

Michigan Team Nutrition Positive Role Modeling for a Healthy School Environment

The following ideas were adapted from suggestions made by school teams that attended the Team Nutrition Mini-Grant Training (11/1/06).

Ways teachers can be a good example for promoting physical activity:

- ▶ Walk at lunch time or recess with students; even once a month
- ▶ Sing songs that have movement
- ▶ Use "Take 10!" in the classroom (<http://www.take10.net>)
- ▶ Read stories that promote physical activity (for a list of books with positive physical activity messages see <http://www.tn.fcs.msue.edu/resources.html>)
- ▶ Create a mentoring program where older students link with younger ones to be physically active
- ▶ Integrate actions/movements into lessons
- ▶ Support physical education teachers
- ▶ Do large motor movements every 30 minutes
- ▶ Have learning centers around the room so that students move to them

Ways teachers can be a good example for healthy eating:

- ▶ Have a healthy party policy in your classroom
- ▶ Don't reward students with food
- ▶ Don't discuss inappropriate topics such as dieting or personal beliefs about nutrition, or tell "scary" stories about what will happen if they eat too much candy, etc.

Suggestions for having a healthy fundraiser to raise money for your school:

- ▶ Volleyball marathon or student-teacher volleyball match
- ▶ Silent/live auctions
- ▶ Dance-a-thon or Rock-a-thon
- ▶ Sell fresh fruit or popcorn
- ▶ Sell non-food items such as healthy cookbooks, magazines, candles, sunscreen
- ▶ Project "Warm Up America"- students create a quilt and receive donations for the time spent; then donate the quilt (<http://www.warmupamerica.org/kids>)
- ▶ School garage sale
- ▶ Have a school talent show
- ▶ School service connection (rake leaves, etc.)





How healthy a la carte items could be promoted and sales increased for them:

- ▶ Charge more for the unhealthy items
- ▶ Survey students about preferences
- ▶ Have taste tests
- ▶ Serve only items from healthy snack list (<http://www.tn.fcs.msue.edu/resources.html>)
- ▶ Find out what's working for other foodservice directors
- ▶ Have a food advisory committee that includes students

Ways to encourage teachers/staff to participate in the school mileage club:

- ▶ Offer incentives or a competition between classes/teachers
- ▶ Check out Fitness Finders web site (<http://www.fitnessfinders.net>)
- ▶ Provide pedometers to teachers and encourage them to develop an educational activity relating miles walked to math or social studies lessons
- ▶ Use a survey to find out why they are not involved and what would motivate them

Suggestions for healthy items at school events to get rid of the coffee and cookie tradition:

- ▶ Apples, carrot sticks/cut vegetables, water, trail mix, juice (100%)

Ways teachers can promote the school lunch:

- ▶ Join your students to eat the school lunch (or talk to them about it)
- ▶ Students and teachers receive a free lunch for their birthday

Ways a foodservice manager could be a good role model for staff:

- ▶ Eat healthy foods, be an example
- ▶ Walk (exercise)
- ▶ Encourage staff to do fun fitness activities
- ▶ Offer healthy snacks for staff

Ways a physical education (P.E.) teacher could be a nutrition role model for students:

- ▶ Taste-test healthy food in a P.E. class
- ▶ Eat with the students, eating healthy
- ▶ Talk to students about healthy eating
- ▶ Don't give students an inconsistent message by rewarding them with food

Ways to reach parents with the message that school meals are healthier than ever:

- ▶ Put info on menu backs about ways parents can role model by making healthy choices
- ▶ Provide handouts at parent conferences
- ▶ Put information in a weekly newsletter
- ▶ Use surveys
- ▶ Have "Bring a parent to breakfast/lunch day"

Ways a principal could be a good role model for healthy eating or physical activity:

- ▶ Walk with students during recess or lunch
- ▶ Eating (lunch) with principal



For more ideas, go to

<http://teammnutrition.usda.gov/Resources/popularevents.html>