



Today's Presenters



Julia Johnson, MPP
Community Health Coordinator
Lakeview Hospital

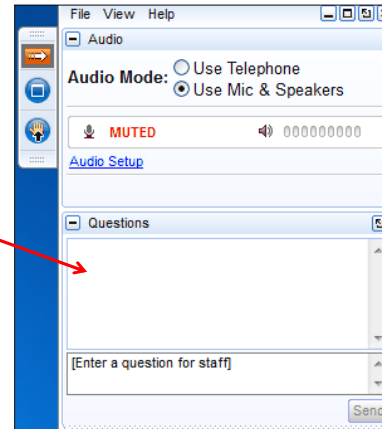


Amy Moyer, MPH, RD
VP, Field Operations
Action for Healthy Kids



Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



Who Are We?



AFHK's vision is a world in which every kid is healthy, active and ready to learn.

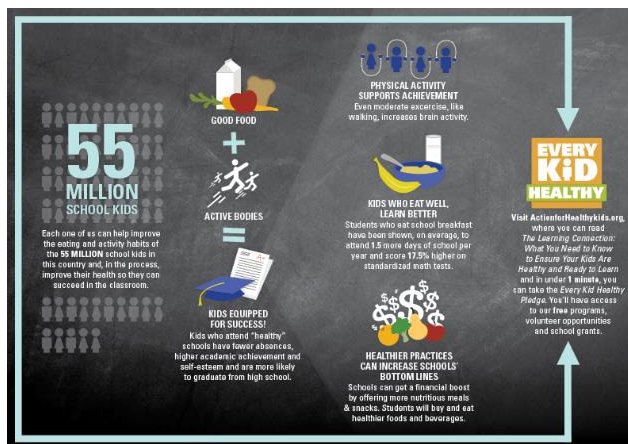
Who Are We?



Action for Healthy Kids works to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.



Why Schools?



Healthy Kids Learn Better

Good Food + Active Bodies = Kids Equipped for Success



Game On – Step 4: Find Activities



- Step 1: Gather Your Team
- Step 2: Assess & Track Progress
- Step 3: Create & Implement an Action Plan
- **Step 4: Find Activities**
- Step 5: Engage Families & Community
- Step 6: Receive Recognition

www.actionforhealthykids.org/game-on



Game On – Step 4: Find Activities



- Celebrate National Nutrition Month
- Nutrition Education
- Nutrition Promotion
- Rethink Your Drink
- Smarter Lunchrooms
- Understanding Nutrition Facts Labels

<http://www.actionforhealthykids.org/game-on>



Agenda

Today's Objectives

- LEARN – Ideas and strategies for offering healthy snacks in your own school.
- ACT – Create health snack opportunities at your school.
- TRANSFORM – Create a culture that provides students and staff with access to healthy foods



Game On Activities

Healthy Snacks at School

School Blueprint for Health, Fun and Success!

Select a room on the school blueprint to find nutrition and physical activity challenges for every aspect of your school building. Whether you are part of the school staff, a parent or community member, you can make a difference! See [here](#) for a full list of Game On Activities.

Step 3: Create & Implement an Action Plan

Step 4: Find Activities

- Classroom Activities
- Nurses' Office Activities
- Office Activities
- Hallway Activities
- At Home Activities
- Gymnasium Activities
- Cafeteria Activities
- On the Playground Activities
- School Garden Activities
- Safe Route Activities

Step 5: Engage Families & Communities

Step 6: Receive Recognition

ASSESS & TRACK SCHOOL PROGRESS

SCHOOL GRANTS

REVISE DISTRICT WELLNESS POLICY

HEALTH AT HOME



How it Can Work

White Bear Lake School District

- Builds on BearPower initiative
- Game on Grant in seven elementary schools
- Each has unique physical activity initiatives
- All decided to work together on **Birthday Trays to celebrate kids without the sweets**



HealthPartners



How it Can Work

White Bear Lake School District

Communications out to all school teachers and staff

Birthdays are an important opportunity for us to recognize and celebrate our students. It's also an opportunity to help them develop healthy lifestyles that ensure they have many more happy birthdays! We want all kids to feel special, but some are often left out because of their allergies or socioeconomic status.

We can make everyone feel special in many fun memorable ways such as the birthday trays that were just granted to your school! They are fun orange lunch trays that birthday students get when they go to lunch. Along with getting to eat with the fun tray, the nutrition supervisors will lead the whole lunch room in "Happy Birthday!"

If you have any questions or want to implement sugary treat-free birthdays in your classroom please contact: _____



Birthday fun, for EVERYONE!

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How it Can Work

White Bear Lake School District

Some schools did their own version of communications... [click here for video](#)

-Morning announcements

-How does it work?

1. On the student's Birthday they get tray and get to go to front of the line
2. Home lunch? No worries!
 - They still go to front of line, just ask for the birthday tray
3. How will Nutrition Services know if it is the student's birthday?
 - Nutrition Services receives a list from the principal or admin
4. Birthdays on a weekend or over break? Again, no worries!
 - If birthday is on Saturday get tray on Friday, if it is on Sunday get it on Monday
 - Breaks the details of how school wants to do it are on morning announcements

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How it Can Work

Kids LOVE the birthday trays



Home lunch with birthday tray

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Sustainability

Build on Success

- Now adopted in all district elementary schools
- Will integrate into District Wellness Policy
- It's sustainable: low cost and reusable



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Questions?



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