



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

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Whitewater shows dedication to health and wellness

The Whitewater Unified School District showed tremendous dedication to the Movin' and Munchin' program last year. The 2009–2010 academic year was their first year participating the program and it is already apparent that all of the Whitewater schools have made a strong commitment to the health and wellness of the students and the community.

Due to their commitment to healthy living and the Movin' and Munchin' program, the WEA Trust visited the school district in 2009 and held a Movin' and Munchin' event featuring 3-time Olympians Suzy Favor Hamilton and Casey FitzRandolph.

FitzRandolph said he could feel the energy and excitement at the school.



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Let's get Movin' and Munchin'!

With the school year already underway, everyone should be thinking about registering for the Movin' and Munchin' Schools Program this year! The program has been growing each and every year.

Last year was a record year for participation. Olympians Suzy Favor Hamilton and Casey FitzRandolph, the Movin' and Munchin' co-chairs, took their message to 13 schools last year—more than any previous year. Over 215 schools registered for the program.

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OLYMPIAN CORNER



with Suzy Favor Hamilton and
Casey FitzRandolph

School starts, and so do headaches!

As school gets into full swing, many parents are used to sending their children to school and having consistent eating and sleeping schedules. As a parent new to the realm of school-aged children—my daughter, Kylie, just started kindergarten this year—I was looking for some advice and happened upon an article in The New York Times titled, *Returning to Classrooms, and to Severe Headaches*. The title caught my eye, so I read on to learn that changing sleep schedules, not drinking enough water, and weather changes can all cause severe headaches.

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Whitewater shows dedication to health and wellness

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“I could tell by the excitement of the kids that the Whitewater Unified School District really worked hard to get everyone involved,” FitzRandolph said. “Whitewater serves as a role model for other schools looking to get involved with Movin' and Munchin'.”

In addition to their participation in the Movin' and Munchin' program, all of the schools in the Whitewater Unified School District have many innovative physical education and wellness programs to help teach kids about making healthy eating choices and staying active.

One such initiative is the Healthy Snack Wednesday Challenge. Students at Lincoln Elementary are asked to bring in a healthy snack on Wednesdays and those

classes that have 100% participation are given 15 minutes of physical activity on the following Friday led by Karen Fisher, one of the physical education teachers.

“I am really pleased with what we are doing,” Fisher said. “So far all of our programs have been a huge success, even the ones that seemed like they weren't going to work.”

As many of you already know, the Movin' and

Munchin' program is a points or “miles” system. Students earn Movin' and Munchin' Miles for anything from jumping rope to trying a new healthy food.

Last year, Washington Elementary set a goal to go from Wisconsin to Afghanistan (to the troops) with their Movin' and Munchin' Miles. In order to reach that goal they needed to earn 137,000 miles. Dr. Suzanne Zentner, District Administrator for the Whitewater Unified School District said they reached their goal, making it to Afghanistan and then headed back home.



“It was an awesome success,” Zentner said. “It is a very comprehensive program that includes getting everyone involved, including the boosters and athletic department.”

The Whitewater Unified School District has done many different innovative health and fitness programs at their schools. They encourage other districts to try new ideas and just see what happens, because it may lead to a new really successful program!



Movin' and Munchin' is a program of the Wisconsin Department of Public Instruction, and sponsored by the WEA Trust, a not-for-profit insurance organization created by public school employees, for school employees.



Movin' and Munchin' is on

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OLYMPIAN CORNER

with Suzy Favor Hamilton and Casey FitzRandolph



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My daughter is young so, hopefully, she won't be staying up into the late hours of the night just yet, but she will have to wake up early each morning for school. If possible, it is best to keep children's sleeping and eating schedules relatively the same throughout the year. This makes the transition much easier, because they are not waking up or going to

bed at a significantly different time than usual.

I would also like to remind parents that family fitness and nutrition are also year-long projects. If we only eat well or exercise regularly some of the time, then we will constantly be fighting to get in shape or lose a few pounds. Children should also have time to play, and be

active before or after school to burn off energy and stay healthy.

So far, we have been doing our best to maintain a normal schedule for meals and sleeping for the whole family. Simple things like eating right and sleeping well can go a long way in preserving mental and physical health.

by Suzy Favor Hamilton

Let's get Movin' and Munchin'! *continued from page 1*

Despite the program's success, we continue to set higher goals and hope to reach more schools statewide. We understand the importance of health and fitness for children. Today with video-games, TV, and computers, kids spend less time being active and more time on the couch. The Movin' and Munchin' Schools Program works to combat inactivity and unhealthy eating by promoting healthy activities in schools and at home.

If your school is new to Movin' and Munchin' Schools, don't worry, it's an easy program get involved with. Students and staff alike really enjoy participating in it!

Movin' and Munchin' Schools takes an innovative approach to the problem of poor nutrition choices and lack of physical activity among school children. The program

encourages schools to develop creative strategies to promote healthy eating and increased physical activity among students and their families. Individuals earn Movin' and Munchin' Miles for various physical activities and wise nutrition choices.

All schools that participate may receive for awards of up to \$500 to use for improving their nutrition and physical education programs. If your district has a WEA Trust health plan, you are eligible for an additional matching award.

The deadline for enrolling in the program is February 15, 2011, but you can enroll now! It's Easy and it's Free! Learn more at the Movin' and Munchin' Web

site or download an information packet today.

At the end of the school year, all you need to do is submit a one-page program completion form to the Department of Public Instruction (DPI). DPI evaluates the summary forms and determines if you are eligible for award money.

To become a Movin' and Munchin' School, call Jon Hisgen of Wisconsin's DPI at (608) 267-9234 or e-mail him at jon.hisgen@dpi.state.wi.us.



Fall tips for healthy living

School is back in session and the days of warm weather are coming to a close. For many people, this means more indoor activities—family gatherings filled with your favorite foods, new schedules, and the start of many sports seasons.

With all of these changes happening, we need to remember that our health and wellness must come first! Take time to relax and enjoy the season by curling up on the couch with a good book and by maintaining healthy eating, sleeping, and exercising habits. If you can make your healthy lifestyle a routine now, then it will be easier to stick to your goals when the holidays roll in.

Here are a few all tips to enhance your healthy living goals.

Flu Vaccine

It's flu season! This year, when you get a seasonal flu shot, you'll also be getting the swine flu vaccine. One vaccine—two flus—and you're better protected.

The WEA Trust works with school districts insured by a Trust health plan to sponsor flu shot clinics every fall. You can check the FluShot-Finder at weatrust.com for information on clinics around the state.

Sweet potatoes

As Sweetest day draws near, one of the sweetest things you can do for those you care about is make them some sweet potatoes. This veggie is loaded with antioxidants, beta-carotene, vitamins C and E, folate, calcium copper, iron, and potassium! It's high in fiber which aids your digestion. The antioxidants may help prevent heart disease and cancer.

Bonus! The natural sweetness of the sweet potato is good to go. No sauces or gravy needed.



Tailgating foods

Most everyone enjoys tailgating at the football stadium. It's relaxing and fun to cheer on your team with family and friends in the lively atmosphere of game day.

Make healthy choices when selecting the foods to share at the event. Brats and burgers are good, but how about a nice hot bowl of vegetarian chili on a cool fall day—or grilled chicken with lettuce and tomato in a garlic-herb wrap on those fleeting Indian summer days.

Just want something to munch on? Raw veggies and chips with fresh salsa are good anytime.



Get a good night sleep

It's not always easy to get a good night's sleep—but it does help you stay alert and energized the next day. A lack of sleep can affect your eating and exercise patterns.

Tiredness may increase hunger hormones—making you want to eat more. And when you're tired, you're less likely to exercise. A bad combination.

Some tips for a good night's sleep:

- Avoid large meals before bedtime.
- Develop a regular bedtime routine with firm bedtimes and wake times.
- Set up a 'quiet time' about an hour before bed.
- Heavy studying, text messaging, or video games should end in early evening.
- Remove TVs, computers, and gadgets from kids' bedrooms.