/ofk
- ✓ **American Heart Association:** www.americanheart.org
- ✓ **Health information:** www.kidshealth.org/parent
- ✓ **Game Bike:** www.GameBike.com
- ✓ **IDEA:** www.ideafit.com
- ✓ **Parent Center:** <http://parentcenter.babycenter.com/>
- ✓ **American Academy of Pediatrics:** www.aap.org
- ✓ **Centers for Disease Control and Prevention:** www.cdc.gov/doc.do/id/0900f3ec802270e4
- ✓ **Official Kids portal by the U.S. government:** www.kids.gov
- ✓ **California LEAN project:** Health Fair Display: www.californiaprojectlean.org/Assets/1019/files/CounterDisplayAndTipSheetCounterCard.pdf

3. Provide school-sponsored activities that promote health and wellness. Incorporate healthy options for food or beverages at school fundraisers, school-sponsored events, health fairs, and field trips.

❖ **Why:**

The most effective way to get children to adopt healthy activity habits is hearing consistent fitness and health messages from different sources such as at home, in school, and in the community. Often, the foods and beverages sold for fundraisers are high in sugar and fat and low in nutrients. Fundraising that involves selling these less healthy foods can send the message that the school is more concerned about making money than maintaining healthy habits. Healthy fundraising activities send positive health messages and reinforce nutrition lessons taught in the classroom.

❖ **How:**

- ✓ Organize parent seminars, walkathons, and health fairs.
- ✓ Arrange Walk/bike/dance/bowl/jump rope-a-thons.
- ✓ Host physical activity classes or fun runs.
- ✓ Consider offering nutritious snacks made by parents or the teacher, instead of cookies, candies, and soda.
- ✓ Offer non junk food for fundraising as well as at school events such as science fairs.

❖ **Resources:**

- ✓ **California Project LEAN:**
www.californiaprojectlean.org/resourcelibrary
- ✓ **Healthy fundraising ideas:** www.partnersforhealthykids.com and www.scnutrition.org/files/Healthy%20Fundraising%20Sites.pdf
- ✓ **North Carolina healthy fundraising:**
www.healthdome.net/downloads/NorthCarolina.HealthyFundraising.pdf

4. Encourage teachers to use food and beverage that meet the recommended nutrition standards for snacks, celebrations, and rewards.

❖ **Why:**

Foods offered at parties should add to the fun, not become the main focus. Schools are responsible for helping students learn about good nutrition and healthy lifestyles. Students learn these lessons not only from teachers and textbooks, but also from their school experiences such as school snacks, treats, and rewards.

Some teachers give low-nutritive foods, such as candy, as a reward for good behavior, and punish misbehaving students by denying a low-nutritive treat. Current research suggests that the message children receive when told, "If you eat your vegetables, you will receive dessert," is that vegetables are bad, and dessert is good. Hence, children only learn to dislike vegetables, while reinforcing their preference for low nutritive foods.

❖ **How:**

- ✓ Consider offering nutritious snacks made by parents or the teacher, instead of cookies, candies, and soda.
- ✓ Offer incentives, such as a fun game, extra recess, or special reading time.
- ✓ Provide social support for middle and high school students' making healthy changes in eating and physical activity through class discussions and small-group exercises.
- ✓ Encourage healthy eating in schools by making healthy foods available, involving parents in the food choices and positive role modeling.

❖ **Resources:**

- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Non-food rewards for kids:**
<http://hgic.clemson.edu/factsheets/hgic4110.htm>
- ✓ **Constructive Classroom Rewards:**
www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

5. Provide teachers with student discipline practices that do not take away recess or other physical activities.

****Elementary Schools Only****

❖ **Why:**

Teachers, coaches, and other school and community personnel should not withhold opportunities for physical activity as punishment. Studies have found that students who do not participate in recess become fidgety and less able to concentrate on tasks, and the longer children sit in classrooms without a recess break, the less attentive they are.

❖ **How:**

- ✓ Develop schedules that provide for supervised, daily recess in pre-kindergarten through grades five or six.
- ✓ Recess should not be viewed as a reward, but a necessary educational support component for all children.
- ✓ Assist teachers in collaborating on alternative discipline procedures.
- ✓ Provide the facilities, equipment, and supervision necessary to ensure that recess is productive, safe, and enjoyable.

❖ **Resources:**

- ✓ **National Association of State Boards of Education:**
- ✓ www.nasbe.org/healthy_schools/physical_activity.htm
- ✓ **Classroom management resources:**
<http://drwilliampmartin.tripod.com/classm.html>
- ✓ **Action for Healthy Kids: K - 8:** www.actionforhealthykids.org
- ✓ **National Association for Sport and Physical Education: Recess in Elementary Schools: Council on Physical Education for Children:**
www.aahperd.org/NASPE/pdf_files/pos_papers/current_res.pdf
- ✓ **Classroom behavior management: K - 8:**
<http://www.proteacher.com/030001.shtml>

6. Include daily opportunities for moderate to vigorous physical activity during after-school enrichment programs.

****Elementary Schools Only****

❖ **Why:**

School class periods are primarily sedentary. For balanced development of a child, he or she needs physical activity. The after-school enrichment program can provide the much needed exercise by incorporating daily moderate to vigorous physical activity.

❖ **How:**

- ✓ Allow students to participate in a variety of games and physical activities without regard for high performance skill or ability.
- ✓ Offer activities in a safe and professionally supervised environment.

❖ **Resources:**

- ✓ **Centers for Disease Control and Prevention/Physical Activity:** Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Children:
www.cdc.gov/HealthyYouth/physicalactivity/guidelines
- ✓ **Promising Practices in After School:** www.afterschool.org/ppas
- ✓ **After-School Physical Education Activities:**
<http://afterschoolpa.com>
- ✓ **Resources for After School personnel:**
www.afterschoolcatalog.com

7. Allow at least 10 minutes for breakfast and at least 20 minutes for lunch from the times students receive their food.

❖ **Why:**

Students who have adequate time to eat consume more foods from a variety of food groups and have increased milk consumption. The National Association of State Boards of Education's *Fit, Healthy, and Ready to Learn School Health Policy Guide* recommends students be given at least 20 minutes to eat after sitting down for lunch and 10 minutes to eat breakfast after sitting down.

❖ **How:**

- ✓ Provide an adequate space and pleasant surroundings that reflect the value of social aspects of eating.
- ✓ Provide enough serving areas to ensure student access to school meals with a minimum of wait time.
- ✓ Supply an adequate time to enjoy healthy eating with friends.
- ✓ Consider recess before lunch.

❖ **Resources:**

- ✓ **California School Nutrition Association:** www.calsna.org
- ✓ **Centers for Disease Control and Prevention:** <http://www.cdc.gov/HealthyYouth/nutrition/index.htm>
- ✓ **National Association of State Boards of Education:** www.nasbe.org/
- ✓ **National Food Service Management Institute:** Measuring and Evaluating the Adequacy of the School Lunch Period, Insight Issue No. 12, 1999: www.nfsmi.org/documentLibraryFiles/PDF%5C20080313014916.pdf
- ✓ **USDA Changing the Scene:** www.fns.usda.gov/tn/healthy/changing.html

Section 5

Nutritional Guidelines

Establish food service programs that are in compliance with district guidelines, including reimbursable meals, competitive foods, vending, and other nutritional opportunities.

❖ **Action Steps:**

1. Offer varied and nutritional foods that are affordable to support learning and healthy habits in students.
2. Promote the consumption of fat free or low fat dairy products, whole grains, and fresh fruits and vegetables in school meals and a la carte items. Ensure that only unsaturated, zero trans fat oils are used in food preparation.
3. Prepare and distribute a list of healthful snack items that comply with district wellness guidelines for staff, parents, and after-school programs.
4. Ensure that competitive foods offered are healthy and are offered at prices students can afford. Establish appropriate restrictions on student's access to vending machines, school stores, snack bars, and other outlets that sell food and beverages.

1. Offer varied and nutritional foods that are affordable to support learning and healthy habits in students.

❖ **Why:**

Healthy eating habits in childhood are the basis for proper growth and development, optimal learning, and healthful habits in adulthood. All reimbursable meals at our school must meet the USDA dietary guidelines for Americans. These guidelines stress the importance of variety, moderation, and balance for healthful eating. By offering a variety of healthful foods, a student is exposed to a wide range of important nutrients such as vitamins, minerals, and fiber. In addition, multiple exposures to new foods increase children's willingness to try new foods and accept healthful changes in diet.

❖ **How:**

- ✓ Offer a variety of healthful food choices within the school environment, including cafeteria, school store, a la carte lines, classrooms, and vending machines.
- ✓ Work with operators who service school vending machines to stock fresh, dried, or canned fruits, milk, yogurt, cheese, fresh sandwiches, vegetables, whole grains, and peanuts.
- ✓ Communicate with food service manager and vending coordinator to offer a variety of healthful food choices.
- ✓ Encourage the school based entrepreneurial groups or fundraiser groups to choose healthy food and beverage items to be offered.
- ✓ Encourage teachers and students to be mindful of these guidelines during activities such as field trips, class parties, cultural food classes, etc.

❖ **Resources:**

- ✓ **USDA Dietary Guidelines for Americans 2005:**
www.health.gov/dietaryguidelines
- ✓ **American School Nutrition Association:** www.asfsa.org
- ✓ **Centers for Disease Control and Prevention:**
www.cdc.gov/HealthyYouth/nutrition/guidelines
- ✓ **Center for Nutrition Policy and Promotion:** www.cnpp.usda.gov
- ✓ **Food Guide Pyramid:** www.mypyramid.gov
- ✓ **Food Guide Pyramid for Young Children:**
www.mypyramid.gov/kids/index.html
- ✓ **USDA Food and Nutrition Services: A Menu Planner for Healthy School Meals, 1998**

2. Promote the consumption of fat free or low fat dairy products, whole grains, and fresh fruits and vegetables in school meals and a la carte items. Ensure that only unsaturated, zero trans fat oils are used in food preparation.

❖ **Why:**

Most school age children do not meet their daily calcium requirements. Calcium is an essential nutrient used in building bones and in the proper functioning of the heart, muscles, circulatory, and nervous systems. Calcium consumption is critical in adolescence because teens gain much of their adult skeletal mass during this period. Intake of soft drinks at the expense of milk will compromise a child's calcium intake and increase their risk of fracture later in life. Dietary fiber requirements are also often not met in children and adolescents. Whole grains, fresh or minimally processed fruits and vegetables are a great source of dietary fiber. Elimination of trans fats and reducing saturated fats in children's diets reduces their risk of cardiovascular disease in adulthood.

❖ **How:**

- ✓ Hold cafeteria theme days promoting various fruits, vegetables, whole grains and dairy products.
- ✓ Encourage consumption of low fat, dairy-rich foods and beverages to help students meet the recommended three to four daily servings.
- ✓ Plan health-promotion activities for students, parents, and staff that encourage the consumption of fruits, vegetables, and low fat dairy products. Activities might include cooking demonstrations, school gardens, and nutrition guest speakers.
- ✓ Increase consumption of fruits and vegetables by incorporating more choices in the breakfast and lunch menus.
- ✓ Encourage fruit and vegetable snacks in classrooms, school sponsored activities, and in after-school activities.

❖ **Resources:**

- ✓ **National Dairy Council:** www.nationaldairycouncil.org
- ✓ **Nutrition Explorations:** www.nutritionexplorations.org
- ✓ **Produce for Better Health:** www.5aday.org
- ✓ **Dole 5-A-Day:** www.fruitsandveggiesmorematters.org
- ✓ **Florida Farm to School:** www.farmtoschool.org/fl/
- ✓ **Whole Grain Council:**
www.wholegrainscouncil.org/resources/schools-and-whole-grains

3. Prepare and distribute a list of healthful snack items that comply with district wellness guidelines for staff, parents, and after-school programs.

❖ **Why:**

Healthy, nutrient rich foods give children the fuel to be active and alert for academic activities. The existing USDA requirement for reimbursable after-school snacks only addresses minimal standards as below:

- ✓ The student must be offered two foods from the following four groups: meat/meat alternate, fruit/vegetable, grain, and milk.
- ✓ The grain component must be either whole grain or an enriched product.
- ✓ If two fruit items are to be offered, they cannot be the same fruit source (e.g. an orange and orange juice)

Therefore, an approved list of snacks will better meet district wellness guidelines.

❖ **How:**

- ✓ Review and discuss the After School Program list of acceptable snack foods. Communicate with the after School Program Coordinator and staff to ensure the district wellness policy guidelines are being followed.
- ✓ Distribute a "Healthy Snack Recommendations" list to parents and teachers to encourage healthful snacking in the classroom.

❖ **Resources:**

- ✓ **USDA Federal Register:** www.usda.gov
- ✓ **Alachua County Public Schools:** www.sbac.edu
- ✓ **USDA Food and Nutrition Service:** Make USDA Snacks a Healthy Part of Your After-School Care Program:
www.fns.usda.gov/cnd/Care/Regs-Policy/Snacks/NewsRelease.htm
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **Dole 5-A-Day:** www.dole5aday.com
- ✓ **USDA Food and Nutrition Service:**
www.fns.usda.gov/eatsmartplayhard
- ✓ **Alachua County Public Schools:** Food and Nutrition Services:
Program Information Manual, 2007

4. Ensure that competitive foods offered are healthy and are offered at prices students can afford. Establish appropriate restrictions on student's access to vending machines, school stores, snack bars, and other outlets that sell food and beverages.

❖ **Why:**

It is a federal law that foods and beverages of minimal nutritional value shall not be sold on campus. Foods of minimal nutritional value refers to foods that provide less than 5% of the Reference Daily Intake (RDI) for eight specified nutrients per serving: protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron. Furthermore, state law prohibits selling competitive foods to students before and after school meals. Competitive foods can offer additional opportunity for students to consume healthful foods and beverages and schools do make money from selling healthful options.

❖ **How:**

- ✓ Provide food options, such as fruits, vegetables, whole grains, and dairy products that are low in fat, calories, and added sugars, in a la carte lines and vending machines.
- ✓ Set standards for competitive food selections such as nutrient content, placement, and hours of availability.
- ✓ Work in cooperation with the administration of your school and the food service manager to influence food and beverage contracts.
- ✓ Include representatives from groups of students, teachers, parents, and administrators in developing guidelines for vending and competitive foods. This will foster support for changes and decrease resistance.

❖ **Resources:**

- ✓ **Committee on School Health:** Soft drinks in schools:
<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;113/1/152>
- ✓ **USDA Food and Nutrition Service:** State competitive foods policy:
www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm
- ✓ **Center for Disease Control and Prevention:** Making It Happen!: *School Nutrition Success Stories:*
<http://apps.nccd.cdc.gov/MIH/MainPage.aspx>

- ✓ **Institute of Medicine:** Nutrition Standards for Foods in Schools:
Leading the way toward Healthier Youth:
www.iom.edu/CMS/3788/30181/42502.aspx
- ✓ **Action for Healthy Kids:** www.actionforhealthykids.org
- ✓ **American Beverage Association:**
www.americanbeverageassociation.org

Section 1: Wellness Policy and Systems Assessment

<u>School Wellness Policy</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Action for Healthy Kids	www.actionforhealthykids.org/wellnesstool/index.php	Wellness Policy tool. Identifies and explains 8 steps to create a Wellness Policy.	Other links on the site include: resources to improve schools which lets you select Wellness Policy and provides several PDF links for sample policy models. Also provides links to several outside sources.		1/1/2008
Centers for Disease Control	http://cdc.gov/healthyyouth/healthtopics/wellness.htm	Local Wellness Policies Tools & Resources. Lists Federal and non-federal sites that promote the development and improvement of wellness policies.	Links to databases for tools and information and also links to a variety of specific programs, including "California Project LEAN," "Food Research Action Council," "NASBE," "IOM" and more.		08/22/2007
Community Tool Box	http://ctb.ku.edu/en	The Tool Box provides over 7,000 pages of practical skill-building information on over 250 different topics. Topic sections include step-by-step instruction, examples, check-lists, and related resources.	Extensive "Toolkits" section listed under "Tools" tab. Step-by-step toolkits include the topics: Creating and Maintaining Coalitions and Partnerships; Influencing Policy Development; Developing an Intervention; Developing Strategic and Action Plans; and more.		1/1/2007
Model School Wellness Policies	www.schoolwellnesspolicies.org/index.html	The model nutrition and physical activity policies meet federal requirements. This comprehensive set of model nutrition and physical activity policies is based on nutrition science, public health research, and existing practices from exemplary states and local school districts around the country.	Print model policies in Word or PDF. Can use them verbatim or make changes appropriate to your school.		
Model School Wellness Policies	www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf	Promoting Healthy Youth, Schools, and Communities - A Guide to Community-School Health Councils. Developed by the American Cancer Society.	Download a 148 page PDF. Steps include: Convening a School Health Council; Developing an Action Plan; Taking Action and Getting Results.		
Model School Wellness Policies	www.schoolwellnesspolicies.org/resources/NC_SHAC_FINAL.pdf	Effective School Health Advisory Councils: Moving from Policy to Action. Developed by the Public Schools of North Carolina.	Downloadable 118 page PDF. Chapters include: Developing Effective School Health Advisory Councils; Needs Assessment; Funding Sources and Grant Writing.		10/1/2003
NASPE (National Association for Sport & Physical Education)	www.aahperd.org/naspe/template.cfm?template=wellness.html	Requirements, timelines, and how to set up a Wellness Policy.	How to get started, ideas to consider. Outside sources available to aid in developing a Wellness Policy. PDF model policy from the Council for Corporate & School Partnerships.		

<u>School Wellness Policy</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
USDA Food and Nutrition Service	www.fns.usda.gov/tn/healthy/wellnesspolicy.html	Healthy Youth Local Wellness Policy. "A clearinghouse of information on the Local Wellness Policy."	Links to: local wellness policy requirements; how to create, implement and evaluate a wellness policy; example policies; implementation tools and resources; funding a local policy; 2006 grants.		1/1/2008
U.S. Department of Education	www.ed.gov/offices/OUS/PES/pri mer1.html	Understanding Evaluation: The Way to Better Prevention Programs. Discusses why and how to evaluate programs.	Downloadable 106 page PDF describing how to develop and implement program evaluations.		12/28/1998

Section 2: Nutrition Education

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
ACE - America's Authority on Fitness	www.acefitness.org	Nonprofit organization promoting safe and effective physical activity. ACE protects all segments of society against ineffective fitness products, programs and trends through its ongoing public education, outreach and research. ACE sets certification and continuing education standards for fitness professionals.	Lists continuing education opportunities by subject. Recipes, fitness tips and more under "Health & Fitness Info" tab. ACE Operation FitKids available in PDF. Curriculum is designed to integrate health and fitness into classroom learning. The seven-lesson module was developed for grades 3rd - 5th to teach them the extreme dangers of being overweight and the importance of a healthy and active lifestyle. Order free posters for youth fitness.	Sign up and prepare for certifications: personal trainer, group fitness instructor, more.	1/1/2008
Action for Healthy Kids	www.actionforhealthykids.org	The only nonprofit organization formed specifically to address epidemic of overweight, undernourished, and sedentary youth by focusing on changes at school. Website designed to navigate State-by-State Action, Resources to Improve Schools, Events/Programs/Reports, and Tools for Team.	Under "Resources to Improve Schools", option is provided to specify topic such as: Nutrition Education, Children's Health and Nutrition, or Childhood Obesity. When specific topic chosen, a collection of printable materials are presented including profiles of successful school-based interventions, programs, and practices.		1/1/2008

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Alliance for a Healthier Generation	http://healthiergeneration.org/	A comprehensive website focused on eliminating childhood obesity and inspiring all young people in the United States to develop lifelong, healthy habits. Links for school health programs, educators, parents, students. Sponsored by the American Heart Association and the Clinton Foundation	Healthy Schools Builder: customized action plan to develop the Healthy Schools Program. Healthy schools program: increasing opportunities for students to exercise and play; putting healthy foods and beverages in vending machines and cafeterias; providing resources for teachers and staff to become healthy role models. Healthy Challenge: interactive website link for children to increase activity. Link to a calculator that determines healthfulness of snack items. Free registration may be required to use some tools.		
CATCH (Coordinated Approach to Child Health)	www.flaghouse.com/CatchPE.asp	A comprehensive K-5 health and fitness program that reinforces healthy eating and living in the classroom, cafeteria, school gym, at home, and in the community. Website gives brief description of materials available for use by teachers, food service directors, and community members.		Products include nutrition teaching session handouts featuring fitness cartoon models such as Hearty Heart and Salt Sleuth and teacher's manual.	1/1/2008
CATCH Texas	www.sph.uth.tmc.edu/catch	TEA approved Coordinated School Health Program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children. Coordinates four components: the Eat Smart school nutrition program, K-5 Classroom curriculum, a Physical Education program, and a Family program.	Links to "Child Trends" - studies social science indicators of health and well-being; "Coleman Everest 5.5 Challenge" - virtual climb of Everest; "Connect for Kids" - promotes advocacy.	Eat Smart Nutrition Program; CATCH Go For Health Series, curriculum grades K-5	5/2/2008
Dairy Council of California	www.dairycouncilofca.org	Resource center for educators and parents offering a multitude of activities, printouts and curricula regarding nutrition and healthy eating.	Kindergarten through 8th grade curriculum programs. Online tools: nutrition planner, calcium quiz, mypyramid match game, cooking activities. Printable activities, worksheets. Educator materials: "Science of Nutrition," "Foundation of Good Health." For Administrators: School wellness policy ideas, textbook alignment, workshops.		6/3/2008
Dairy Council of Washington	www.eatsmart.org	Comprehensive website providing nutrition resources, education material, guides, games, and links for educators, parents, and kids.	"Free resources" link on the menu leads to brochures, reproducible masters, coloring and activity pages for kids, PowerPoint presentations, and information sheets.	Education materials for purchase in the online catalog.	1/1/2008

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Dietary Guidelines for Americans 2005	www.healthierus.gov/dietaryguidelines/	The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic disease. "A Healthier You: Based on the Dietary Guidelines for Americans" 12 free and downloadable Chapters of information including the proper definition of a calorie and how to balance food intake with physical activity.	Printable worksheets: "My Health Eating Plan Using the DASH Eating Plan, My Shopping List, Tips for Healthy Substitutes, Tips for Using the Food Label, etc.		10/16/2006
Dole 5-A-Day	www.dole5aday.com/	Nutrition education materials designed to encourage children between ages 5-10 yrs. old and their parents to eat five to nine servings of fruits and vegetables a day. Website divided into different areas specific for children, teachers, school food service, family, friends, and retailers.	For the children, resources include interactive online nutrition games, surveys, children-friendly recipes, fruit and vegetable encyclopedia, and printable crossword puzzles. Printable or available to download classroom resources include: Jammin' 5 A Day Songs, "How'd You Do Your 5 Today?" Chart, 5 A Day Live Performance Kit and Music, and 5 A Day Challenge Certificate.	Additional classroom resources available by ordering online are the 5 A Day Adventures CD-Rom, Version 2000, 5 A Day Kids Cookbook, Dole Superfoods Banner Kit, Dole Superfoods Wheel, multiple wellness brochures in both English and Spanish version.	7/25/2005
Farmer's Market Coloring Book	www.evergreen.edu/library/govdocs/coloringbooks/farmersmarket.pdf	Download 18 page pdf coloring book from USDA.			1/1/2001
Florida Department of Education, Lending Libraries	http://doehealthlibraries.cites.fsu.edu	Three libraries: Food & Nutrition Management; Coordinated School Health Program; Safe & Drug Free Schools. May borrow up to 20 items for four weeks at no cost.	Loan materials include books, videotapes and DVDs, games, kits, CDs, puppets, and models. Use search engine to find resources by topic. While most items are available to borrow, some items are available to keep (first-come-first-served basis).		
Food on the Run: Lessons from a Youth Nutrition and Physical Activity Campaign	www.californiaprojectlean.org/Assets/1019/files/Food_on_the%20Run_Best_practices.pdf	Composed by California Project Lean, this guide provides the structure of their project entitled, "Food on the Run", focused on working with youth advocates to make healthy eating and physical activity easier to do at their schools. Resource is divided in 9 chapters including multiple appendices covering important concepts to include in program, examples of successful "Food on the Run" pilot sites, and various fact sheets about the benefits of nutrition and physical activity with academic achievement.	Printable information regarding structure of "Food on the Run" program including: Generating Nutrition and Physical Activity Policy Ideas, Training Teens on Physical Activity and Nutrition, and Fact Sheets on Nutrition, Physical Activity, and Academic Achievement.		6/1/2004

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Fruits & Veggies More Matters	http://fruitsandveggiesmorematters.org	Produce for Better Health Foundation developed this website with tips for parents to help shop, store, and prepare food; and to involve children in the process.	For kids: cooking, shopping, knowing portion size, supermarket scavenger hunt. Also, proper storage, fruits in season, how to get 5-a-day.	Education books and CD's, toys and items promoting fruits & veggies.	2/07
Health Teacher	www.healthteacher.com	K-12 Health Lesson Plans and Curriculum: Safe Use of Medicines The Environment and the Community Respecting Myself and Others Resolving Conflicts How Immunizations Help No Form of Tobacco Is Safe Advertising and Food Choices Avoiding Sports Injuries Youth Gambling Addiction	SBAC has a subscription and all resources are accessible.		2008
Florida Healthy School Program	www.fldoe.org/bii/cshp/h-pilot.asp	Sponsored by Florida's Coordinated School Health Program.	Provides links to: Coordinated School Health website (supporting eight component model) addressing issues of student health and academic success; current and previous health projects and School Health Index training. Also provides healthy school tools information links.		2005
Healthy School Snacks	http://cspinet.org/nutritionpolicy/healthy_school_snacks.pdf	Developed by the Center for Science in the Public Interest	A 7-page PDF covering fruits, vegetables, dairy, low-fat snacks, grains and beverages.		
Kidnetic	www.kidnetic.com	An interactive website with educational tools for kids and parents with information on exercise and nutrition. Spearheaded by the International Food Information Council Foundation (IFIC).	For the children: interactive online games promoting actual physical activity to play, easy cooking recipes, and kid-friendly educational lessons. For the parents, website provides search engine on articles related to fitness, food, health, and happiness as well as expert advice on health and nutrition topics, and a printable booklet entitled Real Life Guide for Parents.		1/1/2007
Kids Cooking Club	www.kidscook.com	Kids Cooking Club offers cooking project kits for children ages 3 to teens for purchase. Program works like a book-of-the-month club. Each month, a unique cooking project including ingredients, a newsletter, and a special cooking gift is delivered right at your door.		Enrollment as a Kids Cooking Club Member varies upon single, 3, 6, or 12 month membership. Each kit is given a theme based on the month. Recipes range from foods baking, outdoor delicacies, and ethnic dishes. Individual cooking kits available for purchase.	1/1/2004

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
KidsHealth	http://kidshealth.org/	Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information. KidsHealth has separate areas for kids, teens, and parents — each with its own design, age-appropriate content, and tone. There are literally thousands of in-depth features, articles, animations, games, and resources — all original and all developed by experts in the health of children and teens. Physicians and other health experts review all content before it's published on KidsHealth.	Kids interactive section offers "staying healthy" "growing up" "my body" "recipes" "kids' health problems" and more. Teens section offers "drugs & alcohol" "food & fitness" "recipes" "diseases and conditions" and more. Parents section offers information to understand children's' development, thought processes, medical problems (including allergies), and more.		1/1/2008
KidsNutrition.org	www.kidsnutrition.org	The Children's Nutrition Research Center (CNRC) offers updated nutrition information available upon subscription to free nutrition newsletter. Additional free resources such as interactive nutrition calculators, downloadable brochures, and colored display posters.	Online Healthy Eating Calculator, Kids' BMI Calculator, Kids' Energy Calculator, Adult Energy Needs and BMI Calculator, Full-color and full-size posters for downloading such as "Healthy Eating Posters for School Snack Bars" and "READ IT before you EAT IT!"		4/25/2008
Model School Wellness Policies	www.schoolwellnesspolicies.org/index.html	A comprehensive set of model nutrition and physical activity policies developed with the National Alliance for Nutrition and Activity (www.nanacoalition.org) that school districts may choose to use as written or revise as needed to meet local needs and reflect community priorities.	Printable Model School Wellness Policies covering the following topics: School Health Councils, Nutritional Quality of Foods and Beverages Sold and Served on Campus, Nutrition and Physical Activity Promotion and Food Marketing, Physical Activity Opportunities and Physical Education, and Monitoring and Policy Review.		2006-2007
MyPyramid.gov	http://mypyramid.gov/kids/index.html	The official website of USDA's new food guidance system including a food pyramid specific to children ages 6 to 11.	Interactive MyPyramid Blast Off Game , free and downloadable mini-posters explaining tips for families, a step-by-step explanation of key concepts of new pyramid, coloring pages, meal-tracker worksheets, and classroom materials (available by download or by mail to elementary schools and child care providers).		7/25/07

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
National Dairy Council	www.nationaldairyCouncil.org	The National Dairy Council® (NDC), the nutrition marketing arm of Dairy Management Inc.™ offers latest nutrition news, health news alerts, and tips and tools to aid education and learning about dairy, nutrition and exercise.	Tools for Schools: printouts and interactive sites to boost dairy and nutrition knowledge. Complete lesson plans including pre- and post-tests. Health Education Kits: materials to help educate on topics including 3-A-Day of Dairy, Healthy Weight and African American health. Additional Education Materials: a variety of handouts, including nutrition quizzes, tips, facts and more.		2008
National Middle School Association	www.nmsa.org/Advocacy/WellnessPolicy/WellnessPresentation/tabid/1014/Default.aspx	Powerpoint presentation: Exploring Essential Components: Physical Activity, Nutrition, and the Young Adolescent	This presentation tool is a free resource appropriate for advocacy work with school boards, parent/family groups, school, staff, and community members. This 17-minute presentation reviews the national data on obesity and overweight trends in the United States. It presents data and compelling arguments to support schools as they take action to improve physical activity and nutrition for young adolescents. The presentation also provides an overview of the Reauthorized Child Nutrition Act and outlines steps and resources to assist schools and communities to improve physical activity and nutrition for their students and staff.		2008
Nutrition Explorations	www.nutritionexplorations.org	Colorful, cartoon resource website categorized by Parents, Educators, and School Nutrition Professionals.	Educator links: Little D's Nutrition Expedition; Arianna's Nutrition Expedition; Milk from Cow to You; Teaching Ideas; Food Group Simon Says. Parent links: Strawberry Frozen-Yogurt Bars; e-News; Teach Healthy Choices; Keep Family Moving; Smart Snacks. School Nutrition Professional links: Milk Financial Calculator Tool; Mealtime Sampler; Breakfast Online Course.		2008

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Nutrition.gov	www.nutrition.gov	A federal resource that provides easy access to all online federal government information on nutrition, including specialized nutrition information for infants and children, adult women and men, and seniors. Website includes an extensive interactive scientific reference section.	Resource links to various databases: USDA National Nutrient Database, What's in the Foods You Eat Search Tool, and USDA Database for Added Sugar Content of Selected Foods.		6/11/08
Oregon Dairy Council	www.oregondairycouncil.org	Guide to resources and free downloads. Spotlights new books, cookbooks and dairy links.	Use eResources and Free Downloads for topics on "Score Big with Breakfast," "Start Smart Eating and Reading" and "Five Food Group Activity Stickers and Masters" and more.	Links to catalogs and teaching resources including nutrition and health curricula.	2008
Portion Distortion	http://hp2010.nhlbihin.net/portion	Website addresses the unhealthy transformation of food portions compared to portion sizes available 20 years ago.	Interactive short quiz to test awareness of the change in portion size when comparing today's standards versus 20 years ago. Resources include two slideshow presentations on Portion Distortion available for download as PowerPoint, PDF, or Text-Only Version. Additional slideshow on Clinical Guidelines: Evaluation and Treatment of Overweight and Obesity in Adults also available.		
Purdue Extension Consumer and Family Sciences: Children and Body Weight Issues-- Resources for Communities	www.cfs.purdue.edu/extension/children-wt	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.		9/13/2005
School Gardens	http://aggie-horticulture.tamu.edu/kindergarden/child/school/sgintro.htm	Extensive site providing gardening curricula, instructions, activities.	Indoor or outdoor gardens. Step-by-step guide. Also, ideas for garden themes; planting guides; curriculum that "shows children the role of plants in the earth's life support system."; link to John Muir lesson plans.	Children's musical: <u>Garden Show</u> comes with script, CD of music, teacher's guide	

<u>Nutrition Education</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Sunshine State Standards	www.fldoe.org/bii/curriculum/sss	The Sunshine State Standards were approved by the State Board of Education in 1996 to provide expectations for student achievement in Florida. The Standards approved in 1996 were written in seven subject areas, each divided into four separate grade clusters (PreK-2, 3-5, 6-8, and 9-12). This format was chosen to provide flexibility to school districts in designing curriculum based on local needs.	Printable resources: Goals and guidelines for teachers to meet the standards for each grade cluster of each of the seven subject areas.		Standards currently under revision
Texas Cooperative Extension	http://fcs.tamu.edu/health/health_fair_planning_guide/index.php	Health Fair Planning Guide provides information for planning, implementing, and evaluating a health fair.	Step-by-step guide with a variety of ideas and suggestions to develop and execute a Health Fair. Includes time-table checklist and evaluation forms.		4/8/2008
We Can! (Ways to Enhance Children's Activity & Nutrition)	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/	We Can! Is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old at a healthy weight. Tips and fun activities offered to parents, health care providers, and community groups focus on three critical behaviors: Improved food choices, Increased physical activity, and Reduced screen time.	Printable resources: GO, SLOW, and WHOA Tip sheet, Portion Distortion Quiz, Healthy Recipe Substitutions, Children's Screentime log sheets, daily physical tracking sheets, and tip and fact sheets to maintain healthy weight for healthy families.	Various program materials available for purchase: Parent Handbook (English and Spanish), We Can! Poster, and We Can! Wristband.	

Section 3: Physical Activity

<u>Physical Activity</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
ACE - America's Authority on Fitness	www.acefitness.org	Nonprofit organization promoting safe and effective physical activity. ACE protects all segments of society against ineffective fitness products, programs and trends through its ongoing public education, outreach and research. ACE sets certification and continuing education standards for fitness professionals.	Lists continuing education opportunities by subject. Recipes, fitness tips and more under "Health & Fitness Info" tab. ACE Operation FitKids available in PDF. Curriculum is designed to integrate health and fitness into classroom learning. The seven-lesson module was developed for grades 3rd - 5th to teach them the extreme dangers of being overweight and the importance of a healthy and active lifestyle. Order free posters for youth fitness.	Sign up and prepare for certifications: personal trainer, group fitness instructor, more.	1/1/2008

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Action for Healthy Kids	www.actionforhealthykids.org	The only nonprofit organization formed specifically to address epidemic of overweight, undernourished, and sedentary youth by focusing on changes at school. Website designed to navigate State-by-State Action, Resources to Improve Schools, Events/Programs/Reports, and Tools for Team.	Under "Resources to Improve Schools", option is provided to specify topic such as: Physical Activity, Body Measurement in Schools, or Assessment and Survey Tools. When specific topic chosen, a collection of printable materials are presented including profiles of successful school-based interventions, programs, and practices.		
Active Living by Design	www.activelivingbydesign.org/index.php?id=6	Active Living by Design (ALbD) provides expertise aimed at increasing routine physical activity and healthy eating through changes in community design. ALbD and The Robert Wood Johnson Foundation present 25 partnerships across the U.S. to increase active living.	Read about the success of the partnerships, the lessons learned from the partnerships and how to jump start community grants.		
Afterschool Alliance	http://afterschoolalliance.org	A nonprofit organization dedicated to raising awareness of the importance of after school programs and advocating for quality, affordable programs for all children. It is supported by a group of public, private and nonprofit organizations that share the Alliance's vision of ensuring that all children have access to after school programs by 2010	Articles and updates about the current events in After school advocacy. <i>Afterschool Action Kit</i> provides advice on finding or starting an after school program.		
After School Physical Activity	http://afterschoolpa.com/base.html	Activities designed for grades 4-8 (not all activities age-appropriate for primary students)	Instruction sheets for several types of games. Search by game category, exercise venue and number of participants. Game categories include: street games, athletics with a twist, cooperative games, survivor, beach party, jump rope, dance, and more. Each category has 5-6 activities each with own guide to equipment needed, space needed and "how-to" instructions.		

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Alliance for a Healthier Generation	www.healthiergeneration.org	A comprehensive website focused on eliminating childhood obesity and inspiring all young people in the United States to develop lifelong, healthy habits. Links for school health programs, educators, parents, students. Sponsored by the American Heart Association and the Clinton Foundation	Go Healthy Challenge! Interactive web-based commitment to physical activity. NBA FIT - a wellness platform with a partnership between Alliance for a Healthier Generation and NBA Cares. "Step-by-Step" guide for making your school a "better place" - determine changes to make, finding support, plan changes. Personalized diet and exercise resources and other links to encourage activity and healthy lifestyle changes.		
America's Authority on Fitness	http://www.acefitness.org/ofk	Sponsored by the American Council on Exercise (ACE): Youth Fitness. Provides information and statistics to support changes in physical activity behaviors.	ACE Youth Fitness Curriculum is free to health and fitness educators (\$99.95 to others) - geared toward 3rd-5th grades. Seven lessons teach an aspect of good nutrition and an aspect of physical activity. Site information also includes statistics on obesity, PDFs on exercises, and several pages of information categorized as "Youth" and "Sports/Outdoor Activities." Topics include: Backpacks: Do It Right; and Beat the Heat Before it Beats You.		1/1/2008
American Heart Association	http://www.americanheart.org/presenter.jhtml?identifier=3003357	HeartPower! Online is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.	Lesson plans, activity sheets, songs and poems for incorporating healthy knowledge into classroom curriculum. Links to interactive programs: Hoops for Heart and Jump Rope for Heart.		1/1/2008
BAM! Body and Mind	www.bam.gov	Sponsored by the CDC. Illustrated website (for children) to promote activity and learning.	Comprehensive education site for children offering links to: diseases, food & nutrition, physical activity, your safety, your life, your body. Personalized fitness calendar. Snack ideas, exercise safety, water smarts.		2/29/2008
Brain Breaks	www.emc.cmich.edu/brainbreaks	A physical activity idea book for elementary classroom teachers.	Multitude of downloadable activity sheets on topics such as: language arts, math, hallways, science with titles such as: "Balloon Letters" "Chaos" "The Wrestling Mathematician." Lists required materials and grade-appropriateness.		5/17/2006

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Building Community Partnerships	http://extension.umd.edu/nutrition/FSNE/files/FSNE_Partnerships.pdf	Maryland Food Stamp Nutrition Education community partnership	PDF describes the programs FSNE is able to implement because of community partnerships.		1/1/2006
California Project LEAN	www.californiaprojectlean.org	California Project LEAN (CPL) is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL's mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases.	Physical Activity Bright Ideas: various schools describe the ways they changed their health/physical activity programs. School Food Standards calculator. Interactive link for teens.		
CATCH (Coordinated Approach to Child Health)	www.flaghouse.com/CatchPE.asp	A comprehensive K-5 health and fitness program that reinforces healthy eating and living in the classroom, cafeteria, school gym, at home, and in the community. Website gives brief description of materials available for use by teachers, food service directors, and community members.	PDF activity guides for MANY types of activities. Links to discounted sports equipment.	Website offers CATCH physical education and recreation products ranging from volleyballs to K-2 Equipment Sets.	1/1/2008
CATCH Texas	www.sph.uth.tmc.edu/catch	TEA approved Coordinated School Health Program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children. Coordinates four components: the Eat Smart school nutrition program, K-5 Classroom curriculum, a Physical Education program, and a Family program.	Links to "Child Trends" - studies social science indicators of health and well-being; "Coleman Everest 5.5 Challenge" - virtual climb of Everest; "Connect for Kids" - promotes advocacy.	Eat Smart Nutrition Program; CATCH Go For Health Series, curriculum grades K-5	5/2/2008
CDC Parents, Teachers, and Principal Brochures	www.cdc.gov/healthyouth/physicalactivity/brochures/index.htm	Healthy Youth! Brochures for Parents, Teachers, and Principals.	Download or order print copies of brochures providing tips and ideas. Parent's brochure: incorporating exercise into daily life. Teacher's brochure: incorporating exercise into lesson plans and encouraging extracurricular activities. Principal's: How to become personally involved in promoting a physically active school.		6/6/2007

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
CDC's VERB Campaign	www.cdc.gov/youthcampaign	Encourages young people (age 9-13) to be physically active every day	"VERB Yellowball" - program for teachers to help "move students to action." Download Teacher Guide, Activity Action Cards, promotional posters, reward stickers. "VERB Make It Up" incorporates imagination with physical activity. Download games, VERB magazine - teen oriented guide to activity (marco water polo, hip-hop scotch). "VERB Play Without Borders Kit" - games from around the world and new ways to play.		5/20/2008
Center for Collaborative Solutions	http://ccscenter.org/images/library/File/whats_new/Formatted%20Exemplary%20Practices%207-19-07.pdf	Healthy Behaviors for Children and Families Guidebook to Developing Exemplary Practices in Nutrition, Physical Activity and Food Security in After school Programs.	Sixty-two page PDF: 1) approach program development; 2) integrate nutrition and physical activity approaches; 3) offering exciting, meaningful learning experiences; 4) commit to community, family and school engagement; 5) strengthen food security; 6) secure adequate and sustainable funding.		3/1/2007
Centers for Disease Control and Prevention	www.cdc.gov/HealthyYouth/physicalactivity/guidelines	Healthy Youth! Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People. Developed by CDC with recommendations on how to improve policies, school environment, curricula/instruction, extracurricular programs, parental involvement, personnel training, community programs, and proper school program evaluation.	42 page PDF: health benefits, recommendations, prevalence, objectives and rationale for physical activity. Website also provides a summary with charts of the benefits of exercise, current prevalence of exercise, and 10 recommendations for ensuring quality physical activity programs. Free and printable March 1997 Morbidity and Mortality Weekly Report: Recommendations and Reports regarding physical activity.		8/30/2006
Centers for Disease Control and Prevention	www.cdc.gov/HealthyYouth/pecat	Healthy Youth! Physical Education Curriculum Analysis Toolkit.	210 page PDF Analysis Toolkit: Part One: Preliminary Curriculum Considerations including Curriculum Description, Accuracy Analysis, Acceptability Analysis, Feasibility Analysis, Affordability Analysis; Part Two: Content and Student Assessment Analyses; Part Three: Curriculum Improvement Plan. Several PDFs available in print promoting physical activity in schools and students.		6/14/2007

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Centers for Disease Control and Prevention: Information for parents, teachers and principals to increase physical activity	www.cdc.gov/HealthyYouth/physicalactivity/publications.htm	Healthy Youth! Physical Activity Publications.	Topics/Titles include: MyPyramid, Projects to Increase Physical Activity Among Youth, Promoting Physical Activity: A Guide for Community Action.		2/28/2008
Community Working for a Healthier Hawaii	www.hmsa.com/community/programs/fun5/	Hawaii State Department of Education. Website is an example of a successful community-based program	A description of programs available through the Hawaii State Department of Education due to community partnership.		
Dietary Guidelines for Americans 2005	www.healthierus.gov/dietaryguidelines/	The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic disease. "A Healthier You: Based on the Dietary Guidelines for Americans" 12 free and downloadable Chapters of information including the proper definition of a calorie and how to balance food intake with physical activity.	Free and printable worksheets: My Physical Activity Tracker (Record of cardio/Aerobic and strength training), My Personal Profile (Record of BMI and Physical Activity), etc		10/16/2006
Do More, Watch Less	www.dhs.ca.gov/ps/cdic/copi/documents/COPI_TV_Tool.pdf	A tool from COPI intended for after-school programs and youth-serving organizations that encourage "tweens" ages 10-14 to reduce television and screen time and increase activity through screen-free activities.	Free and printable facilitator manual (36 pages) including: Recommended Timeline, Instructions for Facilitator, Screen Time Tracking Form, Letter and Consent Form for Parent and Guardian, etc.		
Education World	www.education-world.com/pe_health	Offers tabs for: Lesson Planning, Professional Development, Administrator's Desk, Technology Integration, School Issues. Extensive resources for each topic.	Tips for starting a run/walk program. Research articles discussing exercise and academic gains, school repairs for health (asbestos). PE and sports lesson plans. Sports safety. Multitude of helpful tips, guidelines, and programs for Professional Development, classroom learning and physical fitness.		1/1/2008

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Energizers	www.ncpe4me.com/energizers.html	North Carolina supported website. "The way teachers integrate physical activity with academic concepts." Designed to meet competencies required by the North Carolina Standard Course of Study Objectives.	Download curricula PDFs for K-5; and Middle School courses by subject: healthful living, language arts, math, music, science, social studies. Each subject has activities and each activity lists appropriate grade level, space needed for activity, and necessary equipment. Also lists the North Carolina Standard Course of Study Objective Number.	Laminated booklets of free PDFs.	1/1/2006
Fit, Healthy, and Ready to Learn: A School Health Policy Guide	www.nasbe.org	Prepared by the National Association of State Boards of Education, this guide provides direction on establishing an overall policy framework for school health programs and specific policies on various topics; for use by states, school districts, and individual schools. Information divided into different sections including explanation of The Art of Policymaking and sample policies for various topics.	Printable information regarding The Art of Policymaking for Policies with emphasis on Policies to Encourage Physical Activity (Part I).		2000 (currently being updated)
FitnessGram/ ActivityGram	www.fitnessgram.net/home/	FitnessGram is a tool that facilitates communicating fitness testing results to students and to parents. The assessment measures three components of physical fitness: aerobic capacity; body composition; and muscular strength, endurance, and flexibility. ACTIVITYGRAM is a behaviorally based physical activity assessment tool. It provides a three-day record of activities performed during each 30-minute period. The report provides information on: Total number of minutes of activity each day as compared to a goal of 60 minutes ; Periods of time each day spent in activity; Types of activity. FITNESSGRAM/ACTIVITYGRAM enables you to promote awareness about the importance of physical activity and fitness, assess the fitness and activity levels of children in grades K-12, and help them develop patterns of lifelong, health-promoting physical activity.		Program sells for approx. \$300 and up. Support materials cost extra.	2008

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Florida Alliance for Health, Physical Education, Recreation, Dance and Sport	www.fahperd.org	FAHPERDS is a non-profit organization designed to promote the effectiveness of professionals through conferences, research, and advocacy.		Member services (dues are \$40) include: regional workshops and state conferences; providing leadership opportunities through service on committees, task forces; publishing professional journals and newsletters with member information; and more.	2008
Florida Department of Education, Lending Libraries	http://doehealthlibraries.cites.fsu.edu/	Three libraries: Food & Nutrition Management; Coordinated School Health Program; Safe & Drug Free Schools. May borrow up to 20 items for four weeks at no cost.	Loan materials include books, videotapes and DVDs, games, kits, CDs, puppets, and models. Use search engine to find resources by topic. While most items are available to borrow, some items are available to keep (first-come-first-served basis).		
Florida Department of Health	http://floridashealth.com	Provides links to information/statistics about Florida that could demonstrate the need for community and business partnerships to institute health programs.			2007
Florida Sunshine State Standards	www.fldoe.org/bii/curriculum/ssss	The Sunshine State Standards were approved by the State Board of Education in 1996 to provide expectations for student achievement in Florida. The Standards approved in 1996 were written in seven subject areas, each divided into four separate grade clusters (PreK-2, 3-5, 6-8, and 9-12). This format was chosen to provide flexibility to school districts in designing curriculum based on local needs.	PDF files listing standards by grade category for Physical Education Literacy, Advocate and Promote Physically Healthy Lifestyles, Responsible Physical Activity Behaviors.		2007 Some standards still pending
floridashealth.com	www.doh.state.fl.us/chdCitrus/index.htm	Florida Department of Health's website presenting statistics and resources in your community.	Mentions the department's Healthy Communities, Healthy People community-based health promotion and wellness initiative. Links under the headings: Health status indicators, health services and resources in your county, Florida Dept. of Health reports, other Florida programs.		

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Food and Drug Administration and U.S. Department of Agriculture	www.fns.usda.gov/tn/Resources/power_of_choice.html	The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions was intended for after-school program leaders working with young adolescents. "Everything you need to know is in the Leaders' Guide, including most activity materials."	Download the Leader's Guide activities, a slide show overview, a song and a video. Activity topics include: "Your Fast Food Order?" and "Get Up and Move!" One free hard copy of the Leaders' Guide available by mail to organizations participating in USDA's Child Nutrition Programs		3/1/2006
Food on the Run: Lessons from a Youth Nutrition and Physical Activity Campaign	www.californiaprojectlean.org/Assets/1019/files/Food_on_the%20Run_Best_practices.pdf	Composed by California Project Lean, this guide provides the structure of their project entitled, "Food on the Run", focused on working with youth advocates to make healthy eating and physical activity easier to do at their schools. Resource is divided in 9 chapters including multiple appendices covering important concepts to include in program, examples of successful "Food on the Run" pilot sites, and various fact sheets about the benefits of nutrition and physical activity with academic achievement.	Printable information regarding structure of "Food on the Run" program including: Generating Nutrition and Physical Activity Policy Ideas, Training Teens on Physical Activity and Nutrition, and Fact Sheets on Nutrition, Physical Activity, and Academic Achievement.		6/1/2004
Grass roots efforts	http://findarticles.com/p/articles/mi_ga3666/is_199901/ai_n8842822	Article titled: Time well spent: Exercise program for teachers.	Tips for starting an exercise program for teachers		
Guide to Community Preventive Services: Physical Activity	www.thecommunityguide.org/pa	The Guide to Community Preventive Services summarizes what is known about the economic efficiency and feasibility of interventions to promote community health and prevent disease. The downloadable chapter focuses on physical activity.	Printable book chapter text, summary findings, and economic efficiency findings focus on informational, behavioral, and social approaches as well as environmental and policy changes to increase physical activity.		6/14/2005
Guidelines for After School Physical Activity and Intramural Sports Programs	www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf	A position paper from the National Association for Sport and Physical Education. Purpose: provide teachers, school activity directors and program leaders with information for planning and implementing physical activity and intramural programming for children in grades K-12.	Four page document providing tips, goals, and formatting protocol for implementing exercise.		

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People	www.cdc.gov/HealthyYouth/physicalactivity/guidelines	Healthy Youth! Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People. Developed by CDC with recommendations on how to improve policies, school environment, curricula/instruction, extracurricular programs, parental involvement, personnel training, community programs, and proper school program evaluation.	42 page PDF: health benefits, recommendations, prevalence, objectives and rationale for physical activity. Website also provides a summary with charts of the benefits of exercise, current prevalence of exercise, and 10 recommendations for ensuring quality physical activity programs. Free and printable March 1997 Morbidity and Mortality Weekly Report: Recommendations and Reports regarding physical activity.		8/30/2006
The Health Trust	www.healthtrust.org	"Health Trust has been a leader in increasing and improving health and wellness in Silicon Valley."	This website demonstrates a successful community-based program		1/1/2008
Human Kinetics	www.humankinetics.com	Resources for textbooks, guidebooks and educational seminars for K-12, higher education, and distance education in the areas of health, physical activity, fitness, sports, and more.	Links to resources offering tools for purchase.	Catalogs, guidebooks, textbooks.	1/1/2008
Kidnetic	www.kidnetic.com	An interactive website with educational tools for kids and parents with information on exercise and nutrition. Spearheaded by the International Food Information Council Foundation (IFIC).	For the children: interactive online games promoting actual physical activity to play, easy cooking recipes, and kid-friendly educational lessons. For the parents, website provides search engine on articles related to fitness, food, health, and happiness as well as expert advice on health and nutrition topics, and a printable booklet entitled: "Real Life Guide for Parents."		1/1/2007
Kids Walk-to-School	www.cdc.gov/nccdphp/dnpa/kidswalk	Community-based program aimed to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.	Printable resource materials: prepared PowerPoint presentations for community including lesson plans, presenter's guide, and presentation script; KidsWalk-to-School Brochure; and KidsWalk-to-School Guide including sample letters, surveys, evaluations, and a press release form.		5/22/2007

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Learning Standards for Health, Physical Education and Family and Consumer Sciences at Three Levels	www.emsc.nysed.gov/ciai/pe/pub/hpefcle.pdf	Three standards: (1) Personal Health and Fitness; (2) A Safe and Healthy Environment; (3) Resource Management	Twenty-one page PDF provides goals, objectives and activities to meet Standards at different stages: elementary, intermediate, commencement		
Let's Get Moving! Working Together to Promote Active Lifestyles in Young Children	http://anrcatalog.ucdavis.edu/InOrder/Shop/ItemDetails.asp?ItemNo=3494	Resource kit for child care providers, professionals, and parents designed to introduce quick and easy ways to incorporate physical activity into the daily routines of children ages 2-7.		Resource kit includes: Motivational video, Set of physical activity cards (English and Spanish), and User's Guide	1/1/2008
Maternal and Child Health Library	www.mchlibrary.info/KnowledgePaths/kp_phys_activity.html	Extensive accumulation of websites, publications and databases promoting physical activity.	Electronic publications provide information about "Successful grassroots health and wellness programs," UCLA research about inactivity of California's youth, DDHS' Promoting Health through physical activity. Many more publications available. Links to databases for Child Trends, Healthy People 2010, information about states' efforts to address physical activity.		
Media-Smart Youth: Eat, Think, and Be Active	www.nichd.nih.gov/msy	Interactive after-school education program for people ages 11-13 designed to teach critical thinking skills to determine how media can affect their nutritional and physical health.	Order online (free): Media-Smart Youth Packet: 450 pages including everything an activity leader needs to conduct the program. Download from the website: Facilitator's Guide (or select only the sections you want). Promotional posters.		
Model School Wellness Policies	www.schoolwellnesspolicies.org/index.html	A comprehensive set of model nutrition and physical activity policies developed with the National Alliance for Nutrition and Activity (www.nanacoalition.org) that school districts may choose to use as written or revise as needed to meet local needs and reflect community priorities.	Printable Model School Wellness Policies covering the following topics: School Health Councils, Nutritional Quality of Foods and Beverages Sold and Served on Campus, Nutrition and Physical Activity Promotion and Food Marketing, Physical Activity Opportunities and Physical Education, and Monitoring and Policy Review.		2008

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
National Association for Sports & Physical Education	www.aahperd.org/naspe	Offers multidimensional resources for implementing PE programs and student involvement, along with educator guidebooks and workshops for promoting wellness and collaborative exercise programs.	Tips for developing a grant proposal for a Skate in School program. Pro-Link helps find the expert to speak on your topic of choice.	Activity guides per grade. Educator workshops on wellness, PE programs. Assessment manuals for PE school programs. Physical Best and FITNESSGRAM resources available at www.humankinetics.com	
National Association for Sports & Physical Education	www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards.html	National Standards for Physical Education, 2nd Edition	Lists standards and the purposes of the standards.		
National Association of State Boards of Education, Center for Safe and Healthy Schools	www.nasbe.org	Provides guidance and assistance to state and local education policymakers and practitioners. Our goal is to encourage safe, healthy, and nurturing school environments for all of the nation's children and youth.	Extensive, up-to-date database of state school health policies on 38 major school health topics in six major categories. Research-based, best practice model policy language on various school health topics that states, districts, and schools can adopt or adapt for themselves.		7/31/2007
National Program for Playground Safety	www.uni.edu/playground	"National clearinghouse for playground safety information." Non-profit organization.	Safety tips, including checklists for parents; playground equipment safety guidelines; research statistics	\$5.00: wealth of information about supervision, age appropriate design, surfacing, maintenance, planning, accessibility, and fundraising. In addition, there are several checklists that you can use to assess your own playground!; Training programs for educators.	1/1/2006
The National Youth Sports Safety Foundation, Inc.	www.nyssf.org/wframeset.html	National non-profit, educational organization dedicated to reducing the number and severity of injuries youth sustain in sports and fitness activities	Safety quiz. Position papers on youth sports safety. Sport parent code of conduct. Ways to promote youth sports safety.	Membership benefits: Foundation quarterly newsletter, SIDELINES; Advance notice of Foundation events; Free literature; Discounts on NYSSF publications and programs; Priority handling of requests and orders; 800 Toll Free member access phone number.	
PE 4 life	www.pe4life.org	Non-profit organization designed to guide teachers, parents, school administrators, health care & community activists and industry to be aware of and promote the need for quality physical education.	Powerpoints, background and flyers designed to promote awareness of PE4life. Guide to finding grants. Qualification criteria for PE4life certified programs and associated benefits. Sign up for newsletters.		
PE Central	www.pecentral.org	Extensive links and resources to activity guides, current programs, Best Practice Ideas, research, and quizzes. Registration required for some access.	Suggested PE rules submitted by members. Tips for beginning PE teachers. Program assessment tips.	Lesson plans and activities separated by age and type of activity: links to purchase. Also, links to purchase teaching tools, assessment tools.	8/1/2007

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Physical Education Curriculum Analysis Tool	www.cdc.gov/HealthyYouth/PECAT/index.htm	CDC's Healthy Youth! PECAT designed to help school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards.	Download the 210 page toolkit. Includes student assessment analyses for grades K-2, 3-5, 6-8, and 9-12.		6/14/2007
Powerful Girls Have Powerful Bones	www.cdc.gov/powerfulbones/	Animated website promoting bone health through colorful, fun links to learning about diet and exercise.	Download: Powerful Girl Calendar with recipes, snack ideas, physical activity ideas. Wallpapers and screensavers. Online activities: How to read a Nutrition Facts label, calcium sources, games, "journal" of Carla - the Powerful Girl - describes her healthy, active lifestyle choices.		4/1/2006
The President's Council on Physical Fitness and Sports	www.fitness.gov	The health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.	Register to earn presidential awards through the President's Challenge. Monthly Toolkit: provides sample press release, physical activity facts and guidelines and ideas for organizing an event to promote exercise including: potential partners, focusing on a cause, evaluation. Link to Health Observances in 2007 (i.e. September is Fruit and Vegetable Month).		5/15/2008
Promoting partnerships for physical activity	http://findarticles.com/p/articles/mi1145/is_n10_v29/ai_15889849	Benefits of community partnerships			
Purdue Extension Consumer and Family Sciences: Children and Body Weight Issues--Resources for Communities	www.cfs.purdue.edu/extension/children-wt	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.		9/13/2005
Skate in School	http://skateinschool.com/home2.htm	The In-Line Skating Program for Schools Developed by Rollerblade & NASPE (National Association for Sport and Physical Education)		Program costs include Rollerblade skates and protective gear at a special price and skating lessons. Youth Package \$75 per child.	

Physical Activity	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
smallstep.gov	www.smallstep.gov	Sponsored by the USDHHS. Designed to promote lifestyle change through diet and exercise and reading about the success of others.	Lists 119 "small steps" (i.e. "go up hills instead of around them). Recipes, tips for making different food choices. Interactive website for children including exercising with Shrek.		
SPARK (Sports, Play & Active Recreation for Kids!)	www.sparkpe.org	SPARK is a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children and adolescents by disseminating evidence-based physical activity and nutrition programs that provide curriculum, staff development, follow-up support, and equipment to teachers of Pre-K through 12th grade students.		Curricula, Equipment, Training for early childhood exercise, elementary, middle, high-school and after-school activity programs.	1/1/2004
State-Based Physical Activity Program Directory	http://apps.nccd.cdc.gov/DNPAProg/StateV.asp	An inventory of physical activity programs by state.	Interactive online resource that displays different physical activity programs in action when specific state is clicked.		3/2/2007
Step by Step Guide for Community Action to Promote Physical Activity	www.cdc.gov/nccdphp/dnpa/pahand.htm	Sponsored by the CDC, "Promoting Physical Activity - A Guide for Community Action." Designed for any professionals or volunteers who wish to promote physical activity and healthier lifestyles in their community, agency, or organization.		Order the Step by Step Guide for Community Action to Promote Physical Activity for \$38.00	
Study Sphere	www.studysphere.com/Site/Sphere_6353.html	Study Sphere provides free access to research-quality child-safe websites organized for education.	Under the Physical Education link the site provides links to a variety of topics including fitness & young people, and kickboxing. Clicking on these links leads to further links to outside sources.		
Teacher Toolbag for Professional Development	www.tea.state.tx.us/tchrtoolbag/ProDev_PhysEdu.html	Sponsored by the Texas Education Agency. Resource for professional development.	Links to outside sources for PE/Health professionals about professional development information and physical educator listservs.		10/29/2004
U.S. Department of Health and Human Services	www.hhs.gov/news/press/2002press/20020501a.html	Press Release from May 2002 titled: HHS Urges Community Partnerships to Improve Physical Activity; CDC Study Finds Medical Costs Among Obese Young People Increase Significantly			5/1/2002

<u>Physical Activity</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
U.S. Physical Activity Statistics	www.cdc.gov/nccdphp/dnpa/physical/stats/us_physical_activity/index.htm	A physical activity statistics database on the Centers for Disease Control and Prevention's website that provides metropolitan area, state, or national estimates of physical activities and related demographic information.	Interactive online resource that offers physical activity statistics based on statewide percentages, demographic group comparisons, and metropolitan areas. Statistics based on 2001-2005 findings.		5/14/2008
Walking School Bus	www.walkingschoolbus.org	The basics of starting a walking school bus	PDF guide to starting a walking school bus. PDF for guidelines for pedestrian safety.		
We Can! (Ways to Enhance Children's Activity & Nutrition)	www.nhlbi.nih.gov/health/public/heart/obesity/wecan/	We Can! Is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old at a healthy weight. Tips and fun activities offered to parents, health care providers, and community groups focus on three critical behaviors: Improved food choices, Increased physical activity, and Reduced screen time.	Printable resources: GO, SLOW, and WHOA Tip sheet, Portion Distortion Quiz, Healthy Recipe Substitutions, Children's Screen time log sheets, daily physical tracking sheets, and tip and fact sheets to maintain healthy weight for healthy families.	Various program materials available for purchase: Parent Handbook (English and Spanish), We Can! Poster, and We Can! Wristband.	
What Moves U	whatmovesu.com/index.aspx?vw=MAIN	Sponsored by the American Heart Association and the NFL.	Requires registration. Has an interactive section for kids and a section for teachers. Links listed for teachers (and available upon registration): Lesson Plans; My Classes; Assign Joules, Activation Coupons.		

Section 4: School-Based Activities

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
ACE - America's Authority on Fitness	www.acefitness.org	Nonprofit organization promoting safe and effective physical activity. ACE protects all segments of society against ineffective fitness products, programs and trends through its ongoing public education, outreach and research. ACE sets certification and continuing education standards for fitness professionals.	Lists continuing education opportunities by subject. Recipes, fitness tips and more under "Health & Fitness Info" tab. ACE Operation FitKids available in PDF. Curriculum is designed to integrate health and fitness into classroom learning. The seven-lesson module was developed for grades 3rd - 5th to teach them the extreme dangers of being overweight and the importance of a healthy and active lifestyle. Order free posters for youth fitness.	Sign up and prepare for certifications: personal trainer, group fitness instructor, more.	2008

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Action for Healthy Kids	www.actionforhealthykids.org	The only nonprofit organization formed specifically to address epidemic of overweight, undernourished, and sedentary youth by focusing on changes at school. Website designed to navigate State-by-State Action, Resources to Improve Schools, Events/Programs/Reports, and Tools for Team.	Under "Resources to Improve Schools", option is provided to specify topic such as: After-School Programs, Changing the School Environment, or Staff Wellness Programs. When specific topic chosen, a collection of printable and downloadable materials are presented including profiles of successful school-based interventions, programs, and practices.		
Adult Fitness Ideas	www.healthierus.gov/exercise.html	Resources for developing and maintaining an activity routine.	Provides links to other sources for the following categories: Getting Started; Keeping Track; Maintaining Physical Activity; Physical Activity for Everyone.		
After School Physical Activity	http://afterschoolpa.com/base.html	Activities designed for grades 4-8 (not all activities age-appropriate for primary students)	Instruction sheets for several types of games. Search by game category, exercise venue and number of participants. Game categories include: street games, athletics with a twist, cooperative games, survivor, beach party, jump rope, dance, and more. Each category has 5-6 activities each with own guide to equipment needed, space needed and "how-to" instructions.		
Alachua County Guide	www.doh.state.fl.us/chdalachua/cardio/fitness-adults.htm	Healthy Living Resource Guide.	Lists local contacts for fitness/dance/swimming/scuba (and more) businesses and programs.		
American Academy of Pediatrics	www.aap.org	General information related to child health and more specific guidelines concerning pediatric issues. Information regarding the Academy's many programs and activities: policy statements and practice guidelines, publications and other child health resources, and more. Information comes from the nation's leading child health experts with scientific research supporting the recommendations.	Tips to increase activity; audio files on preventing obesity, obesity and HTN, and BMI. General health information including immunization, safety tips, tracking physical development.		

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
American Heart Association	www.americanheart.org/presenter.jhtml?identifier=3003357	HeartPower! Online is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.	Lesson plans, activity sheets, songs and poems for incorporating healthy knowledge into classroom curriculum. Links to interactive programs: Hoops for Heart and Jump Rope for Heart.		2008
California Project LEAN	www.californiaprojectlean.org/resourceLibrary	Resource library	Policy guides and community tool kits (including fundraising ideas) to help improve the school nutrition and physical activity environment. Includes a series of policy briefs on critical issues that affect the school nutrition and physical activity environment.		
California project LEAN, health fair display	www.californiaprojectlean.org/Assets/1019/files/CounterDisplayAndTipSheetCounterCard.pdf		Two colorful, kid-friendly PDF displays on two topics: Q&A to "Power up on Snacks" and tips for promoting physical activity.		
California School Nutrition Education	www.calsna.org	"A forum for personal and professional development by offering innovative educational programs, supporting legislative efforts, and promoting community awareness for the purpose of improving the well-being of California's children."	Create your own menu with interchangeable factoids. How-to guide for setting up a salad bar.		2008
CATCH (Coordinated Approach to Child Health)	www.flaghouse.com/CatchPE.asp	A comprehensive K-5 health and fitness program that reinforces healthy eating and living in the classroom, cafeteria, school gym, at home, and in the community. Website gives brief description of materials available for use by teachers, food service directors, and community members.		Products offered include CATCH Kids Club Nutrition Manual for after-school education and summer enrichment teaching children nutrition knowledge to improve dietary and physical activity choices.	1/1/2008
Centers for Disease Control and Prevention	www.cdc.gov/doc.do/id/0900f3ec802270e4	Health Topic: Infants and Children. Select a category of interest (e.g.: child development, disability and health, immunizations).	"Safe and Healthy Kids" link leads to tips for parents, downloadable fact sheets, websites for kids, and more.		5/4/2007

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Centers for Disease Control and Prevention	www.cdc.gov/HealthyYouth/physicalactivity/guidelines	Healthy Youth! Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People. Developed by CDC with recommendations on how to improve policies, school environment, curricula/instruction, extracurricular programs, parental involvement, personnel training, community programs, and proper school program evaluation.	42 page PDF: health benefits, recommendations, prevalence, objectives and rationale for physical activity. Website also provides a summary with charts of the benefits of exercise, current prevalence of exercise, and 10 recommendations for ensuring quality physical activity programs. Free and printable March 1997 Morbidity and Mortality Weekly Report: Recommendations and Reports regarding physical activity.		8/30/2006
Centers for Disease Control and Prevention	http://www.cdc.gov/HealthyYouth/nutrition/guidelines/	Guidelines for School Health Programs to Promote Lifelong Healthy Eating	This report summarizes strategies most likely to be effective in promoting healthy eating among school-age youths and provides nutrition education guidelines for a comprehensive school health program. These guidelines are based on a review of research, theory, and current practice, and they were developed by CDC in collaboration with experts from universities and from national, federal, and voluntary agencies. The guidelines include recommendations on seven aspects of a school-based program to promote healthy eating: school policy on nutrition, a sequential, coordinated curriculum, appropriate instruction for students, integration of school food service and nutrition education, staff training, family and community involvement, and program evaluation.		6/26/2006
Classroom Behavior Management, K-8	http://www.proteacher.com/030001.shtml	Behavior management in the classroom. Links to teachers' message boards, feedback from teachers, links to helpful tips.	Alphabetized list of links to topics such as, "Goodkids," "Positive Discipline," "Ways to Catch Kids Being Good." Links lead to well-developed guidelines and ideas for each topic.		2008

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Classroom Management Resources	http://drwilliammartin.tripod.com/classm.html	The Really Big List of Classroom Management Resources	Four hundred nineteen links to helpful ideas such as, "Tips for PE teachers for a successful classroom," "Ways to Energize Your Students," "The Risks of Rewards by Alfie Kohn."		5/18/2006
Constructive Classroom Rewards	www.cspinet.org/nutritionpolicy/constructive_rewards.pdf	A five-page PDF file from the Center for Science in the Public Interest.	Explains why food is an improper reward, why physical activity should not be used as a punishment. Offers alternative rewards, recognitions and privileges.		
Creative School Fund-raising Ideas	www.californiaprojectlean.org/Assets/1019/files/Creative%20School%20Fund-raising%20Ideas_Healthy%20Food%20Policy%20Resource%20Guide.pdf	Creative school fund-raising ideas and ideas including community offered by the California Project LEAN.	Printable worksheet of Creative school fund-raising ideas and ideas including community offered by the California Project LEAN.		
Dietary Guidelines for Americans 2005	www.healthierus.gov/dietaryguidelines	The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic disease. "A Healthier You: Based on the Dietary Guidelines for Americans" 12 free and downloadable Chapters of information including the proper definition of a calorie and how to balance food intake with physical activity.	Printable worksheets and recipes for meals (30 min.-90 min.) preparation such as beef stroganoff and zucchini lasagna. Links to other websites such as Interactive Menu Planner, FoodSafety.gov, and How to Understand and Use Nutrition Facts Label.		10/16/2006
Florida Department of Education, Lending Libraries	http://doehealthlibraries.cites.fsu.edu/	Three libraries: Food & Nutrition Management; Coordinated School Health Program; Safe & Drug Free Schools. May borrow up to 20 items for four weeks at no cost.	Loan materials include books, videotapes and DVDs, games, kits, CDs, puppets, and models. Use search engine to find resources by topic. While most items are available to borrow, some items are available to keep (first-come-first-served basis).		

School-Based Activities	Web Site	Brief Description	Free Resources	Resources with Costs	Recency of Update
Food on the Run: Lessons from a Youth Nutrition and Physical Activity Campaign	www.californiaprojectlean.org/Assets/1019/files/Food_on_the%20Run_Best_practices.pdf	Composed by California Project Lean, this guide provides the structure of their project entitled, "Food on the Run", focused on working with youth advocates to make healthy eating and physical activity easier to do at their schools. Resource is divided in 9 chapters including multiple appendices covering important concepts to include in program, examples of successful "Food on the Run" pilot sites, and various fact sheets about the benefits of nutrition and physical activity with academic achievement.	Printable information regarding structure of "Food on the Run" program including: Generating Nutrition and Physical Activity Policy Ideas, Fact Sheet on Creative School Fundraising Ideas, and Policy Brief on Food Fundraising at School.		6/1/2004
Fundraising Websites	www.scnutrition.org/files/Healthy%20Fundraising%20Sites.pdf	PDF listing fundraising websites.			
Gainesville Health & Fitness Center	www.qhfc.com	Local health club website.	Information about group fitness, health news, rehab, live healthy.		2008
Game Bike	www.gamebike.com/	Stationary bicycles that can be linked to gaming systems to provide a virtual bike-riding experience.	Contact information provided.		3/14/2008
Grass roots efforts	http://findarticles.com/p/articles/mi_ga3666/is_199901/ai_n8842822	Article titled: Time well spent: Exercise program for teachers.	Tips for starting an exercise program for teachers		
Healthfinder	www.healthfinder.gov	Free portal to reliable health information, developed by the U.S. Department of Health and Human Services	Provides information about: immunizations, health-related organizations, online checkups, health library, prevention and wellness; and more. Also offers health tips, consumer resources and links to latest clinical trials.		
Health Information (Kidshealth)	http://kidshealth.org/parent	Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information. KidsHealth has separate areas for kids, teens, and parents — each with its own design, age-appropriate content, and tone. There are literally thousands of in-depth features, articles, animations, games, and resources — all original and all developed by experts in the health of children and teens. Physicians and other health experts review all content before it's published on KidsHealth.	Parents section offers information to help understand children's' development, thought processes, medical problems (including allergies), and more.		2008

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IDEA Health & Fitness Association	www.ideafit.com	Association for health & fitness professionals. Designed to meet health and fitness career development and business needs.	Links include: IDEA publications, career development, personal trainer locator, personal trainer recognition, marketing opportunities, jobs & classifieds, article archive. Free Fit Tips monthly newsletter.	Different levels of membership available. Membership provides free publications, discounted seminars.	1/1/2006
Kids Walk-to-School	www.cdc.gov/nccdphp/dnpa/kidswalk	Community-based program aimed to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.	Printable resource materials: prepared PowerPoint presentations for community including lesson plans, presenter's guide, and presentation script; KidsWalk-to-School Brochure; and KidsWalk-to-School Guide including sample letters, surveys, evaluations, and a press release form.		5/22/2007
Kids.gov	www.kids.gov	Find links to government and other kids' sites -- grouped by age and subject.	Great resource for colorful, kid-friendly forms and print-outs to promote health and activity.		6/4/2008
Model School Wellness Policies	www.schoolwellnesspolicies.org/index.html	A comprehensive set of model nutrition and physical activity policies developed with the National Alliance for Nutrition and Activity (www.nanacoalition.org) that school districts may choose to use as written or revise as needed to meet local needs and reflect community priorities.	Printable Model School Wellness Policies covering the following topics: School Health Councils, Nutritional Quality of Foods and Beverages Sold and Served on Campus, Nutrition and Physical Activity Promotion and Food Marketing, Physical Activity Opportunities and Physical Education, and Monitoring and Policy Review.		2008
MyPyramid.gov	http://mypyramid.gov/kids/index.html	The official website of USDA's new food guidance system including a food pyramid specific to children ages 6 to 11.	Interactive MyPyramid Blast Off Game , free and printable mini-posters explaining tips for families, a step-by-step explanation of key concepts of new pyramid, coloring pages, meal-tracker worksheets, and classroom materials (available by download or by mail to elementary schools and child care providers).		
National Association for Sport and Physical Education	www.aahperd.org/NASPE/pdf_files/pos_papers/current_res.pdf	Position paper on "Recess in Elementary Schools."			7/1/2001

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
NASBE (National Association of State Boards of Education)	www.nasbe.org	NASBE works to strengthen state leadership in educational policymaking, promote excellence in the education of all students, advocate equality of access to educational opportunity, and assure continued citizen support for public education.	Healthy Eating tab leads to links that provide position statements, policies, and links to relevant sites at the CDC, USDA, Institute of Medicine, and more.		2008
NASBE (National Association of State Boards of Education) Center for Safe and Healthy Schools	www.nasbe.org/	Describes policy to encourage physical activity.	Provides guidelines for activity at schools, including necessity for recess in elementary schools.		
National Food Service Management Institute	www.nfsmi.org/documentLibraryFiles/PDF%5C20080313014916.pdf	Measuring and Evaluating the Adequacy of the School Lunch Period	Research paper purpose: investigate the adequacy of the school lunch period. Findings include: majority of children had adequate time to eat and the major time limiting factor was waiting in the service line.		
National Health Observances	www.healthfinder.gov/library/nho/nho.asp	Health observances are days, weeks, or months devoted to promoting particular health concerns.	2007 observances listed on the web page (non-downloadable format). Materials and further information available for most observances.		
Non-food Rewards for Kids	http://hgic.clemson.edu/factsheets/hgic4110.htm	Clemson Extension Home & Garden Information Center	Zero- and low-cost ideas for reward alternatives at school and at home. References cited.		1/1/2007
North Carolina Healthy Fundraising	www.healthdome.net/downloads/NorthCarolina.HealthyFundraising.pdf	Two-page PDF listing ideas for developing fundraisers and fundraising policies.			1/1/2005
Nutrition.gov	www.nutrition.gov	A federal resource that provides easy access to all online federal government information on nutrition, including specialized nutrition information for infants and children, adult women and men, and seniors. Website includes an extensive interactive scientific reference section.	Links to interactive and printable resources including Menu Planner for several calorie levels (1200-2000 calories), Action List for Whole Grains, Recipe Finder, Weight-Control Information Network, Embrace Your Health! Lose Weight If You Are Overweight, etc.		6/11/2008
Parent Center	http://parentcenter.babycenter.com/index.htm	Answers to parents' questions about the development of children.	Search by age group, then by topic of interest. For example, "Big Kid" links to topics such as "activities & play" and "nutrition & food" which then offer age-appropriate tips and ideas.		2008

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Partners for Healthy Kids	www.partnersforhealthykids.com	Fundraising resources	Dream, Believe, Achieve offers motivational bracelets. Partners for Healthy Kids is updating a site that will have a wealth of information and resources that will help live a healthy life and which will help fight the epidemic of obesity and diabetes; has a link to a kid-friendly health/nutrition educational CD that can be sold for fundraising. HealthyFundraisingUSA.com offers a catalog of fundraising products (candy, popcorn, candles, etc.).		2007
Promising Practices in After School	www.afterschool.org/home	Extensive listing of links to afterschool activities resources.	Free resources, worksheets and tips available through linked sites.		
Purdue Extension Consumer and Family Sciences: Children and Body Weight Issues-- Resources for Communities	www.cfs.purdue.edu/extension/children-wt	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.		9/13/2005
Resources for After School Personnel	www.afterschoolcatalog.com	Website of School-Age Notes, publisher and retailer of books and other teaching resources.		Books, CD-ROMs and other teaching materials.	2005
The School Health Index, 2004	http://apps.nccd.cdc.gov/shi/	A self-assessment and planning tool for schools to improve effectiveness of their health and safety policies as well as programs. This tool enables schools to identify strengths and weaknesses of school policies and programs for promoting health; develop an action plan for improving student health; and involve teachers, parents, students, and the community in the improvement process.	Eight Self-Assessment Modules, Scorecards, Action Plan Development Steps, Resources, and Fact Sheets available by ordering a printed copy, customizable paper format, pdf download, or online.		11/21/2006

<u>School-Based Activities</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Soft Drinks in Schools: Committee on School Health	aappolicy.aappublications.org/cgi/content/full/pediatrics;113/1/152	This policy statement from the American Academy of Pediatrics recommends that school districts should consider restricting sale of soft drinks to safeguard against health problems that result from over-consumption and recommends that pediatricians work to eliminate sweetened soft drinks in schools.	Printable policy statement emphasizing caution of soft drink sales in schools that are hindering health of youth.		1/1/2007
University of Florida College of Health and Human Performance	www.hhp.ufl.edu	Possible resource for seeking speakers and materials to support health and wellness.			2007
USDA Changing the Scene	www.fns.usda.gov/tn/healthy/changing.html	Improving the school nutrition environment. Defines a healthy school nutrition environment and provides resources for developing such an environment.	USDA developed a kit of materials to help you take action to improve your school nutrition environment. The kit provides general guidelines for establishing your team and planning for change; explains each of the six components of a healthy school nutrition environment; provides criteria for determining success; offers ideas for getting activities started; presents guidelines for identifying, contacting, and working with all the groups you want actively involved on your team; provides tips for attracting media attention and working effectively with the media; cites references and resources. The kit also includes PDF support materials.		
Weighing the Risks and Benefits of BMI Reporting in School Setting	http://nature.berkeley.edu/cwh/PDFs/BMI_report_cards.pdf	Report from the Center for Weight and Health at the University of California Berkeley on properly undertaking BMI measurement in schools.	Printable information packet includes proper techniques for measuring heights and weights, appropriate setting, and sharing information with parents.		
Wellness at Work	www.takeonestep.org	Canadian website offering tips and resources for personal and workplace wellness.	Strategies and ideas for promoting personal wellness at home and at work. Several topics including flu shots, latest health statistics, starting an activity program.		

Section 5: Nutritional Guidelines

<u>Nutritional Guidelines</u>	<u>Web Site</u>	<u>Brief Description</u>	<u>Free Resources</u>	<u>Resources with Costs</u>	<u>Recency of Update</u>
Action for Healthy Kids	www.actionforhealthykids.org	The only nonprofit organization formed specifically to address epidemic of overweight, undernourished, and sedentary youth by focusing on changes at school. Website designed to navigate State-by-State Action, Resources to Improve Schools, Events/Programs/Reports, and Tools for Team.	Under "Resources to Improve Schools", option is provided to specify topic such as: A La Carte Foods, School Fundraising Programs, or School Meal Programs. When specific topic chosen, a collection of printable materials are presented including profiles of successful school-based interventions, programs, and practices.		
Alachua County Public Schools	www.sbac.edu	The Wellness Policy provides instructions for meeting nutrition guidelines.			
American Beverage Association	www.ameribev.org/index.aspx	ABA offers information on legislation, science, technology, recycling, water reuse and the law. The staff of legislative, scientific, technical, legal, solid waste and communications experts effectively represents members' interests.	Beverage Industry information, PDF posters for the ad campaign: Straight Talk about Beverage Products.		
American School Nutrition Association	www.asfsa.org	Resource for News, Meetings, Parent Information, Continuing Education, Tools You Can Use, Recipes.		Membership benefits: The 2007-08 Promotional Calendar provides information on celebrations for the school year beginning August 2007. PR Toolkit: Promoting Healthy School Meals. This web-based toolkit includes customizable PowerPoint templates, Word templates for handouts, talking points and much more that can be used to reach out to parents, administrators, state policy makers and others at the local level to promote healthy school meal programs. Nutrition Advisory Councils (NACs) were formed to involve students in their school meals programs. NACs offer a forum to exchange ideas.	2007

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CATCH (Coordinated Approach to Child Health)	www.flaghouse.com/CatchPE.asp	A comprehensive K-5 health and fitness program that reinforces healthy eating and living in the classroom, cafeteria, school gym, at home, and in the community. Website gives brief description of materials available for use by teachers, food service directors, and community members.		Products include "Eat Smart", guidelines to meal planning, purchasing, and presenting foods with lower total fat and saturated fat.	2008
Center for Nutrition Policy and Promotion	www.cnpp.usda.gov	Extensive USDA site offering publications, information, online tools to learn about nutrition and nutrition programs.	PDFs available for a multitude of topics, including: mypyramid, mypyramid for kids, Healthy Eating Index, Cost of Food, and more.		5/9/2008
Centers for Disease Control and Prevention	www.cdc.gov/HealthyYouth/nutrition/guidelines	Guidelines for School Health Programs to Promote Lifelong Healthy Eating	This report summarizes strategies most likely to be effective in promoting healthy eating among school-age youths and provides nutrition education guidelines for a comprehensive school health program. These guidelines are based on a review of research, theory, and current practice, and they were developed by CDC in collaboration with experts from universities and from national, federal, and voluntary agencies. The guidelines include recommendations on seven aspects of a school-based program to promote healthy eating: school policy on nutrition, a sequential, coordinated curriculum, appropriate instruction for students, integration of school food service and nutrition education, staff training, family and community involvement, and program evaluation.		6/26/2006
Dole 5-A-Day	www.dole5aday.com/	Nutrition education materials designed to encourage children between ages 5-10 yrs. old and their parents to eat five to nine servings of fruits and vegetables a day. Website divided into different areas specific for children, teachers, school food service, family, friends, and retailers.	For the children, resources include interactive online nutrition games, surveys, children-friendly recipes, fruit and vegetable encyclopedia, and printable crossword puzzles. Printable or available to download classroom resources include: Jammin' 5 A Day Songs, "How'd You Do Your 5 Today?" Chart, 5 A Day Live Performance Kit and Music, and 5 A Day Challenge Certificate.	Additional classroom resources available by ordering online are the 5 A Day Adventures CD-Rom, Version 2000, 5 A Day Kids Cookbook, Dole Superfoods Banner Kit, Dole Superfoods Wheel, multiple wellness brochures in both English and Spanish version.	

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Farm to School	www.farmtoschool.org/fl	This program connects schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting local small farmers.	"Resource Pack" includes: basic fact sheets on farm to school, a resource list, and other pertinent information (order form). Provides tools for gathering info to begin a Farm to School program. Links to funding opportunities including available grant resources.		2006
Florida Department of Education, Lending Libraries	http://doehealthlibraries.cites.fsu.edu/	Three libraries: Food & Nutrition Management; Coordinated School Health Program; Safe & Drug Free Schools. May borrow up to 20 items for four weeks at no cost.	Loan materials include books, videotapes and DVDs, games, kits, CDs, puppets, and models. Use search engine to find resources by topic. While most items are available to borrow, some items are available to keep (first-come-first-served basis).		
Food on the Run: Lessons from a Youth Nutrition and Physical Activity Campaign	www.californiaprojectlean.org/Assets/1019/files/Food_on_the%20Run_Best_practices.pdf	Composed by California Project Lean, this guide provides the structure of their project entitled, "Food on the Run", focused on working with youth advocates to make healthy eating and physical activity easier to do at their schools. Resource is divided in 9 chapters including multiple appendices covering important concepts to include in program, examples of successful "Food on the Run" pilot sites, and various fact sheets about the benefits of nutrition and physical activity with academic achievement.	Printable information regarding structure of "Food on the Run" program including: Generating Nutrition and Physical Activity Policy Ideas, Fact Sheet on Creative School Fundraising Ideas, and Policy Brief on Food Fundraising at School.		
Fruits & Veggies More Matters	http://fruitsandveggiesmorematters.org/	Produce for Better Health Foundation developed this website with tips for parents to help shop, store, and prepare food; and to involve children in the process.	For kids: cooking, shopping, knowing portion size, supermarket scavenger hunt. Also, proper storage, fruits in season, how to get 5-a-day.	Education books and CD's, toys and items promoting fruits & veggies.	2007
Make USDA Snacks a Healthy Part of Your After school Care Program!	www.fns.usda.gov/cnd/Care/Regs-Policy/Snacks/NewsRelease.htm	Rules and Regulations for After School snack programs.			

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Model School Wellness Policies	www.schoolwellnesspolicies.org/index.html	A comprehensive set of model nutrition and physical activity policies developed with the National Alliance for Nutrition and Activity (www.nanacoalition.org) that school districts may choose to use as written or revise as needed to meet local needs and reflect community priorities.	Printable Model School Wellness Policies covering the following topics: School Health Councils, Nutritional Quality of Foods and Beverages Sold and Served on Campus, Nutrition and Physical Activity Promotion and Food Marketing, Physical Activity Opportunities and Physical Education, and Monitoring and Policy Review.		2008
National Dairy Council	www.nationaldairyCouncil.org	The National Dairy Council® (NDC), the nutrition marketing arm of Dairy Management Inc.™ offers latest nutrition news, health news alerts, and tips and tools to aid education and learning about dairy, nutrition and exercise.	Tools for Schools: printouts and interactive sites to boost dairy and nutrition knowledge. Complete lesson plans including pre- and post-tests. Health Education Kits: materials to help educate on topics including 3-A-Day of Dairy, Healthy Weight and African American health. Additional Education Materials: a variety of handouts, including nutrition quizzes, tips, facts and more.		2008
Nutrition Explorations	www.nutritionexplorations.org/	Colorful, cartoon resource website categorized by Parents, Educators, and School Nutrition Professionals.	Educator links: Little D's Nutrition Expedition; Arianna's Nutrition Expedition; Milk from Cow to You; Teaching Ideas; Food Group Simon Says. Parent links: Strawberry Frozen-Yogurt Bars; e-News; Teach Healthy Choices; Keep Family Moving; Smart Snacks. School Nutrition Professional links: Milk Financial Calculator Tool; Mealtime Sampler; Breakfast Online Course.		2008
Nutrition standards for foods in schools	www.iom.edu/CMS/3788/30181/42502.aspx	Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth	Fact Sheet. Report Brief. Can download each PDF page and print individually.	Hard copy and full PDF available for purchase.	1/22/2008
Purdue Extension Consumer and Family Sciences: Children and Body Weight Issues--Resources for Communities	www.cfs.purdue.edu/extension/children-wt	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.	Major resource database listing various programs and materials that take a variety of approaches to help children and families change lifestyles and behaviors in the school and community environment. Website also includes information on possible funding resources, community organizing and advocacy resources.		10/1/2005

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Soft Drinks in Schools: Committee on School Health	http://aappolicy.aappublications.org/cgi/content/full/pediatrics;113/1/1521	This policy statement from the American Academy of Pediatrics recommends that school districts should consider restricting sale of soft drinks to safeguard against health problems that result from over-consumption and recommends that pediatricians work to eliminate sweetened soft drinks in schools.	Printable policy statement emphasizing caution of soft drink sales in schools that are hindering health of youth.		1/1/2007
State Competitive Food Policies	www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm	Listing of state competitive food policy summaries from the U.S. Department of Agriculture Food and Nutrition Service. Most recent update in September 2002	Printable resource list of state competitive food policy summaries organized by USDA.		9/1/2002
USDA Dietary Guidelines for Americans	www.health.gov/dietaryguidelines	Provides the guidelines and additional PDF files to help educate and inform about nutrition and health.	PDF downloads: Dietary Guidelines; Finding Your Way to A Healthier You (brochure); A Healthier You (includes recipes); Toolkit for Health Professionals (includes tips for eating out, food shopping, and reading food labels); Dietary Guidelines Advisory Committee (press releases and meeting summaries).		10/16/2006
Whole Grains Council	www.wholegrainscouncil.org	The Whole Grains Council supports increased consumption of whole grains in schools and is providing resources and information to both schools and manufacturers, to make this a reality.	Resources for schools include a list of manufacturers of whole grain foods appropriate for vending machines, cafeterias. Provides downloadable curricula for "Get Healthy With Whole Grain Foods" for grades 3-6 with five lessons and a quiz.		2007