

March 2015



Parent Healthy News

From the RSU 18 Wellness Committee



Steps to starting and growing the RSU #18

Farm to School program.

Step 1 – Building a Farm to School

Advisory Group: The RSU #18 Advisory Group includes Teachers, Administrators, Nutrition Services, School Nurse, Master Gardener, Students and Community members. We meet twice a month at 3:00. If you would like to participate in the group, please contact Claire Heffernan at cheffernan@rsu18.org

Step 2 – Establish a vision and Goals

Step 3 – Define Local/Finding local

Foods/ Buying Local Foods

Step 4 – Menu Planning

Step 5 – Food Safety

Step 6 – Promoting the “Let’s Go RSU #18 Farm to School” Program

Step 7 – School Gardening

Step 8 – Education and Curriculum

Integration of Farm to School

Step 9 – Sustaining our program

The one year (12/1/14 – 11/30/15) Let's Go RSU #18 Farm to School Planning Grant award is helping our district start new farm to school educational activities, extend ongoing activities, improve access to local foods, promote school gardens and connect schools with local or regional farmers, food processors and manufacturers in order to serve local or regionally procured foods in our school cafeterias.

National School Breakfast Week

March 2-6

FUEL SUCCESS and MAKE THE GRADE

The Action for Healthy Kids Program has helped RSU #18 Nutrition Director, William Hamilton, create Grab and Go Breakfast Program at the following schools; Atwood Primary School, Belgrade Central School, China Primary School, China Middle School, Messalonskee Middle School and Williams Elementary School. This funding is meant to make breakfast the easiest choice for our learners and increase participation.

A pre-test was provided to teachers and students in grades 3-8 to measure if students ate breakfast, their breakfast choice and whether the teachers saw a difference between breakfast eaters and non-eaters in the classroom.

The result were;

- Teachers strongly believe that students who eat breakfast are more focused and alert during class and have more energy.
- Most students understand the importance of breakfast
- The majority of our students in grades 3-8 do eat breakfast daily.
 - ✓ The primary choice for the lower grades is cereal/waffles/milk, while at the middle school level, it is pancakes/waffles/muffins/eggs/yogurt.
 - ✓ About 50% of our students eat fruit as part of their breakfast choice.

During Every Kid Healthy Week in April each school in the district will have a Taste Testing event

Maine Ag in the Classroom

Read "ME" Agriculture Program

Maine Agriculture Week March 15 – 21, 2015

Farmers and Agricultural Volunteers are reading a new book titled "**Aquaculture for ME**" (**real Maine pictures of Maine ocean and fresh water farms**) to Pre Kindergarten through 4th Grade Classrooms in all elementary schools in RSU 18. Volunteer readers are encouraged to bring additional information on their own farm, program or commodity to share with the students. Funding for this project is a direct result of the Maine agricultural specialty license plate, grants from USDA and collaboration this year with **The Maine Aquaculture Association** to develop the book "**Aquaculture for ME**". For more information - www.agclassroom.org.

Maine Ag in the Classroom Agriculture Awareness Grants provided funding for Atwood Primary School to start a hands on Chicken agricultural program under the leadership of Tammy Pullen.

Maine Ag in the Classroom contributes part of our in-kind match for the Farm to School Planning Grant Funds.



Family Yoga and Creative

Movement Sampler

Saturday, March 7th

1:00 – 4:00 Hour long sessions

Children ages 3-7, 8-11, 12-15

At School Street Yoga

To Register for classes email

howell@emhs.org or call

861-32933



*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Think Spring!

5 – Soon Fresh Fruits and Vegetables will be more available. Start planning your garden.

2 - The snow and cold will be gone. Get outdoors for an hour or more of physical activity.

1 - Keep screen time and TV to 2 hours and schedule opportunities to watch as a family.

0 - Supplement sugary beverages and sport drinks with natural options like water

Food Marketing to Children



Children receive about 65 messages from television advertising each day (about half are for food), along with many additional marketing messages from websites. Given how often companies communicate with children about food, those who manufacture, sell, and promote food to children have an enormous effect on parents' ability to feed their children a healthful diet.

The next time you are at the grocery store, look closely at the boxes of cereal, cookies and snacks. How many cartoon characters do you see? Food companies use familiar cartoon characters to market foods to your children. Many times these foods are high in sugar, fat and calories.

Does advertising work? Yes, it does work!

Since 98% of the food marketed to your child is unhealthy, it is no surprise that researchers have found links between food marketing exposure and the rapid increase of Childhood obesity rates. (www.yaleruddcenter.org) Companies that market food to children spend approximately \$10 billion each year. When children watch television, log on to the Internet, use mobile phone apps. And/or social media (facebook, You tube), they often see games and videos that are really advertisements for food products.

What can you do?

- ✓ Set a good example for your children by eating healthy yourself.
- ✓ Avoid products with cartoon characters on them.
- ✓ Understand that products placed on the shelves at your child's eye level are marketed specifically with children in mind.
- ✓ Ask yourself: Is the product something you or your children really need or are you being pulled in by the advertisers?
- ✓ Pay attention to nutrition labels when making decisions about the foods you buy, instead of marketing.

Leslie Forstadt, Child and Family Development Specialist - <http://extension.umaine.edu>

Maine Maple Sunday, March 22, 2015

From the time the first crow flies, usually in late February, to sometime in mid April, the sparkling clear "sweetwater" flows.

In a good year, one large tree may pour out as much as 60 gallons of sap without suffering any injury. It seems like a lot, until you realize that the sap will be reduced to about one and a half gallons of syrup.

<http://www.mainemapleproducers.com/maine-maple-sunday-map.html>

Grant awards – Claire Heffernan, School Health Coordinator/Grant Writer

Maine Ag in the Classroom – funding for the ATW – Tammy Pullen – to support the creation of a Chicken Care program and purchase a Chicken Coop.

Whole Foods Grant – MHS – Sylvia Jadczyk -To support the completion of the greenhouse and gardens

Farm to School Planning Grant -RSU #18 - William Hamilton and Claire Heffernan – To create a Farm to School Program for the district.

Youth Matter mini-Grant – MHS – Stephanie Carter – support bullying prevention and support the school gardens

Ticket to Ride Grants – CPS – Transportation to the Maine State Capitol building to view the art collection/Maine State Museum/Old Fort Western, BCS – art museum, WES – Title 1 - to visit the Colby College Museum of Art

Target Field Trip Grant – MHS - Catherine Gilles – provided transportation funding for MHS Biology students to go to the Maine State Crime Lab and to Reid State Park

Inland Hospital "Let's Go" Mini-Grants – Each school listed received \$500 mini-grants: ATW – Jennifer McGee for Adaptive Physical Education Equipment, BCS – Eric Brooks - "Class in Motion", CPS – Elaine Philbrook - "Thinking on your Feet Trails Project", CMS – Josh Lambert – Using Desk Treadmill while learning in a traditional Classroom, WES – Kathy Harris – Smedberg- "Creating an Active Recess by Walking through the United States", RSU #18 Wellness Committee – William Hamilton - "Blast Off to RSU #18 Wellness", MMS -Kris Croteau – The Yoga Program

Safe Routes to School – WES – Kathy Harris-Smedberg – development of a Walking School Bus program, Safety checklist for sidewalks in the WES walking/biking area

Fuel Up to Play 60 – BCS – Carrie Brennan – Walking wellness Club – using pedometers to measure steps to each NFL Stadium. ATW – Holly Andre and Jennefer McGee – Let's Dance Town meeting every Friday. Each school is participating in the Grab and Go Breakfast Program. ATW received a new milk Cooler and BCS received a Breakfast Station.

Lowe's Toolbox for Education Grant – ATW – Claire Heffernan – Jennefer McGee – to install fencing and gate near the portables, create fencing on the trail learning center and create a reading garden and storage unit.

Maine Commission for Community Service – Semester of Service – MHS – Beth Prelgovisk- the Greenhouse Club at Messalonskee High School will complete a service project that adds locally grown food to school resources and shade trees to BCS playground.

MMS – Kris Croteau – Teens to Trails Project 2 - Fairy House Garden in the Fairy House Learning Center on the Messalonskee School Trails.