

Coordinated School Health Update

April 2005

A. Burton Middle School

- a. **Education Series:** 27 students completed during-school nutrition series in March. 21 of those students attended all four sessions.
- b. **Building Practices:** Sample building practices were left for Mr. Solis on disk and paper. At team meeting, suggestion was made to start with the activities that the team is already beginning to get up and running and write building practices around them to increase sustainability. Current activities include integrating life skills and tobacco-prevention education into all grade levels.
- c. **Coordinate Health Education Services Throughout School:** Amy Tompkins from the Cherry Street Health Center joined the team in March.
- d. **Increase Community in Planning and Delivering Education:** Much progress has been made in this area. Community agencies currently providing education during the school day include; MSU Extension, Spectrum Health HeartReach, Kent County Health Department, Calvin College, Pregnancy Resource Center, YMCA, and the Cherry Street Health Clinic.
- e. **Display Nutrition Information:** Dietetic interns will be working with MSU Extension and GRPS Food Service to design a package of signage that cafeteria staff can display on their breakfast and lunch lines. Signage will be educational and fun to look at, will include messages like “high in calcium”, “high in fiber”, etc. Goal of these signs is to help students make healthy choices and increase variety with their school meals.

B. Central High School

- a. **Diabetes Advocacy Award** – Will be awarded to Central High School on April 20th in Lansing. Central High is being recognized for their proactive approach in the prevention of diabetes. Amy Klinkoski coordinating recognizing Central at Board of Education meeting this spring.
- b. **Milk Machine** – “Got Milk” machine has been replaced with a new *Nesquik* machine provided by Mulders Merchants Vending. Machine will be stocked and maintained by the vending company. Milk will cost \$1.50 and school will receive \$0.15 on every bottle sold.
- c. **Social Marketing Campaign** – Students completed developing the print media and video portion of the campaign. Spectrum Health HeartReach is working to finalize the logo, print media, and video.

C. Creston High School

- a. **Healthy Bears:** Next team meeting scheduled for April 12. CSHP creating certificates for Healthy Bear participants and Amy Klinkoski is coordinating effort to recognize them at a Board of Education meeting this spring.

- b. **Optional Girls-Only PE** – Mats and steps for aerobics have arrived. Kelly Williams reported “my students are experiencing and enjoying some new types of exercise that they may not have ever done if we didn’t expose them to it. They complain some, but at the end of the hour when they are all sweating and laughing, I know it’s worth all the effort.” The success of Kelly’s class was reported at the state Michigan Action for Healthy Kids meeting in March.
- c. **Milk Machine** – Kelly Williams requested **Nesquik** milk vending machine. Per Jan Loeffler, Creston will be next on list to receive one. Will discuss promotional event with Healthy Bears.

D. Iroquois Middle School

- a. **Staff Milk Moustache Event** – Currently happening.
- b. **HSAT Conversion** – Conversion completed on March 17.
- c. **Parent Night**: CSHP provided healthy dinner at Parent Night March 17. Leftover “Apple-Spinach Salad” shared with school staff on March 18.
- d. **Milk Chug Sales** – Cafeteria staff reporting selling about a case/week on breakfast and lunch lines. Chugs sell for \$1.00 each.
- e. **“Power of Choice”** curriculum was ordered for Iroquois. Renee will introduce to staff in the fall.
- f. **Summer Programming** – Renee has contacted the program coordinator regarding summer nutrition programming. Renee, Raquel, and Julie currently discussing piloting a cooking/nutrition certificate program at Iroquois modeled after the “Calcium Chef”. Possibility to use grant money obtained by MSUE to pilot the program.

E. Mayfield Middle School

- a. **Tobacco-Prevention & Cessation Education** – Renee contacted NicoTeam and shared resources with school. Goal to have a presentation for students before the end of the school year.
- b. **Pedometers** –National Kidney Foundation of Michigan recently donated 90 pedometers to the school. Plan to integrate walking program in future.
- c. **Summer Programming** – School has interest in summer programming with the YMCA. Renee will contact regarding summer nutrition/cooking programming, possibly a youth series modeled after “Project Fresh”.
- d. **Cafeteria Choices** – Food service will pilot the breakfast yogurt parfait bar on April 18 in conjunction with “cereal day”. After trial period, food service will consider sustainability. Amy Klinkoski shared “Muncher Menu” with team and asked for feedback about which entrees staff may be interested in offering students. Some choices were chef salads, deli sandwiches, PB & J sandwiches, and some fruit entrees.
- e. **Dancing Class** – Group discussed writing a grant to offer modern dance lessons to students. Program currently being offered at Dickinson Elementary and Coit Elementary by Patrick Johnson of Grand Rapids

Community College and Spectrum Theater. Group feels there would be support from principal to pursue.

F. Ottawa High School

- a. **Vending** – Milk machine offer from Mulder Merchants Vending was sent to Ottawa Hills.
- b. **Physical Activity Goal** – CSHP offered organizing morning physical activity time at the school, unsure if administration would allow.

G. Miscellaneous:

- a. **Golden Shoe Campaign with Project Takeoff** – Project Takeoff in Kent County recently met to discuss feasibility of a walking program modeled after the *Golden Shoe* campaign offered in Cambridge, Massachusetts. In Cambridge, city leaders launched a one-month walking challenge, with prizes of new sneakers for those who discover gold-painted shoes tucked away in public places. The school subcommittee of Project Takeoff may be interested in adopting a portion this campaign at the school level, integrating the walking challenge in with “Walk Your Child to School Day”, “Walk with Your Child Day”, and “Safe Routes to School.”

Any school or individual interested in learning more should contact Renee Kane at the Kent MSU Extension office; 616-336-4761.