



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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Fond du Lac Schools Take Movin' and Munchin' to a New Level

Movin' and Munchin' school visits have impacts far beyond a one-day event. In 2009, the Movin' and Munchin' team, including 3-time Olympians Casey FitzRandolph and Suzy Favor Hamilton, held an event for nearly 1,400 students in the Fond du Lac School District. Since then, the Fond du Lac schools continued to grow and expand their health and wellness initiatives.

The Riverside Elementary School, in particular, illustrates the long-lasting impacts of fitness initiatives such as the Movin' and Munchin' schools program. Today, Riverside has numerous wellness initiatives. Among them:

- Active Recess – students participate in physical activities during their recesses rather than having free time; and
- Breakfast with an Athlete – elementary school students have breakfast with high school athletes from the Fond du Lac School District.

Jodi Drake-Giebel, a first grade teacher at Riverside Elementary, is part of a wellness committee at the school. The committee—including a doctor, the school nurse, four students, the physical education teacher, and others—meets once a month to discuss wellness initiatives at Riverside.



Drake-Giebel said last year using Movin' and Munchin' miles, the school 'walked' and 'swam' to a reef in the Indian Ocean. They called it *Wizard Island*, as part of their year-long *Wizard of Oz* theme.

continued on page 4

OLYMPIAN CORNER



with Suzy Favor Hamilton and
Casey FitzRandolph

Resources to Help Get You Movin'

Suzy and I love the Movin' and Munchin' program. It's such an amazing opportunity for us to motivate kids to be active, eat healthy foods, and believe in themselves. It's a fun job, but we couldn't do it without help! We always have to be creative and exciting to get kids engaged.

The Movin' and Munchin' program has provided us with the resources to do just that. We are able to create a learning environment unlike any other with Movin' and Munchin' events, and that's what makes our job so easy!

continued on page 3

Make Winter Habits Healthy!

There tends to be a lot of food at winter gatherings. Everything from ham and turkey to pie and ice cream are often on the menu this time of year. All these delicious foods are hard to resist because we usually only have them a couple of times a year. However, we must be smart and know what we are eating, because these treats are usually loaded with calories.

General Tips

- Stay physically active
- Don't go to parties hungry
- Eat small meals regularly so you don't binge on high-calorie meals

Below is a food comparison* that will help you make smarter, more health-conscious decisions this season.

Ham vs. Turkey

Choose turkey! While both of these are high in protein, turkey provides significantly less fat when you skip the skin. Also, ham contains 15 times more sodium than turkey.



Gingerbread Cookies vs. Chocolate Dip Shortbread

Choose gingerbread cookies! Although they are not “good” for you, gingerbread cookies tend to have half the amount of calories, sugar, and fat than chocolate dip shortbread. Don't forget though, that any type of cookie is still going to be full of empty calories that have no nutritious value—so have one as a treat, but limit yourself!

Candy Cane vs. Truffle Ball

Both are OK if you can limit yourself to just eating one. A truffle ball has 85 calories while a candy cane has about 55. And candy canes last a long time, so you're likely to stop at one.

One thing to consider is that if dark chocolate is an option, it might be a good choice. Dark chocolate contains certain antioxidants that have been shown to reduce bad cholesterol.



Red Wine vs. White Wine

(only for people over 21, of course)

Choose red! Red wine contains certain antioxidants that have been shown to increase good cholesterol, prevent plaque formation in arteries, and prevent blood clotting.

By thinking about what you eat and making healthy choices, you can still enjoy the gatherings and all of the wonderful treats that come along with them!

* Information provided by Healthcastle.com.



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.



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continued from page 1

To make your job easier, the Movin' and Munchin' Web site provides links to TONS of awesome resources—on the Educational Resources page at <http://www.movinandmunchin.com/resources.html>—that can help with everything from creating Food Pyramid lesson plans to learning about First Lady Michelle Obama's *Let's Move* program which strives to fight childhood obesity.

These resources can help jump start or rejuvenate your school's mental and physical fitness programs. The Department of Public Instruction told has received lots of positive feedback about the Educational Resources page, so we wanted to remind everyone that these resources are **FREE** and available to everyone.

The price is right. Please, take advantage of them!

Setting Goals for Movin' and Munchin'

Tons of schools have already signed up for the Movin' and Munchin' program this year, but for those schools who haven't turned in their paperwork, don't forget to join by the **February 15, 2011 deadline!**

Visit the Movin' and Munchin' Web site—<http://www.movinandmunchin.com/movin-n-munchin.html>— to download your forms today! (The registration forms are in the right-hand column.)

Not sure what kind of goals to set for your Movin' and Munchin' program this year? Think about the things that matter to your kids the most, and then adapt your program to those themes.

Here are some examples of goals schools have set in the past:

- Walk to the Great Wall of China, or another global landmark.
- Walk to the moon and back.
- Walk to the next Winter Olympic site and back. (*Hint: It's Sochi, Russia in 2014.*)
- Walk to a school district with a low literacy rate anywhere in the country and 'bring them books' in conjunction with your school's book drive.

- Get the community involved. Ask local grocery stores to donate a food item for every mile you walk, and give the food to a local food shelter.

You can set district goals, school-wide goals, and classroom goals. Your school could even have a competition to see which class or which grade can go the farthest. The sky is the limit!

The Movin' and Munchin' Web site—<http://www.movinandmunchin.com>— is a great place to get creative ideas about how to improve the health and wellness programming in your school. Starting in January, we will be posting lots of healthy ideas to help kick off Movin' and Munchin' at your school. If you have any great ideas that you would like to share, email us at events@movinandmunchin.com.

Happy planning!



Fond du Lac schools ... continued from page 1

This year their theme is *There is No Place like Riverside* in the United States. The school-wide goal for the year is to walk to every U.S. state capital in the U.S. and their Movin' and Munchin' goal will also relate to this theme.

Riverside students walk laps during their lunch and recess breaks to help increase their mileage and reach their Movin' and Munchin' goals.

Drake-Giebel said the effects of their efforts are evident in the students' behaviors. "They talk the language," she said. "The students talk more about making healthy choices and they have a lot of fun."

Furthermore, Drake-Giebel said the staff is very supportive. "They're all on onboard and we are always looking for new ideas to keep things fun for the kids."

Teachers at Riverside also participate in their own health initiatives such as a school-wide *Biggest Loser*, in which the staff pools their money and the person who loses the most weight wins the pot.

The staff also wear pedometers to track the number of steps they walk each day. Currently, they try to walk 10K a day to stay fit. Soon, Drake-Giebel said, all the students will also have pedometers and they will use them as a learning tool in the classroom.

Riverside has been awarded several awards and grants for their wellness initiatives including:

- The 2010 Governor's School Health Award,
- The Wisconsin Active Schools Grant, and
- An award from the Dairy Council.

Riverside's dedicated staff excels with innovative and creative ideas. Their efforts have helped them excel in their health and fitness programming and their students' behaviors are proof of program's successes.

Here are some examples of Riverside's additional healthy activities:

- Wellness Wednesday – with various healthy snacks and activities each week
- Jump Rope for Heart
- All-school garden – a garden maintained by the school students and staff
- Taste of P.E. – where parents are invited to come in and see first hand what their children do during Physical Education class
- Door Decorations – classrooms compete to decorate their door with the healthiest themes possible; the winner receives a prize
- Walk to School – kids get free breakfast for walking to school on certain days
- Stability balls – in the classroom for strengthening trunk muscles
- Fuel up to Play 60 – kids are urged to get at least 60 minutes of physical activity a day
- Turn off Your TV – encouraging students to turn off their television at home

Kudos to the Fond du Lac schools for their creative ideas and goals! Keep up the great work!

