

YOUR WELLNEWS

BROUGHT TO YOU BY Live 



Issue 3/May 2018

WELLNESS COMMITMENTS

Wellness Commitments are expectations of every building district-wide which are driven by Federal guidelines and district policy.

Here are the expectations:

- All foods offered, provided or sold from midnight to 30 minutes following dismissal must meet Smart Snack Guidelines
- Physical activity should not be used for or withheld as punishment
- Students must be physically active during the majority of time in PE class
- Food or beverages cannot be sold or offered from 30 minutes before to 30 minutes after school meal service
- Food and food coupons should not be used as rewards or incentives

THANKS FOR A GREAT YEAR!

We have had some amazing successes in wellness this year – a HUGE thank you goes out to our district wellness champions who represent their buildings by sharing information that helps CRCSD build wellness strategies and programming. This issue of WellNews highlights just a few of the exciting things that happened this year. Please consider joining our wellness team!

DISTRICT WELLNESS COUNCIL (DWC)

Q: Who is on the District Wellness Council?

A: Each building has at least one representative who serves on the District Wellness Council. Building wellness committee members can rotate participation on the DWC. The primary responsibility of the DWC representative (or “Wellness Champion”) is to bring information to the Council regarding wellness efforts and challenges and communicate district-level wellness information to building staff.

Q: What does the District Wellness Council do?

A: The DWC is responsible for ensuring that wellness practices align with Federal guidelines and district policies. The group meets four times per year to receive updates from district and community partners, share best practices and celebrate successes in wellness initiatives and collect resources that support building wellness efforts.

Q: How do I get involved?

A: Inform your building administrator of your interest in being involved with the DWC and email Stephanie Neff (sneff@cr.k12.ia.us) to be added to the email list or if you have any questions.

“The DWC is working hard to come up with innovative ways to improve the health of both the students and employees. The Council believes that improved wellness will create an environment that is more conducive to student achievement as well as teaching.” ~Eric Casey, Teacher and DWC Champion, Madison Elementary

RUN CRANDIC

Congratulations to everyone who participated in the Run Crandic event! A record number of CRCSD employees took advantage of our Virgin Pulse challenge to get ready for the race during the month of April. Also, proceeds from the run come back to the Cedar Rapids Schools Foundation to support student physical activity. Hooray!



2018 WELLNESS AWARDS

US Healthier Schools Challenge – Silver Award:

Wright Elementary

The HealthierUS School Challenge: Smarter Lunchrooms is a voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity.



Iowa's Healthiest State School Award: Pierce Elementary

The Healthiest State Initiative is driven by the goal to make Iowa the healthiest state in the nation by inspiring Iowans and their communities to improve their health and happiness. Healthiest State award winners are recognized for advancing efforts to improve the physical, social and emotional well-being of Iowans.



Live Healthy Iowa 10 week Challenge: Erskine Elementary

With 10 teams and 75 participants, this was a record year for CRCSD participation in Live Healthy Iowa! Congratulations to the Erskine Lady Eagles and Captain Traci Buck.



WellNews You Can Use

Summer Steps for Healthy Living

From www.webmd.com

1. Load up on fresh berries
2. Get dirty in the garden – and stress less
3. Floss daily
4. Get outside to exercise
5. Protect your vision
6. Use vacation time to unwind – it's good for your heart!
7. Go lite on the alcohol and drink plenty of water
8. Sleep well by keeping a schedule

For more info:

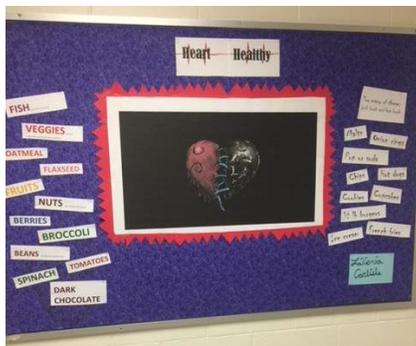
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Or contact your building wellness representative – your voice on the District Wellness Council!

Heart Health Bulletin Board Award: Taylor Elementary and Metro High School



Students at Taylor and Metro created the winning bulletin boards to show their support for Heart Health month in February. Their prize? A sneak peek of the delicious new breakfast smoothie served in all schools during National School Breakfast Week!



Heart Health Superhero Award: Taft Middle School

Mrs. Bell's 6th grade ELA class at Taft each wrote a submission for the Heart Health Superhero student writing contest. See a selection of their awesome work below. This is one healthy group!!



*"I am a heart health Superhero because...
A heart is a heart, you only get one, don't let it erode.
It's a surprise inside all of us, like a geode.
Being active is a must,
Eating food that you trust,
Jumping rope, biking fast,
Any struggles, in the past!
Encouraging others, help your heart,
If you do, you're truly smart!
A heart is a heart, you only get one.
If you make it your goal, you will have won."
~Jonah McMahan*

SUMMERTIME VEGGIES

It's FARMER'S MARKET TIME!!

Fresh fruits and vegetables are everywhere. Make a commitment this summer to try at least one new food with your family. Even if you didn't like something before, a different way of preparing it can make your tastebuds do a 180.

Grilled vegetables are always a favorite at my house. If you invest in one thing for your health this summer, get a grill basket – this is \$20 you will not regret spending.

Just google "grilled vegetables" for some heart-healthy, easy, and very tasty recipes.

Did you know that students from the **Washington High School ProStart Program** have done live cooking demonstrations with tastings at the Downtown Cedar Rapids Farmer's Market? Give them a shoutout if you see them there this year. #weareCRCSD

