



Showcases for SHAPE California Meeting North Coast Region Wednesday, May 20, 2009

Nutrition Education and Physical Activity in the Classroom

- Anderson Valley Unified School District
- Point Arena High School

Nutrition Education and Physical Activity Outside the Classroom

- Del Norte Unified School District
- Fort Bragg Unified School District

Cafeteria Connections

- Konocti Unified School District
- Mendocino Unified School District
- Potter Valley Community School

Community Based Organizations and SHAPE Partners

- Beginnings, Inc.
- Children's PowerPlay! Campaign

Any materials/handouts submitted by *Network* agencies for the showcase will be posted on the Region's Collaborative Web site. Other materials from the SHAPE meeting, including PowerPoint presentations, will also be posted on the Web site.

This material was produced by the California Department of Public Health, "*Network for a Healthy California*," with funding, in part, from the United State Department of Agriculture Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call (877) 847-3663. For important nutrition information visit <http://www.cachampionsforchange.net>

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Anderson Valley Unified School District	Contact Person: Donna Peirson-Pugh
Phone: (707) 895-3010	E-mail: dpp@mcn.org

Which category best describes the activity/resource you want to showcase:
Nutrition education and physical activity in the classroom/special event.

Describe your activity/resource:

Artist/Poet in the school, Pablo Neruda, "Odes to Fruits and Vegetables." Students K-8 wrote poems and made flip or accordion type books for poems. These are presented to parents with taste testing of the fruits and vegetables. Jr. high students mentored first grade students. This year at open house 250 people are attending. Last year, an afternoon event of 100 people attended.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Four sessions in a class and then the final event.

Number of participants reached with this activity/resource?

350 plus parents.

Nutrition education materials used to develop the activity/resource:

Teacher made: information/description of where fruits and vegetables originated and benefits.

Materials/Handouts:

Total cost \$4,500 (materials and artist cost).

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

Ribbons, paper, pens. Book making to inspire odes.

Evaluation Method:

Showcasing books at author's fair. Informal survey of teachers/students/parents.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Point Arena High School	Contact Person: Vikki Robinson
Phone: (707) 882-2134 Ext. 222	E-mail: vikkirob@mcn.org

Which category best describes the activity/resource you want to showcase:
HOTM and Rethink your Drink.

Describe your activity/resource:

Summer nutrition education and outreach:

- HOTM (once weekly in summer school).
- Rethink your drink (infused water).
- Final walk classroom competition and infused water tasting; one from each class.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Four activities over four weeks of summer school, K-12 level (once weekly for all school).

Number of participants reached with this activity/resource?

120 +/- summer, '08 (plans for same in '09).

Nutrition education materials used to develop the activity/resource:

Rethink your Drink and HOTM materials.

Cookbooks from *Network*.

Materials/Handouts: \$200 - \$300 projection.

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

Network, district, and Dollar Store.

Evaluation Method:

Questionnaire—very high marks for summer '08. Will expand with Rethink your Drink, summer '09.

SHAPE California Regional Meeting Showcase Form

Agency/Organization Del Norte Unified School District	Contact Person Deborah Kravitz
Phone (707) 464-0273	E-mail dkravitz@delnorte.k12.ca.us

Which category best describes the activity/resource you want to showcase:
Nutrition education and physical activity outside the classroom.

Describe your activity/resource:

Annual Nutrition Adventures Day – While May is generally a month we celebrate with the Fruit & Veggie Fest from the retail side, we have hosted this annual event to celebrate the year for our 4th and 5th grade students and their teachers. Students have just finished up with their STAR testing and this is a great time for an event to celebrate nutrition and physical activity by having the students participate in an interactive nutrition education event. The event includes nutritional relay races, healthy food taste testing and many other activities.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

The event lasts 1 ½ hours and is a single event held at the high school track.

Number of participants reached with this activity/resource?

There were 360 4th and 5th grade students and their teachers, 40 high school student volunteers and local community members, i.e. American Cancer Society, UCCE 4-H, After School Program Staff. This year students will take back with them an activity called "Food Pyramid Bead Activity" to complete after they return to their classroom. Students can create a bracelet that helps them understand the new MyPyramid.

Nutrition education materials used to develop the activity/resource:

Resources for the event are pulled from TEAM Nutrition, *Network* for a Healthy California, SPARK, CATCH, and various online activity sites. This year we are using the "Rethink Your Drink" campaign as a theme for one of the events. We try and include the HOTM fruits and veggies featured during the year as well.

This year's events include: Lemon Derby, Rethink Your Drink Relay, Planted in the Garden (Stuck in the Mud), Potato Sack Race, Popcorn Relay, Garden Obstacle Course, and Fruit Parfait.

Continued

Students begin at one of the stations and rotate every ten minutes through the other stations completing all seven in the time allotted. This year we are hosting an Opening Ceremony where each class parade.

Materials/Handouts:

Each station has required materials and costs associated with it. In general the events are fairly simple and inexpensive. For example, the "Rethink Your Drink" Relay involves taking the new "Rethink Your Drink" Poster and making ten puzzle pieces out of it.

The pieces are laminated and a piece of velcro is attached to the back. A 3X4 piece of plywood with a stand is covered with felt. The object of the event is as follows: Students receive a small (2 oz.) cup with water. They have to drink the water through a plastic coffee stirrer and then run to a basket and pick up a piece of the puzzle and run back, place the puzzle piece on the board and tag the next team member. This repeats itself until all ten members run through. The first team to put the puzzle pieces together to make the "Rethink Your Drink" poster correctly wins!

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

Students participating will receive an approved NERI i.e., *Network* provided jump rope or Frisbee. Supplies for the event are purchased from local businesses as well as NASCO, SPORTIME and PBH.

Evaluation Method:

Teachers are sent a Feedback Survey after the event to help us understand what went well and where improvement can be made.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Fort Bragg Unified School District	Contact Person: Pilar Gray
Phone: (707) 961-3521	E-mail: pgray@fbusd.us

Which category best describes the activity/resource you want to showcase: Nutrition Education and Physical Activity outside the Classroom (in the garden and cafeteria connections on side).

Describe your activity/resource:

Seasonal workshops in our new middle school garden. A community partner gifted our M.S. with a brand new very sizable garden this year. We have no funds for a Coordinator yet, so we're working to build interest and ownership within the school. Teachers and students—we designed and held a two day "Spring Workshop" event for all 6th graders. In this, volunteers and our garden-enhance nutrition educators held mini workshops in the garden which all students rotated through that included composting, propagation, planting, garden jeopardy, and a nutrition/Physical Activity center. For the nutrition/Physical Activity station, students learned about whole grains and healthy fats while building "sun sandwiches" with whole grain bread, avocado and an assortment of fresh veggies (to taste). They also got some exercise pedaling to make fresh fruit smoothies on our "bike blender." We are already harvesting produce from the garden for our school cafeteria. In the workshop the kids planted some new crops for the cafeteria and for next year's seasonal workshops which will include harvesting food preparation and food preservation. The school site is now very excited about all of the possibilities the garden provides and they are working to create an expanding class focusing on gardening, nutrition, and health.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. 3-4 per year.

Number of participants reached with this activity/resource? 200

Nutrition education materials used to develop the activity/resource:

Materials/Handouts: Students received veggie stars to take home.

Visuals/Supplies/Nutrition & Physical Activity promotion materials:valuation Method:

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Konocti Unified School District	Contact Person: Marla Peterson
Phone: (707) 994-4543	E-mail: marlap@konoctiusd.lake.k12.ca.us

Which category best describes the activity/resource you want to showcase:
Cafeteria Connections.

Describe your activity/resource:

Farm to School—working with local farms to provide tasting of fruits and vegetables for the students.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

20 minutes each month.

Number of participants reached with this activity/resource?

Elementary—each room 500 students each.

Nutrition education materials used to develop the activity/resource

HOTM—Menu slicks. Educator Newsletters.

Materials/Handouts:

Taste of fruit and veggie of the month.

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

Evaluation Method:

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Mendocino Unified School District	Contact Person: Diane Price
Phone: (707) 937-4640	E-mail: dprice@mcn.org

Which category best describes the activity/resource you want to showcase:
Cafeteria Connections.

Describe your activity/resource:

During STAR testing, the cafeteria participates in the testing procedures by serving trail mix, juice, and homemade nutritious muffins and scones to the students on their nutrition break between testing.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Usually testing takes place for five days.

Number of participants reached with this activity/resource? 550

Nutrition education materials used to develop the activity/resource:

STAR test—also, material is sent home to parents ahead of time about upcoming test and to make sure students eat a good breakfast, get plenty of rest before testing.

Materials/Handouts:

Free resources—DCC, Team Nutrition.

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

See above.

Evaluation Method:

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Potter Valley Community School	Contact Person: Lourie Halstad, Cafeteria Cook
Phone: (707) 743-2101	E-mail: drebottaro@mcoe.us

Which category best describes the activity/resource you want to showcase:
Cafeteria Connections.

Describe your activity/resource:

I have in our cafeteria what I call the Golden Spoon. It is a chart with each class on it. How it works is once a week I choose the class that has been respectful and made good food choices that week and I put a gold spoon on the chart for their class. After they earn three spoons, I have a party for them in the cafeteria. The kids love to try to win the spoon. We also have wonderful gardens. The after school program involves the kids with cooking snacks.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Our kids mow the lawns, pull the weeds, grow three gardens and vineyard orchard, and raise pigs and sheep. We eat all our garden foods in the cafeteria.

Number of participants reached with this activity/resource?

Nutrition education materials used to develop the activity/resource:

Materials/Handouts:

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

Evaluation Method:

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Beginnings, Inc.	Contact Person: Aleida Rios
Phone: (707) 923-3617	E-mail: Gerena_rios@hotmail.com

Which category best describes the activity/resource you want to showcase:
Nutrition education and physical activity in the classroom.

Describe your activity/resource:

Go Grow Glow resource (used with their K-6th group). "Go" foods-grains; "Grow" foods-protein; and "Glow" foods-fruits and vegetable. Have kids participate in meal count, learning to have a colorful plate, including an item from each group.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Half hour instruction. 6th graders take turns doing the meal count. They encourage their peers to serve themselves from each group.

Number of participants reached with this activity/resource? 44

Nutrition education materials used to develop the activity/resource:

http://ceplacer.ucdavis.edu/Custom_Program969/Go_Glow_Grow-Preschool.htm

Materials/Handouts:

Posters provided by many sources: fruit and vegetables.

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

Posters

Evaluation Method:

Verbal feedback from adults in attendance.

Beginnings, Inc.

Page 10 of 13

Some examples presented may involve a partnership between *Network* and non-*Network* agencies and may not be USDA Supplemental Nutrition Assistance Program allowable. Please contact your Program Manager with any question about USDA Supplemental Nutrition Assistance Program guidelines.

SHAPE California Regional Meeting Showcase Form

Agency/Organization Children's PowerPlay! Campaign - North Coast Region	Contact Person Deb Harris
Phone/Work: (707) 543-2810 ext. 204 Cell: (707) 529-5002	E-mail dharris@scfymca.org

Which category best describes the activity/resource you want to showcase:

- Nutrition education & physical activity in the classroom
- Nutrition and physical activity in after school programs
- Cafeteria Connections
- Parent education and community outreach

Describe your activity/resource:

The *Network* for a Healthy California — Children's PowerPlay! Campaign helps communities throughout California motivate and empower children to eat fruits and vegetables and be physically active. The Children's PowerPlay! Campaign works with schools, community youth organizations, farmers' markets, supermarkets, restaurants, and the media through the eleven regional *networks* in California. The Children's PowerPlay! Campaign works to influence individual behavior change, as well as social norms, the environment, and policy.

The Children's PowerPlay! Campaign "School Idea & Resource Kit" is created to help 4th and 5th grade teachers add nutrition and physical activity messages into their curriculums. The kit is research-based and educator friendly and designed to align with the California State Content Standards and the California Department of Education's nutrition benchmarks. The activities link to the California Content Standards in Reading/Language Arts and Mathematics.

- The Children's PowerPlay! Schools Campaign conducts activities from the 4th- or 5th grade version of the School Idea & Resource Kit which promotes fruits and vegetables in the cafeteria; disperses information to parents; and organizes taste testings, guest speakers, field trips, and other interactive school-centered events. Schools also may wish to use the HOTM tool kit. Each kit includes ten activities designed to encourage and motivate students to eat fruits and vegetables and be physically active every day.

The Children's PowerPlay! Community Youth Organizations (CYOs) Campaign uses the Community Youth Organization Idea & Resource Kit for after-school, weekend and summer programs. The Children's PowerPlay! Coordinator helps to organize fruit & vegetable oriented field trips and taste testings; disperse information to parents; and serve healthy fruits and vegetables with meals and snacks. The kit is designed for use in out-of-school settings. This kit includes educational activities and physically active games focused on fruits and vegetables and physical activity.

continued:

- The Children’s PowerPlay! Campaign collaborates with the *Network* for a Healthy California Retail Program’s The Retail Specialist to work with Supermarkets.
- The Retail Specialist provides *Network* merchandising and promotion retail activities; offers produce-focused tours, guest speakers, and fruit and vegetable donations to schools and youth groups; conducts contests for children, with nutrition and physical activity-oriented themes and prizes; and hosts food demos featuring kid-friendly fruit and vegetable recipes.
- The Children’s PowerPlay! Campaign works with Food Services Directors to promote nutritional activities in the cafeteria. The Coordinator promotes eating healthy foods through poster merchandizing and conducts contests and activities focused on fruits and vegetables and physical activity.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

The Children’s PowerPlay! Campaign school kit activities are designed with basic, fundamental activities at the beginning and more advanced activities at the end of the 10 lesson kit. The activity contains learning objectives and links to content standards. Each activity is developed in a “Ready – Set – Go and Go Farther” format for easy use. The activities can be completed in one sitting or divided up into multiple activities over the course of a week or month. The kit contains reproducible worksheets, parent letters, ideas and suggestions for field trips and a calendar of healthy eating and physical activity events.

The Children’s PowerPlay! Campaign Community Youth Organization (CYO) kit provides 20 activities to use with 5-11-year-old children. The activities focus on the importance of eating more fruits and vegetables every day and being physically active for at least 60 minutes per day. The CYO kit contains nine physical activities or games and eleven nutritional focused activities. The Children’s PowerPlay! Campaign works with schools, youth organizations, retailers, and the media to surround children with empowering messages and to create environments in which eating fruits and vegetables and being physically active are both easy and socially supported.

Number of participants reached with this activity/resource?

Nutrition education materials used to develop the activity/resource:

- Fruit and vegetables materials
- Physical activity materials

continued:

Materials/Handouts

The Children's PowerPlay! Campaign materials are free to qualifying schools and community youth organizations who have over 50% Free and Reduced Meal programs. To qualify for participation in the Campaign, at least 50% of the children it serves are from families at or below 185% of the federal poverty level. For example, schools with at least half of their students enrolled in the free and reduced-price meal program qualify for participation. To determine if your organization qualifies, contact your regional Coordinator.

All schools and community youth organization can download the free materials at:
<http://ww2.cdph.ca.gov/programs/cpns/Pages/ChildrensPowerPlayCampaign.aspx>

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

- 4th & 5th grade School Ideas and Resource Kit
- Community Youth Organization Ideas and Resource Kit
- Power-up Learning physical activity for Schools
- All Star Team Training Guide for Schools or Community Youth Organization
- HOTM
- Parent toolkit and tip guide
- Retail Store Tour information
- Physical Activity Decathlon kit
- *Network* for a Healthy California resources

Evaluation Method:

- Schools and Community Youth Organization participation forms and report forms
- Questionnaire on program needs
- Questionnaire: linking schools and community youth organizations to wellness policies