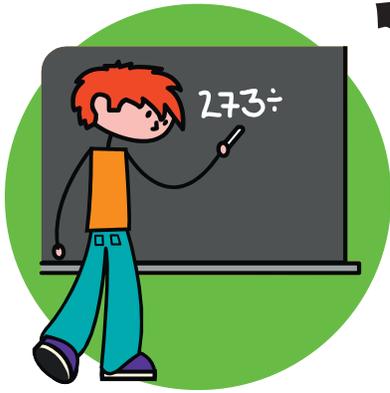


# School Wellness Newsletter

Put a spring  
in your step  
Spring  
2013



## learning connection

First Lady, Cylvia Hayes, held up Oregon as a leader in child health and wellness during the national Nutrition and Physical Activity Learning Connection Summit held last fall in Washington D.C. The summit featured current science around the links between physical activity, nutrition and learning outcomes. Oregon was highlighted as the first state to publically fund Farm to School staff in both the Departments of Education and Agriculture. First Lady Hayes also discussed the connection between poverty, food insecurity and decreased learning outcomes for children. The importance of breakfast consumption to support academic achievement was emphasized by Dr. Ronald Kleinman.

Other speakers included Fuel Up to Play 60 student ambassadors, Kaylene Khosla from Colorado and Tyler Kwapis from Michigan, who brought their unique approaches to student nutrition and wellness including developing Feet to the Street—a walking club and TEXT Time—Talking, EXercising with Tunes activity programs at their respective schools.

Locally, March 2013 has been proclaimed Oregon Fuel Up to Play 60 Month by Governor Kitzhaber.

The Summit report, Wellness Impact: Enhancing Academic Success through Healthy School Environments, is available: [www.genyouthfoundation.org/wp-content/uploads/2013/02/The\\_Wellness\\_Impact\\_Report.pdf](http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf)

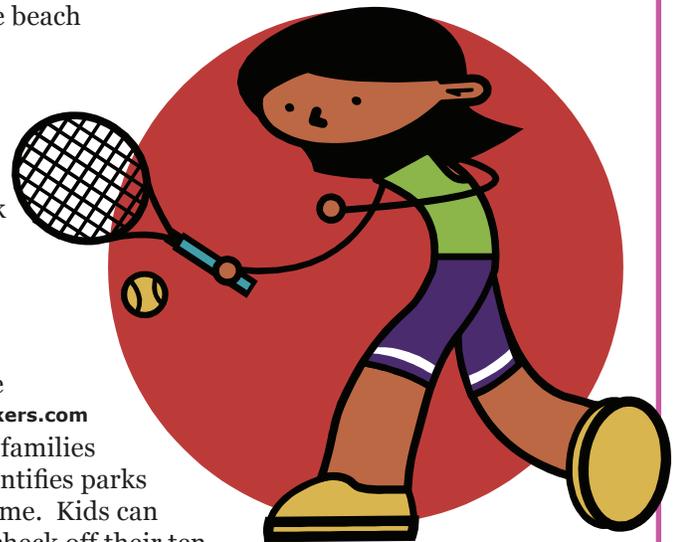


## become an outdoor seeker!

The Oregon Recreation and Park Association believes it is your right to explore the outdoors, seek new adventures, and have fun! They encourage families to become Outdoor Seekers and make outdoor exploration part of every season by:

- \* Following a trail
- \* Go boating
- \* Camp out under the stars
- \* Learn to swim
- \* Walk barefoot on the beach
- \* Climb a tree
- \* Observe animals in their habitat
- \* Catch a fish
- \* Play in a nearby park
- \* Celebrate Oregon's Culture and History
- \* Think of your own outdoor exploration

Check out the interactive website, [www.outdoorseekers.com](http://www.outdoorseekers.com) designed to get kids and families outside. The website identifies parks and activities close to home. Kids can download a passport to check off their ten activities, and then turn it in for a prize!



## walk + bike challenge

The 2013 Walk + Bike Challenge is coming to Oregon Schools in May! The Walk + Bike Challenge is an annual friendly competition between Oregon elementary and middle schools. Its aim is to inspire students and families to use active transportation to and from school. School coordinators track the number of students walking, biking, and skating to school throughout the month of May. Prizes are awarded to schools at the end of the Challenge.

To register your school or for more information go to [btaoregon.org](http://btaoregon.org)

# healthy schools for kids.

## a digital world

The Campaign for a Commercial-Free Childhood announces the publication of their 3-year strategic plan to reduce the time kids spend in front of screens. The plan serves as a roadmap for organizations to address the unprecedented time children spend with screen media and promotes the benefits of hands-on play, face-to-face interactions with caring adults and screen-free bedrooms among other things. Read the three year plan for infusing communities with these messages at: [commercialfreechildhood.org/healthykidsdigitalworld](http://commercialfreechildhood.org/healthykidsdigitalworld).

## additional resources

Oregon Agriculture In The Classroom (AITC)  
[aitc.oregonstate.edu](http://aitc.oregonstate.edu)

Information, resources and funding opportunities:

[www.oregonactionforhealthykids.org](http://www.oregonactionforhealthykids.org)

March is Fuel Up to Play 60 Month  
[www.oregondairyCouncil.org/FUTP60](http://www.oregondairyCouncil.org/FUTP60)

May is Walk + Bike Challenge Month  
[www.walkbike.org](http://www.walkbike.org)

School Snack Calculator  
[www.orphi.org/school-snack-calculator/](http://www.orphi.org/school-snack-calculator/)

Oregon Summer Food Programs  
[www.summerfoodoregon.org](http://www.summerfoodoregon.org)

Screen Free Week: April 29-May 5  
[www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

## about this newsletter

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations:

- \* Alliance for a Healthier Generation
- \* Oregon Public Health Institute
- \* Healthy Kids Learn Better
- \* OEA Choice Trust
- \* OHA, Public Health Division
- \* Oregon Action for Healthy Kids
- \* Oregon Dairy Council
- \* Oregon Department of Education
- \* Oregon School Nutrition Association
- \* OSU Extension Family & Com. Health



[www.oregonactionforhealthykids.org](http://www.oregonactionforhealthykids.org)



A Coordinated School Health Approach  
[www.cffo.org/hkib](http://www.cffo.org/hkib)

please join us!

**REGISTER NOW**  
[beattygroup.cvent.com/d/bcq4zc](http://beattygroup.cvent.com/d/bcq4zc)

### WHO SHOULD ATTEND

School and community college employees, administrators, human resource staff, superintendents, school nurses, wellness coordinators, local public health and school board members.

### CONFERENCE FORMAT

12 interactive breakout sessions designed to equip attendees with the latest evidence-based information, practical strategies and tools for school employee wellness.

### FEATURING

Nationally recognized keynote speaker  
**Randy Harvey**

## SECOND ANNUAL OREGON SCHOOL EMPLOYEE WELLNESS CONFERENCE

**CONTINUING EDUCATION**  
Earn 1 CPE/10 CPDUs

**WHEN AND WHERE**  
March 24-26, 2013 in Bend, Oregon at The Riverhouse

**AFFORDABLE**  
No registration fee and discounted room rates

Sponsored by: OEA Choice Trust, ODS, OEA-NEA, COSA, OSBA, OEBB, Oregon Public Health, and Oregon ASCD

## healthy hearts month

### Italian Veggie Soup

#### INGREDIENTS

- |   |  |
|---|--|
| 1 pound ground beef or turkey             | 1 cup whole kernel corn, frozen/canned |
| 1 cup diced onion                         | 2 cups water                           |
| 1/2 cup sliced celery                     | 3 teaspoons beef bouillon              |
| 1 cup sliced or diced carrots             | 1/2 teaspoon garlic powder             |
| 1 1/2 cups sliced or chopped cabbage      | 1 teaspoon dried parsley               |
| 1 can kidney beans with liquid (15 OZ.)   | 1/2 teaspoon dried oregano leaf        |
| 2 cans tomato pieces with liquid (15 OZ.) | 1/2 teaspoon dried sweet basil leaf    |
| 1 can tomato sauce (15 OZ.)               | 1/4 teaspoon pepper                    |
| 1 can cut green beans (15 OZ.)            | 1/2 cup small macaroni (optional)      |

#### DIRECTIONS

1. In a skillet, cook the ground beef until browned, breaking it up as it cooks. Remove to soup pan.
2. In the same skillet, sauté the onion, celery, and carrots until limp but not brown. Remove to soup pan.
3. Add all the remaining ingredients to soup pan.
4. Bring to a boil, lower heat, cover and simmer about 30 minutes.

For tasty, healthy meal and snack recipes, check out [FoodHero.org](http://FoodHero.org)

be a food hero

Choose skim or 1% milk for your family

Eat more lean meats like chicken breast

Limit fried foods like French fries, and chips

