Montana School Wellness in Action: Two Success Stories

Montana Team Nutrition
February 9, 2017 Webinar, SWIA -Part 2
Thank you to Montana Rural Health Initiative for co-hosting this webinar
Poll Question # 1

- My position with a school is…
  A. Administrator
  B. Foodservice Professional
  C. Educator
  D. Student
  E. Parent or Community Partner
Helping Kids Learn, Grow, and Be Healthy

★ Together, parents, school staff, and students can create a healthy school nutrition environment

★ Better health = better learners

★ Kids with healthier eating patterns and enough physical activity tend to:
  ○ Have better grades
  ○ Remember what was taught in class
  ○ Behave better in class
  ○ Miss less school time
The School Wellness Policy Fuels Smart Students

- It ensures a healthy school environment is available to support students in making food and beverage healthy choices
- It helps students receive physical activity opportunities to boost brain power
- It encourages school staff to be healthy role models in making healthy food and beverage choices – a powerful teaching tool
- It reinforces healthy behaviors parents want for their children
Creating a Healthy School

A wellness policy helps create a healthy school environment. Our wellness policy talks about:

- Nutrition education
- Physical activity
- Foods and drinks sold to students
- Nutrition promotion
- Food and beverages, not sold, but provided to students
- Food and beverage marketing
- Informing the community, leadership, and more
Team Nutrition

Join the Team: Become a Team Nutrition School

Schools participating in the National School Lunch Program are invited to sign up as Team Nutrition Schools, and join an important network of schools working towards healthier school nutrition and physical activity environments. Today, almost half of the schools participating in the National School Lunch Program have signed up to be Team Nutrition Schools!

https://www.fns.usda.gov/tn/join-team-become-team-nutrition-school

Why should your school join the team?

Signing up to be a Team Nutrition School is free and easy. All schools participating in the National School Lunch program can sign up. We ask that schools designate a Team Nutrition Leader and have the support of their school nutrition director and school principal. By signing up, schools will:

- Affirm their commitment to helping students make healthier food choices and be more physically...
Become a Team Nutrition School (TNS)  
https://www.fns.usda.gov/tn/join-team-become-team-nutrition-school

WHY?

• Confirms the school’s commitment to creating a culture of wellness
• Receives free nutrition promotion and education resources

Common values: We believe...

• **Good nutrition and physical activity** are essential to children's health and educational success and they should be empowered to make good choices.
• **Teamwork** is essential to encouraging children to make food and physical activity choices for a healthy lifestyle.
• **Positive (behavior focused) messages to children should be age appropriate** and delivered in language they speak, through media they use, in ways that are entertaining and actively involve them in learning.
Dear Parents,

MyPlate at Home

This booklet from the United States Department of Agriculture’s MyPlate Nutrition Education offers some fun and easy tips for building healthier eating habits. Dinner means that include the food groups are on the next, as well as key tips for cooking at home that will help you and your family create healthier meals. It is a great opportunity to talk with your child about nutrition, try new foods together, and get your child involved in making healthy choices. MyPlate at Home is a great opportunity to talk with your child about nutrition. Try new foods together, and get your child involved in making healthy meals and snacks.

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Find recipes and more on the Team Nutrition Work site. MyPlate at Home.

www.teamnutrition.usda.gov
Free Nutrition Education and Promotion Resources (USDA TN)

Check out all the free resources on the Nutrition Education and Promotion Handout posted with this webinar recording at this site:

http://healthinfo.montana.edu/health-wellness/rhi-webinars.html

Or go to this site to order the resources

Learning Objectives….Attendees will

- Learn successful *School Wellness Policy In Action Plans* from two Montana school districts;

*Irving Elementary*, Bozeman School District

*Bigfork School District*
Irving Elementary School
Presenter

Mr. Jonny Morris, Health Enhancement Educator
406-522-6600  jonny.morris@bsd7.org

School Mission: **Unity Through Diversity**

*Principal: Adrian Advincula*

http://ir.bsd7.org/home

https://www.bsd7.org/
Irving elementary school, Bozeman

Health Enhancement teacher – Jonny Morris
Irving Health Advisory Council (IHAC)

Who: 5th grade (x2 children from each class).

What: Help Mr. Morris create and plan healthy ideas for our school. Using funds from the School Wellness in Action grant – operated a successful ‘Smoothie store’.

Why: To give everyone the best chance of living a healthy life...if they choose it!
Children’s cooking program

- **Who:** Irving children (led by volunteer parents)

- **What:** Cooking program using fresh, local ingredients to create delicious, age appropriate recipes. Using funds from the School Wellness in Action grant – children are able to prepare, cook and eat a variety of fresh foods.

- **Why:** To provide children with the opportunities and skills to lead healthy lives through ‘real life’ experience based learning.
Nutrition/garden education

- **Who:** Partnered with MSU students in the sustainable agriculture department and Nutrition department.

- **What:** Formed groups and create lessons for children about nutrition and preparing the garden beds for planting in the spring.

- **Why:** Leading by example preparing the food from the first stage to highlight the process of growing fresh food. Garden based teaching supports the theoretical nutritional lessons.
Gallatin Valley Farm to School

Who: Erin Jackson leads the program for our K-5 students once a month (approx. 300 a month).

What: Harvest of the Month program features Montana agriculture. Collaborative project between Montana Office of Public Instruction, Team Nutrition and National Center for Appropriate Technology and Montana Food Corps, MSU students.
Bigfork School District #38

Wellness Policy, Yoga, and Montana’s Harvest of the Month
Bigfork Public Schools Presenters

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Ms. Mary Ahnert
Counselor and Health Enhancement Educator
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Mission: …Help all students acquire the skills, knowledge, and attitudes necessary to be individually successful throughout life…
Bigfork School District #38 Take on Wellness...

- A quick overview of our Wellness Policy and Wellness Committee...

- Integrating the Wellness Policy into our school culture
  - Yoga in the Classroom
  - Dance Project
  - Farm to School
    - Harvest of the Month Program
    - Annual Harvest of the Month Extravaganza
Our Wellness Policy:
The Bigfork School District is committed to providing a school environment that will promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

† Who is on our Wellness Committee?
- Food Service Director
- Family Consumer Science Teacher
- School Nurse
- Guidance Counselor
- FoodCorps Service Member
- Rotary Member

† How often do we meet?
- 2 to 3 times a year

† What is included?
- Statement of Principles
- Nutrition Guidelines
- School Lunch Program
  - Farm to School: A tool for achieving school nutrition health and nutrition goals
- Healthy Snacks
- Nutrition Education and Promotion
- Health Enhancement and Physical Education
- School Wellness Environment
- Professional Development
- Parent/Community Involvement
Yoga...

an example of implementing PHYSICAL ACTIVITY into our healthy school culture...
Health Class and Physical Activity

School Wellness in Action

Mini Grants

2013-2014-healthy snacks, Pilates, yoga

2014-2015-healthy snacks, Zumba, yoga

2015-2016-healthy snacks, yoga

Professional Development

Yoga in the classroom PIR

Movement Education in the classroom
Elementary & Middle School Dance Project...

Another example of implementing PHYSICAL ACTIVITY into our healthy school culture...
More about the Dance Project….

Montana Art Council

Teacher Leader in the Arts Grant

8th Grade World Music Class

Tuesdays Salinee teaches 8th graders

Thursdays 8th graders teach elementary
Montana Harvest of the Month Extravaganza

A weeklong celebration of local food, food service, and wellness....
Harvest of the Month Extravaganza

Our first annual Harvest of the Month Extravaganza in February 2016 included....

- **Beef and Rancher Dress Up Day**
  - Menu Item: Local Cheeseburger
  - Contest: Name the Cafeteria contest

- **Grains and Lentils Day**
  - Menu Item: Lentil and Barley Salad
  - Activity: Interactive grain and lentil display in the cafeteria; and healthy snack taste test

- **Sass-Squash Day**
  - Menu Item: Roasted Squash

- **Let Us Turn Up the BEET Day**
  - Menu Item: Roasted Beets
  - Activity: Waste Audit at Lunch; Farmer Assembly
Harvest of the Month Extravaganza
THIS YEAR, March 2017...

† Beef and Rancher Dress Up Day
  ▪ Menu item: Local Cheeseburger
  ▪ Activity: Kick Off Assembly

† Apple π Day (Pi Day)
  ➢ Apple Crisp Taste Test Day

† Wheat Wednesday
  ▪ Menu Item: Barley Salad
  ▪ Activity: Interactive grain display in the cafeteria

† Lentil Taco Thursday (Bring Parent to Lunch)
  ▪ Menu Item: Lentil and beef crumble tacos
  ▪ Activities:
    • Interactive lentil display in cafeteria
    • Lentil Hummus Taste Test

† St. Patty’s Kale Day
  ▪ Wear green!
Bigfork School Garden
Materials Per Item

Each location will receive one set including:

- Poster
- Cafeteria Flyer
- Teacher/Educator Flyer
- Home Flyer
- School Newsletter Content
- And more!

The school/afterschool site does purchase their own HOM food.
School Year 2016-2017 Calendar

September - Summer Squash
October - Kale
November - Apples
December - Winter Squash
January - Carrots
February - Beets
March - Beef
April - Grains
May - Lentils
June - Leafy Greens
Snapshot of Success – Pilot Year

226 Harvest of the Month meals served which equals 73,117 servings!

145 taste tests conducted with 11,797 samples tried!

62% of students voted they “LOVED” the taste test!

373 educational activities were conducted with 2,820 students.

At least 2799 lbs. and $8048 of HOM items were purchased.*

*Reporting for this dollar value and pounds purchased was intermittent. Also, sites either reported pounds OR dollar value.

www.montana.edu/mtharvestofthemonth
The Great Garden Detective Adventure
Grades 3 and 4
Dig In!
Grades 5 and 6
Questions and/or Comments?

Photo Credits:
Poll Question # 2

- I learned one or more successful action steps to increase access to healthy foods and physical activity opportunities in schools.

A. Agree

B. Disagree

C. Unsure
Poll Question # 3

- I increased my awareness of the Montana Harvest of the Month Program.

A. Agree

B. Disagree

C. Unsure
Share Your School Wellness Success Story with Us

Thank you for your time and commitment to wellness in our school!
USDA’s School Wellness Policy – Final Rule released in July 2016

Helpful Websites:


Montana [www.opi.mt.gov/schoolwellness](http://www.opi.mt.gov/schoolwellness)

Action for Healthy Kids – School Wellness Policy 7 Steps for Success

Thank you!

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www.opi.mt.gov/schoolwellness