

Movin' and Munchin' Schools Program



The **Movin' and Munchin' Schools** program is an initiative by the Wisconsin Department of Instruction. It is funded by the Center for Disease Control and Prevention and sponsored by the WEA Insurance Trust. **Movin' and Munchin' Schools** is designed to take an innovative approach to the problem of poor nutrition choices and lack of physical activity among school children. It encourages schools to promote healthy eating and increased physical activity among students and their families. Students earn Movin' and Munchin' miles for a variety of self-chosen physical activities and wise nutrition choices.

During the 2008-2009 school year, **Kewaskum Elementary School** participated in the Movin' and Munchin' Schools program. Student involvement was on a voluntary basis. The program ran from March 20th to April 11th. Students earned miles for their classroom according to the activity and nutrition charts provided. Parents recorded and verified the miles earned on a weekly record sheet. Miles for each classroom were tallied on a weekly basis. Each of 20 classrooms in grades 4K-5 had a cardboard shoe, which traveled around the gym according to the total class miles earned. In sequence, preset destination points were: Kewaskum to New York City-921 miles, to Orlando-1,081 miles, to Anchorage-3,784, and to Honolulu-2,782 miles. Weekly announcements were made to the students and staff as to the progress of the traveling shoes.

The results of the program were outstanding. A total of 246 students participated which was approximately 53 per cent of KES school population last year. The total miles earned for all KES students were 64,722.5. Mrs. Wright's 4K classroom earned the highest total miles at 7,764. All participants received a "certificate of participation." The winning classroom students received special certificates acknowledging their outstanding efforts. A school wide assembly was held to congratulate all of the students who participated in the Movin' and Munchin' Schools program.

A summary report was submitted to the Department of Instruction in hopes of receiving grant money. KES will be receiving a grant of \$500 to be used towards student wellness. A matching grant of \$500 will be given by the WEA Insurance trust on behalf of the staff members who also participated in the program to be used towards staff wellness.

The staff at Kewaskum Elementary School looks forward to even more students making wise choices this school year through the Movin' and Munchin' Schools program. We would like all of our students to take the path to lifelong good health. Let's GO FOR THE GOLD and beat last year's miles.

Middle School Students are Movin' and Munchin'

This year, seventh grade health students are participating in Movin' and Munchin' Schools. Created by the Department of Public Instruction, Movin' and Munchin' Schools is an innovative approach to the growing problem of obesity, poor nutrition choices, and lack of physical activity among school age children. Students are challenged to earn as many "miles" as possible. Students earn miles by being physically active, and by making good nutritional choices. Students can earn bonus miles by including adults, and helping others. Seventh graders will choose their destination and the accumulate miles along the way. The winning class earns a smoothie party!

