

The background features a grid of colorful squares in shades of purple, yellow, blue, orange, and green. Several children are shown in various playful poses: a boy in a yellow shirt jumping in the top right, a girl in a green shirt sitting on a colorful ball in the center, a boy in a blue shirt kicking in the bottom left, and a girl in a blue shirt jumping in the bottom center. Decorative elements include floating colorful cylinders and dotted lines.

# Building LEADERSHIP Guide

Supporting Health  
Champions and  
Promoting Healthy  
School Environments



## Parent Engagement Activities

**WHO:** Organized by school health leaders with assistance from Nutrition Educator

**WHAT:** School-wide education events including students, staff, parents and community



## Classroom Instruction

**WHO:** Classroom teachers

**WHAT:** Fit Bits™ (K-5), Healthy Classrooms, Healthy Schools™, Health Through Literacy™ Book Sets

**WHO:** Nutrition Educators

**WHAT:** 30 lessons per school Healthy Classrooms, Healthy Schools™ program, Health through Literacy™ Book Sets, Fit Bits™



## Physical Education with Nutrition Concepts

**WHO:** PE teacher

**WHAT:** Exemplary Physical Education Curriculum™ (K-5), including nutrition concepts (in 136 different lessons)

**WHERE:** in gymnasium

**PE-Nut**  
Physical Education and Nutrition Education Working Together to Reach Students in Low-Income Michigan Schools and their Parents



## School-Wide Nutrition/PA Messages

**WHO:** Principals

**WHAT:** Daily morning announcements, school newsletter and web page tips about healthy eating and physical activity, provided in a Building Leadership Guide with additional resources



## Take-Home Activities

**WHO:** Classroom teachers

**WHAT:** Take-home Bookbag (K-2 and 3-5), PE-Nut newsletters (school-wide), HCHS family letters, HTL books available from school library for students to check out and read at home, recipe booklets.

## **Building Leadership Guide:**

### **Supporting Health Champions and Promoting Healthy School Environments**

#### **Introduction**

Students who eat nutritious food and participate in regular physical activity are healthier. They miss fewer days of school and are more focused. This means teachers' instructional time is more efficient. PE-Nut™ (Physical Education and Nutrition Education working together) is a nutrition and physical activity promotion program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. In the PE-Nut™ program, school administrators, physical educators, classroom teachers, food service staff and nutrition educators work together as 'drivers of change' to improve nutrition and physical activity in a K-5 school setting. The following simple messages are consistently and repeatedly delivered throughout the school day:

- Increase participation in a physically active lifestyle
- Increase consumption of fruits, vegetables, whole grains and non-fat or low-fat milk or dairy products
- Try new foods
- Choose healthy snacks
- Wash hands before eating
- Balance caloric intake from food and beverages with calories expended

#### **History and Evidence Base**

PE-Nut™ was developed as a program that focuses on health behavior change at both the classroom and school levels, and provides both teachers and students input on those changes. Each program component was developed to teach children why and how to make healthy food choices, about the importance of physical activity and the skills necessary to be active for life. Supporting activities encourage children to experience new foods and get them moving throughout the day. The PE-Nut™ program was pilot tested with input and review from experts in the field of nutrition, classroom education, physical education, school administration, curriculum development and instructional design. Program outcome evaluations have built the evidence base to establish the PE-Nut™ program as a best practice intervention for changing student behavior to increase the consumption of healthy foods and physical activity.

The overall program outcomes were assessed on the implementation of Healthy Classrooms, Healthy Schools; Health Through Literacy; Exemplary Physical Education

Curriculum and Fit Bits along with the administrator and parent materials as a whole-school intervention. The success of PE-Nut comes from the multi-level approach to the intervention that not only teaches nutrition concepts and promotes physical activity, but also offers students opportunities to apply what they learn by trying healthy foods and by enjoying the benefits of physical activity; and sending the messages into the home for a long lasting impact.



Results from the 2012-2013 school year indicated the following successes:

**Parents reported their children are eating more:**

- Fruit (27%)
- Vegetables (39%)
- Whole-grain foods (45%)
- Low-fat dairy (54%)

**Additionally, parents reported their children are:**

- Doing more physical activity (22%)
- More confident about doing physical activity (23%)
- Talking about doing more physical activity (27%)

**Principals, classroom teachers and physical education teachers reported:**

- Students have an increased awareness about the importance of healthy eating (81%)

**Students survey findings indicated:**

- 82% of students reported they care more about healthy eating now than they did at the start of the year
- Prior to PE-Nut, only 37% of students said they eat many different kinds of foods most of the time compared to 61% after nutrition lessons
- The number of students doubled (from 25% to 50%) that asked parents to buy healthy foods most of time from before and after the nutrition lesson
- 47% of students chose water and other healthy drinks most of the time before PE-Nut compared to 70% after the nutrition lessons
- 73% of students reported they get more exercise now than they did at the beginning of the year

## Implementation

As a driver of change, you will find suggested resources and roles to implement the entire PE-Nut intervention. A full description of each resource is listed under **Components**.

### Abbreviations

HCHS – Healthy Classrooms, Health Schools™

HTL – Health Through Literacy™

EPEC – Exemplary Physical Education Curriculum™

NRA's – Nutrition Reinforcing Activities

### Administrators

#### Key Resources

- Daily announcements
- Newsletters
- Ensuring Success: HCHS, HTL

#### Administrator Roles

- Read the building wide announcements
- Visit students during mealtimes and discuss healthy choices
- Support school staff with implementing program materials
- Act as a role model for health
- Empower teachers and students to live healthy lifestyles
- Publish or post monthly or bi-monthly newsletters
- Promote Parent Engagement Activities to Parents and the Community

### Teachers

#### Key Resources

- HCHS
- Fit Bits™
- HTL Take-Home Book Bags
- HTL Classroom Book Sets
- Quarterly Newsletters
- Ensuring Success: HCHS, HTL

#### Teacher Roles

- Implement classroom based nutrition education
- Encourage healthy snack celebrations
- Visit students during mealtimes and discuss and praise healthy choices
- Act as a role model for health
- Empower students to live healthy lifestyles
- Discuss morning announcement questions

## Physical Educators

### Key Resources

- EPEC & EPEC NRAs
- Fit Bits™
- HTL Physical Activity Book Bag
- Ensuring Success: HTL

### Physical Educator Roles

- Implement EPEC
- Fit Bits™ in the gymnasium or in the classroom
- Visit students during mealtimes and discuss healthy choices
- Act as a role model for health
- Empower students to live healthy lifestyle

## Food Service Staff

### Key Resources

- HCHS content related to the cafeteria

### Food Service Staff Roles

- Visit with students during mealtimes and discuss healthy choices
- Participate in HCHS activities as appropriate
- Reinforce healthy messages in the cafeteria via posters and marketing materials
- Act as a role model for health
- Empower students to live healthy lifestyles

## Guest Nutrition Educators

### Key Resources

- HTL Classroom Book Sets
- HCHS
- Fit Bits™
- Ensuring Success: HCHS, HTL

### Nutrition Educator Roles

- Lead nutrition education lessons in the classroom
- Provide food samples
- Empower students to live healthy lifestyles
- Act as a role model for health
- Support classroom teachers, PE teachers, building administrators and food service staff by providing resources and training for nutrition education and physical activity promotion

## Parent Volunteers

### Parent Roles

- Discuss ways to incorporate the healthy messages into parent engagement activities
- Promote change in the community and with other parents
- Act as a role model for health
- Empower students to live healthy lifestyles

## Components

### Healthy Classrooms, Healthy Schools™

Healthy Classrooms, Healthy Schools (HCHS) equips teachers with the tools they need to transform their classroom, and ultimately their school into environments that allow students to readily learn and practice healthy eating and physical activity habits that will lead to a healthier lifestyle. The program supports the Centers for Disease Control's Coordinated School Health model and consists of 8-10 units for use in K-2<sup>nd</sup> or 3<sup>rd</sup>-5<sup>th</sup> grades respectively. HCHS for K-2 has simpler concepts, uses more general MyPlate messages, has more teacher-led activities and includes more art/drawing activities. HCHS for 3-5 incorporates more advanced concepts like media literacy and role modeling, uses a more detailed MyPlate, uses more small group activities and has more English Language Arts activities.

HCHS maintains a general alignment with the nutrition and physical activity units of Michigan Model for Health®. Lesson components include an objective and overview, supplies needed, background information for educators, at least one activity and ways to extend the learning, family letters, two healthy recipes idea to reinforce the learning, a parent snack request, a school-wide announcement and a Fit Bits™ activity to provide for a physical activity break with a nutrition themed message.

The following units/topics are included in HCHS:

- Proper hand washing (K-2)
- Importance of fruits and vegetables (K-2, 3-5)
- Identifying healthy snacks (K-2, 3-5)
- Importance of physical activity (K-2, 3-5)
- Food groups represented in the school lunch (K-2, 3-5)
- Identifying non-food rewards (K-2, 3-5)
- Healthy parties & show-and-tell with parents and school personnel (K-2, 3-5)
- Identifying healthy role models; being a healthy role model to others (3-5)
- MyPlate for Kids (3-5)

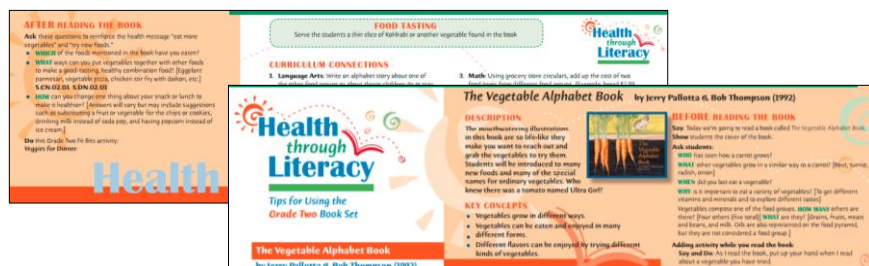


The following take home pieces are included with each unit:

- Family Letter  
This letter informs parents about what students are learning in Healthy Classrooms, Healthy Schools units and suggests ways for parents to support the messages at home. Text is available in digital format on an accompanying CD to personalize the letter before sending it home.
- Healthy Snack Request  
Two healthy snack options are included for most units, the Snackin' Healthy recipe and a quick snack recipe. Shopping lists are provided for both. However, if educators wish to ask parents to help supply ingredients or non-food items, they can use the Healthy Snack Request Parent Letter. Text is available in digital format on an accompanying CD to personalize the letter before sending it home.

## Health Through Literacy™ (HTL) Book Sets

High quality children's literature is used to reinforce nutrition and physical activity concepts to students in grades K-5. Books coupled with support materials make them easy to use for educators and families.



- HTL Classroom Book Set

A classroom set of grade specific books with positive messages about healthy eating and physical activity. Each book has suggestions for teachers about how to introduce the nutrition or physical activity concept along with review and discussion questions to use after reading it to students. Short activities or games that enhance the message are also provided. The use of book sets assists teachers in reinforcing the messages that are taught within Healthy Classrooms, Healthy Schools.



- HTL Take-Home Book Bag

A take-home set of books to encourage family reading. Books are packaged in two levels/bags, one for grades K-2 and one for grades 3-5. Each bag contains two books and comes with several discussion and activity ideas for children and their families. The HTL Take-Home Book Bag has healthy recipes and tips for families on reading together, trying new foods and being more physically active.

- HTL Physical Activity Book Bag

A set of books (one book for each grade level K-5) with positive messages about physical activity. Each book has suggestions for educators about how to reinforce physical activity concepts and review and discussion questions to use after reading to students. Short activities or games that enhance the message are also provided. The use of book sets assists educators in reinforcing the messages that are taught within Healthy Classrooms, Healthy Schools. These books are also part of the HTL Classroom Book Set.



## Fit Bits™

Fit Bits™ is an innovative, best practice resource that gets students up out of their seats and moving for 7-10 minutes while, at the same time, reinforcing nutrition and health concepts that are aligned with the Dietary Guidelines for Americans, grade level National Health Standards and USDA MyPlate. The activities are arranged into four content areas: Healthy Bodies, Food Groups, Fruits and Veggies and Healthy Snacks within three different age-appropriate books; Kindergarten, Lower Elementary and Upper Elementary.





Fit Bits™ includes a feature called the “Apple Core.” Each activity has a grade-specific “Apple Core” which teachers can use to further reinforce Common Core Educational Standards for Math and English Language Arts. The Kindergarten booklet includes 30 activities that align with topics such as the alphabet, colors, shapes, counting, writing, taking turns, listening and following directions. The Lower Elementary Booklet for 1<sup>st</sup> and 2<sup>nd</sup> grades have 40 lessons aligning with writing, spelling, grammar, math and communication. The Upper Elementary booklet contains 40 Lessons aligning with writing, sentence structure, grammar, math and reasoning.



## Exemplary Physical Education Curriculum™

Exemplary Physical Education Curriculum (EPEC) is a standards-based curriculum that teaches the knowledge, skills and attitudes that will enable children to be active for life. EPEC is a true physical education curriculum that provides step-by-step instruction enabling all students to be successful in physical education. EPEC includes 136 Nutrition Reinforcing Activities, which involve students in practicing the objectives (motor and object control skills, knowledge, fitness and personal/social skills) through activities that contain nutrition messages. The concepts covered are consistent with the USDA Dietary Guidelines for Americans and MyPlate. EPEC includes 258 learning progression steps that teach 35 skills; 48% of the steps include at least one activity that reinforces nutrition concepts.

# Aerobic Activity/Fitness

Moves Continuously	Runs Continuously	Moves Continuously	Runs Continuously
			

50 seconds	30 seconds	7 minutes	1 minute
1 minute	1 minute	2 minutes	2 minutes
80 seconds	50 seconds	3 minutes	2 minutes
2 minutes	1 minute	4 minutes	4 minutes
2-1/2 minutes	2 minutes	5 minutes	5 minutes
3 minutes	3 minutes	6 minutes	6 minutes
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## School Announcements

Short, health focused messages targeted at students daily as announcements over the PA system. Each day, the building health leader (principal, counselor, administrative assistant, or student) shares a positive nutrition or physical activity message to all students. The content of the messages reinforces the information students are hearing and learning about in the classroom and in physical education. These announcements are an important function in the program's school-wide approach to nutrition/physical activity message delivery and help support the success of the program.

Included are posts for every day of the month that are flexible for what best fits for your school calendar. Other uses for the announcements include school newsletter or website content, Facebook posts and Twitter tweets to help keep your students and their families living healthy lifestyles.

### [Building Leadership Guide: School Announcements](#)

## School Newsletters

Brief messages for inclusion in school newsletters or on the school web site can remind parents about the healthy messages that their children are learning as part of your school's nutrition education and physical activity promotion. The articles, two per month, can easily be inserted into your school newsletter, website or Facebook page.

### [Building Leadership Guide: School Newsletters](#)

## Healthy Party Tip Sheet for Teachers

Health Party Tip Sheet for Teachers is a one-page, two-sided tool teachers can use to help build healthier classrooms. The four holiday/seasonal tip sheets include party friendly recipes, student activities and more to make classroom parties and celebrations healthy and fun. Tip sheets are available for Halloween, Winter Holidays, Valentine's Day and Spring/Summer.



## Take-Home Pieces

There are many PE-Nut materials that reach beyond the classroom to target and involve parents and families. These materials reinforce the nutrition and physical activity messages being taught in the classroom and around the school.

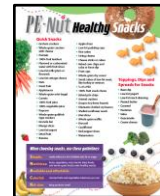
- PE-Nut Family Newsletter



Four quarterly **PE-Nut Family Newsletters**, specific for each grade K-5, focus on physical education, physical activity and nutrition. One side of the newsletter reinforces the skills taught in nutrition-enhanced EPEC™ physical education classes, and includes ideas for families to get physically active together. The other side of the newsletter focuses on nutrition. It includes a brief article addressing common misconceptions regarding nutrition, ideas for family nutritional activities, an easy recipe and the title of a related book. A blank area on each newsletter can be used for school announcements or for recognition of an agency that supports the costs of the newsletters.

- Healthy Snack Handout for Families

Two **Healthy Snack Handouts** are for students to take home and share with their family. One includes ideas and recipes for healthy Halloween snacks and one focuses every day healthy snacks for kids.



- Recipe Book

The **Kid Approved Healthy Snacks Recipe Book** is a family favorite. It contains 32 kid-friendly recipes that can help families work together to make and eat simple, healthy snacks.



## Ensuring Success

Guidelines for implementation that incorporate lessons learned and best practice recommendations from the evaluation of the individual components through the years.

The Healthy Classrooms, Health Schools™ Ensuring Success materials set the stage for the implementation of the program as a whole. It includes information to motivate and congratulate educators for focusing on nutrition and physical activity in their classroom and what benefits they may gain for their participation. This guide explains the theory base to the development of the program and provides brief explanations of the basic nutrition and physical activity concepts taught throughout the program and provide links for educators to learn more about research the concepts support. Furthermore, it breaks down the program materials and provides the guidance needed to implement the program successfully, such as beginning and ending the program with the Healthy Classroom Checklist, and how to utilize the unit activity and resources in between.

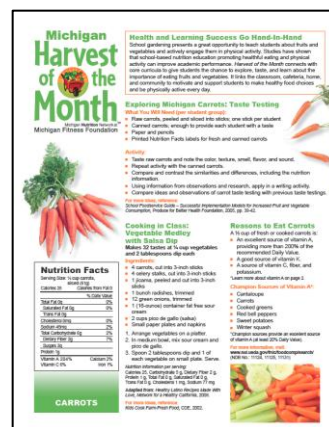
- [Ensuring Success: Healthy Classrooms, Health Schools™ K-2](#)
- [Ensuring Success: Healthy Classrooms, Health Schools™ 3-5](#)
- [Ensuring Success: Health Through Literacy™ Classroom Book Sets & Physical Activity Book Bag](#)
- [Ensuring Success: Health Through Literacy™ Take-Home Book Bags](#)

## Additional Educational Program Options

Resources listed below fit well with the PE-Nut model. Other materials may be suitable for your program.

### Michigan Harvest of the Month™ (MiHOTM)

The Michigan Fitness Foundation partners with the Michigan Department of Education to offer the Michigan Harvest of the Month program in schools that are recipients of the Fresh Fruit and Vegetable Program. Through this collaboration, grant administrators (usually Child Nutrition Directors or school administrators) are trained to facilitate the program in their building. This staff member then distributes monthly packages containing MiHOTM resources to all classroom teachers in their buildings, which include; the Educator Newsletter (1), Family Newsletters (35), Botany worksheets (35), Nutrient Facts Labels (35), and Student Sleuth Answers (1) for use with students. The food service staff features menu items in the cafeteria that relate to the featured fruit or vegetable, serve the featured fruit or vegetable as a snack option with the funds provided by the FFVP and promote the featured fruit or vegetable in the cafeteria with posters and menu slicks. Michigan Harvest of the Month is currently available exclusively to the schools participating with the Fresh Fruit and Vegetable Program.



### Michigan Model for Health®

Michigan Model for Health is a sequential, research based, K-12 comprehensive health-education curriculum that focuses on providing students with essential health knowledge and skills to empower them to make effective decisions to reduce health-risk behaviors. Although the curriculum covers eight areas of health, only specific nutrition lessons/activities are aligned with the messages within the PE-Nut program.

### Show Me Nutrition

Show Me Nutrition is a nutrition curriculum designed for youth in educational settings from preschool to junior high. The program was designed by University of Missouri Extension, and is offered by Michigan State University Extension staff in select Michigan schools and classrooms. Show Me Nutrition seeks to educate youth with age appropriate content on nutrition, food safety, physical activity, media influence and body image. Participants engage activities and receive information to learn how to have a healthy lifestyle.



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