



Promoting healthy eating and increased physical activity

Movin' and Munchin' Schools

A program of the Wisconsin Department of Public Instruction



Featuring Wisconsin Olympians Suzy Favor Hamilton and Casey FitzRandolph

Winter 2009
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WELCOME! This is the debut issue of the quarterly Movin' and Munchin' Schools electronic newsletter. We hope you will find it a valuable resource for the program, as well as health and wellness at your school and beyond.

Participation record broken

The Movin' and Munchin' Schools program set a record last year with 115 schools registering to implement a program. That record didn't last long, as 131 schools have already registered through December 31 this year. Additionally, this year's deadline to register a program has been extended to February 15, 2009, so there is still time to hop on board.



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Olympians take show on road

Olympic fever spread though Baraboo's Jack Young Middle School in December. The outbreak was caused by a visit from two state Olympians, speedskater Casey FitzRandolph and runner Suzy Favor Hamilton.

A few days prior to the Olympians' visit, nearly 700 sixth- through eighth-grade students gathered on the school athletic field to form three huge Olympic rings, holding up cards in three colors. The school presented a photo of these rings to FitzRandolph and Favor Hamilton after the Movin' and Munchin' Challenge event.

That enthusiasm is what Favor Hamilton and FitzRandolph hope to generate as co-chairs of the Movin' and Munchin' Schools program, not only in Baraboo but throughout the state.

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OLYMPIAN CORNER



by Suzy Favor Hamilton and Casey FitzRandolph

New Year can bring new goals

With the start of a new year, it's a tradition to set goals. With the return to school from the holiday break, it's a perfect time to start thinking about some goals for your Movin' and Munchin' Schools program.

Whether you are already participating, looking to extend your program, or seeking an idea to get involved, setting goals is important to achieving success. Without setting goals, Suzy Favor Hamilton would never have run in three Olympics, and I never would have skated to an Olympic gold medal.

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Obesity in kids seen as warning sign

The WEA Trust and the Department of Public Instruction know that childhood obesity is a problem in the United States, and curtailing that problem is a big reason behind Movin' and Munchin' Schools.

While many parents think that "baby fat" will melt away as kids get older, research increasingly shows that overweight kids become overweight adults, with higher risks for many health problems. In fact, a growing body of research suggests that childhood obesity is likely to result in heart disease as children age.

In studies released in November 2008 at an American Heart Association conference, obese children as young as 10 were shown to have the arteries of 45-year-olds and other heart abnormalities that greatly raise their risk of heart disease, say doctors who used ultrasound tests to take a peek inside.

About a third of American children are overweight and 16% are considered obese, according to the Centers for Disease Control and Prevention. Some medical experts are seeing an increase in Type 2 diabetes in children, which they believe is a consequence of increased obesity.

Dr. Michael Schloss, a New York University heart disease prevention specialist, said the evidence shows obesity is more than a cosmetic issue for kids.

"The time has come to seriously deal with the issue of childhood obesity and physical inactivity on a governmental and parental level," he said.

Sources: New York Times, Seattle Post-Intelligencer



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Success doesn't have to mean winning a competition. It can be measured in a number of ways, and in the case of Movin' and Munchin' success simply means getting involved, whether it's children, employees, or family and friends. Ideally, all of those groups will be a part of your program.

There are a lot of reasons to set goals, but here are five that can be easily shared:

- 1) Goals can provide a target for achievement.
- 2) Goals can help focus time and effort.
- 3) Goals can provide motivation, persistence, and desire.
- 4) Goals can help establish priorities.
- 5) Goals can provide a road-map.

We don't always reach our goals, but falling short can provide valuable lessons, too. It can motivate us, teach us, and make us work harder and smarter the next time. The drive to rebound and succeed is often stronger than the drive we had before a failure.

When setting goals, it's good to start small and build up toward bigger goals. Positive outcomes bring confidence and lead to the pursuit of bigger goals. Who knows, maybe the next Wisconsin Olympian or senator will come from your school!

Are YOU planning to attend the
88th State Education Convention

Sponsored by WASB, WASDA and WASBO

Stop by the
Movin' and Munchin' Schools booth

(directly across from booths 937 and 928)

and have your ^{FREE!} photo taken with

**Olympians Casey FitzRandolph
and Suzy Favor Hamilton!**



**Wednesday, January 21
from noon to 1:30 p.m.**

Olympians take show on road *(continued from page 1)*

“Everyone is looking for a long-term solution for obesity, but having an Olympian give kids some time and say they’re special goes a long way,” Favor Hamilton said.

Wellness boost

As part of the initiative to get school staff involved in wellness activities, a “Walk the Halls” program was started at Jack Young, and a plan to involve parents is being developed.

Jack Young Middle School Principal Ben Jones said students had prepared for the Olympians’ visit by reviewing their history and writing down individual goals for being healthy. Jones said students will now construct more detailed wellness goals, and staff will begin logging the time they walk the halls.

Muskego school honored

Meanwhile in October at Muskego High School, FitzRandolph and Favor Hamilton took their message to nearly 2,000 first-

through fourth-grade students and staff from the Muskego-Norway School District. The event was to celebrate Muskego Elementary School’s award-winning efforts in Movin’ and Munchin’ last year and encourage other schools to participate this year.

As Wisconsin natives, FitzRandolph and Hamilton told the students how they loved growing up in the state with the four seasons and varied activities. The Olympians said many of their long-term goals were set early in life. The visit helped prompt two other Muskego-Norway elementary schools to join Movin’ and Munchin’ this year.

Dr. Joe Schroeder, the Muskego-Norway School District Superintendent, praised the appearance by the Olympians.

“We are very proud of the efforts made by Muskego Elementary last year, and we were thrilled by the goal-setting and healthy-eating message sent by the Olympians,” Schroeder said. “Their appearance gave a great boost to our district staff and students.”



Upper right: Suzy Favor Hamilton and Casey FitzRandolph talk to students at Jack Young Middle School in Baraboo.

Lower right: Fred Evert, CEO of WEA Trust, interacts with students during the Movin’ and Munchin’ program in Muskego.



Spoooner Elementary gets everyone involved

While the popularity of Movin' and Munchin' Schools is growing every year, Spoooner Elementary School and Sherry Perrin have seen the value of it from the beginning.

That's why Perrin, a physical education teacher, has made the Movin' and Munchin' Schools program a community affair in Spoooner, involving students, staff, parents, and community leaders. She credits that wide-spread involvement for the success of her school's program for five consecutive years.

"The first year the kids didn't know what to expect, but now they ask when school starts what we are going to do this year," Perrin says. "Kids love to move, we just provide more reasons to get them away from the TV and computer."

A valuable program

Perrin knows how important it is for kids to be active and eat well. Movin' and Munchin' Schools has given her an avenue to promote that message, both in her school and community.

Last year's program at Spoooner Elementary involved nearly 1,400 people, which included 375 students and 51 staff members. Spoooner Elementary earned a \$500 award from the Department of Public Instruction for its efforts. As an added bonus, WEA Trust matched this \$500 award because the school district has health insurance coverage with WEA Trust and at least 50% of school employees also participated in the Movin' and Munchin' program.

"Movin' and Munchin' covers it all," Perrin says. "It is a great



Above: One of the bulletin boards in Spoooner reminding children of their Movin' and Munchin' goals.

way to educate students, parents, and the community about the importance of physical activity and healthy food choices."

How it works

At her school, every staff member is assigned to a classroom team. Students and staff accumulate miles during school days, often with activity during

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Participation record broken

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If you are interested in joining, contact Jon Hisgen of the Department of Public Instruction (DPI) at (608) 267-9234, or see movinandmunchin.com for a registration kit.

Easier summary form

In addition to extending the registration deadline, we've simplified the information you need to submit to DPI after completing your program. Now, all you need to submit is a one-page Program Summary Form. DPI evaluates the summary forms and determines if you are eligible for reward money.

If at least 50% of your district employees have coverage under a WEA Trust health plan and 50% or more of your school staff participates in the Movin' and Munchin' program, the Trust will match DPI's award. Your school can earn up to a total of \$1,000 for future health and wellness activities.

Help for chronic conditions

Lack of physical activity and poor nutrition can complicate or lead to the development of diabetes or cardiovascular problems. Did you know the Trust has nurses on staff to help



district employees deal with these chronic conditions or help you find a program through one of our providers? If you or other employees are insured by the Trust and have a chronic condition that you want some help dealing with, please call 800-279-4000.

Spoooner Elementary *(continued from page 4)*

recesses or with staff taking students on walks to a nearby nature center.

Students are sent home with color-coded sheets each week to help track their miles. Students are given bonus miles if parents or relatives participate, which Perrin says has been key to getting the larger community involved.

“This program has the kids talking at night with their family about moving,” Perrin says. “They ask Mom and Dad to walk with them in the evening so they can have bonus miles.”

Students and staff track their progress at school and at home, and teachers track in-school moving on a sheet attached to their chalkboard for all students to see. The school also uses large bulletin boards in the hallways to track miles by each grade level. Some teachers also incorporate

the miles into their class curriculum.

Munchin' lessons, too

In addition to the movin', Perrin piggybacks with the school's wellness program on the munchin' aspect. Notable people from the community, such as the police chief, the fire chief, and a local doctor, make presentations on healthy eating. The guest presenters focus on different fruits or vegetables each month and introduce items that students may not have tried before. These foods are then featured in the cafeteria.

Celebrate their efforts

At the end of the Movin' and Munchin' program, Spoooner Elementary celebrates with a field day, with various activities. It has become a well-known

event in Spoooner, with Perrin having an excess of adult volunteers who want to participate and coverage of it in the local newspaper.

Students use their miles earned during the program to participate in fun activities on field day. “We tell the kids the reward in the beginning of the program, and that gets the kids excited,” Perrin says. “Each week we say how many miles are accumulated and what the miles can be exchanged for to use in our field day.”

Spoooner Elementary has shown what a program like Movin' and Munchin' can do for a school and a community. Students, parents, and staff not only eat healthier and exercise more, but it has brought a community together to work on a common goal.



A bulletin board is used to show how many total miles have been accumulated.