



Dear Teacher,

Thank you for joining the crusade to help our children become more *fit for learning*TM! In order to make this journey successful and fun, there are a few things you should know about this resource guide.

First, it is just that – a Resource Guide. This is not another curriculum for you to put on the shelf because you have too much other material to cover. Instead, you will find suggested activities and (most importantly) how those activities link to the California State Academic Content Standards. These are lessons you are probably already covering in your classrooms. The only difference you will see is that they now have a nutrition or physical activity focus.

Second, the main objective of this resource guide is to improve student's health by providing an environment that supports and encourages healthy eating habits and increased physical activity. This objective was met by taking various nutrition and physical activity topics important for elementary school students and grouping them into nine different themes (one theme per month from September to May).

At a minimum, we simply ask that you hang the poster and the calendar of activities on a bulletin board the first day of every month. Many of the calendar activities are very simple and can be done by the students without taking up any class time. However, we should warn you that this may spark some interest in your students, and they may want to learn more!

Your next step should be to send a copy of the calendar and the Take Home Activities home with the students. Any healthy habits that your students pick up throughout the year will only continue if the whole family participates.

Complete participation would involve a gradual inclusion of these activities into your academic calendar. Again, these are not new things to teach, they are just healthy twists to what you have been teaching for years.

ORGANIZATION OF THE RESOURCE GUIDE

To make this resource guide easy to use, each month is set up the same and contains the following:

1. **CALENDAR** – You will find English on the front and Spanish on the back. We encourage you to post this calendar in your classroom. This provides you and your students small activities to do throughout the month to promote the given theme.
2. **INTRODUCTION** – This short paragraph simply explains the importance of the theme for that month.
3. **MAIN OBJECTIVE** – The objective of the month is summarized into one or two simple sentences. These objectives are appropriate for students, teachers, principals, parents and siblings!

4. **BACKGROUND** – A small amount of important background information is provided for each theme. While we do not expect you to become experts in the field, we do ask that you familiarize yourself with the topics. If you would like more information than is included in the brief background section, the resources listed for that month will be valuable tools.
5. **TAKE HOME ACTIVITIES** – Family involvement is very important. Information and take home activities can be sent home to the families to let them know what is going on in the classroom for the month. Family activities to promote the theme are strongly encouraged.
6. **SCHOOL ACTIVITIES** – Since the goal is to change the school environment to promote health, it is only logical that the school also has some activities to participate in each month. Remember, this is a team approach!
7. **CLASSROOM REWARD IDEAS** – A student or class that does a good job deserves a reward! This section lists healthy reward ideas. Decide with the students what some other rewards might be that are more appropriate to your classroom and include them throughout the year. Do not limit your rewards to only sweet treats.
8. **RESOURCES** – This section includes a list of organizations that provide additional details, activities and information for each month. All of the organizations listed provide free or reduced cost materials to help you promote the theme.
9. **ACTIVITIES LINKED TO STANDARDS** – This is a listing of “suggested” activities. For some months, there are too many activities to fit into such a short period of time. You can use them exactly as written, or you are welcome to take the idea and change it around to fit your classroom. It is important to note that all of the activities listed link to one of the California State Academic Content Standards (Language Arts, Mathematics, Science, History/Social Science or Physical Education) or to the Health Framework Expectations. Following these activities, you may also see a short list of suggested reading materials, where applicable.
10. **CLASSROOM POSTER** – Hang this in the classroom at the beginning of the month to visually promote the theme throughout the month. Set aside a special location in your classroom where each month’s poster and calendar will be displayed.
11. **HANDOUTS** – Where appropriate, you will also find a few handouts to help you get started. Many of these handouts can be photocopied as is and sent home to families. Some Spanish handouts are also available. As you gather more resources throughout the year, be sure to add them to your ever-growing resource binder.

TIPS FOR SUCCESS

In order for this to be successful, healthy changes must be made throughout the school year. Here are a few tips to help keep you and your students on the right track.

- Don’t forget that you are a role model. Make sure you follow the monthly themes as well. Remember to eat your breakfast, and snack on fruits and vegetables at school!

- Encourage parents to bring healthy snacks to class as party treats (e.g. 100% juice instead of soda, graham crackers instead of cookies, pizza with a vegetable or two on it).
- Continue to reinforce lessons learned in the earlier months throughout the year.
- Use non-sweet food rewards for good deeds in class (e.g. try to avoid chocolate or candy). It is okay on occasion, but not all the time. Instead, use items such as stickers, erasers, pencils or notebooks as individual rewards. Students can also be given coveted classroom chores or participate in a special fitness activity.
- Promote and support non-food fundraisers. Project LEAN (resource listed below) provides some valuable information on fundraising ideas that do not involve chocolate candy bars.
- Be sensitive to the fact that some students will not be able to participate in all activities, especially those that involve purchasing and/or trying new foods or bringing specific foods to school for lunch or snacks.
- Utilize local resources and businesses. Many businesses are more than willing to help schools out, they just need to be asked. Contact local grocery stores and restaurants or local YMCA's and other fitness facilities.
- Most importantly, have fun!

GLOBAL RESOURCES

Listed below are resources that can be used for a variety of themes and activities throughout the year. Some may be listed within a specific month as well.

GENERAL EDUCATION

Santa Clara County Office of Education – Library Media Center

1290 Ridder Park Drive

San Jose, CA 95131-2398

Phone: (408) 453-6800

<http://www.sccoe.org/depts/library>

California Department of Education Press Office

1430 N Street

Sacramento, CA 95814

Phone: 1-800-995-4099

<http://www.cde.ca.gov/re/pn>

There is a selection of materials devoted to nutrition and gardening publications. Also available is the 2006 publication *School Nutrition...By Design*. This document was commissioned by State Superintendent of Public Instruction Jack O'Connell and was written by his Advisory Committee on Nutrition Implementation Strategies. "It represents an overview of a healthy nutrition environment and suggests strategies schools and districts can use to model healthy eating habits for their students." Jack O'Connell

Nasco

Phone: 1-800-558-9595

<http://www.enasco.com>

Nasco offers over 60,000 educational tools for everything from math and farming to health and crafts and everything in between. Request one or more of their 20 catalogues online for free.

HEALTH & NUTRITION

MyPyramid.gov

<http://www.mypyramid.gov>

<http://www.mypyramid.gov/sp-index.html> (site in Spanish)

This is the main website of the MyPyramid food guidance system which will be discussed in November. However, this is a good site for general information regarding nutrition and physical activity guidelines.

The Healthier US Initiative

<http://www.healthierus.gov>

This site provides a wealth of information intended to help combat the growing obesity epidemic and is part of the President's Healthier US Initiative. Each section – Nutrition, Physical Activity, etc. – displays additional links for the given topic. For example, the Dietary Guidelines for Americans can be found by clicking on the Nutrition Link. These are a set of very specific health recommendations based on current scientific research. This site will help you find out more about the details behind each recommendation – many of which are a part of the various themes.

Team Nutrition

<http://www.fns.usda.gov/tn>

Team Nutrition is a program sponsored by the United States Department of Agriculture designed to provide educational resources to teachers, parents and caregivers to promote healthy children. The *Changing the Scene* kit is a wonderful resource for adults as they begin to change and improve the health environment of schools. You can order a copy of this kit by following the Resources link on this web page. Another valuable resource is the current year's calendar. It provides additional activities to be done each month to promote the various themes.

We Can!

<http://wecan.nhlbi.nih.gov>

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help school-aged children stay at a healthy weight. Tips and fun activities focus on three critical behaviors: improved food choices, increased physical activity and reduced screen (TV & computer) time.

Project LEAN (Leaders Encouraging Activity and Nutrition)

<http://www.californiaprojectlean.org>

California Project LEAN provides a wealth of resources, evaluations, articles and materials for promoting healthy eating and physical activity. Most of the activities are directed towards middle school, but some can definitely be adapted to the lower grades – such as the list of *Creative School Fund-raising Ideas* that provide schools with alternatives to chocolate candy bars.

California Healthy Kids Resource Center

Phone: 1-888-318-8188

<http://www.californiahealthykids.org>

This is an amazing resource center administered by the California Department of Education and the California Department of Health and Human Services. It maintains a comprehensive collection of healthy education materials that can be loaned to educators throughout the state.

KP KIDS Program

Kaiser Permanente Santa Clara Service Area
Community Benefits, Department of Public Affairs
1900 Homestead Road, Second Floor, Building 1
Cupertino, CA 95014
Phone: (408) 366-4175

KP KIDS is a pediatric weight management program that offers interactive activities on healthy eating and behavior modification for the whole family. The goal is to be proactive in assisting parents and children in developing a healthy lifestyle. Parts of the program have been integrated into this Resource Guide for use in the classroom and at home.

Kaiser Permanente Educational Theater Program

1814 Franklin Street, Ste. 805
Oakland, CA 94612
Phone: (510) 987-2223

Email: ETPinfo@kp.org

<http://www.kp.org/etp>

Kaiser offers an Educational Theater Program that uses music, dance, drama and puppetry to capture the attention of elementary school children, excite their imagination, and inspire them to make healthy life choices. In the hands of ethnically-diverse, professional performer/educators, colorful characters share important health information on topics such as physical activity and good nutrition. Go online or call to book a show for your school.

Dairy Council of California

80 Swan Way, Ste. 210
Oakland, CA 94621-1439
Phone: 1-877-324-7901

<http://www.dairycouncilofca.org>

This website provides various health-based activities with a list of how they link to California State Academic Content Standards. They provide programs for K, 1-2, and 3-5. A partner site of Dairy Council of CA (<http://www.mealsmatter.org>) provides some very simple tips for healthy meal planning.

Kids Health

<http://www.kidshealth.org>

This site provides user-friendly nutrition and physical activity information. There is a section for parents, for kids and one for teens.

Planet Health

http://www.hsph.harvard.edu/prc/proj_planet.html

This is an interdisciplinary curriculum for teaching middle school students about nutrition and physical activity. However, some material may be appropriate for upper-elementary school students. It has been formally evaluated and proven to be an effective means of delivery. (\$45.00)

Harvest of the Month
California Department of Public Health
Cancer Prevention and Nutrition Section
P.O. Box 997413, MS 7204
Sacramento, CA 95899-7413
Phone: (916) 449-5400
www.harvestofthemonth.com

Harvest of the Month is a comprehensive nutrition education intervention designed to give students, their parents and surrounding communities hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables. Monthly materials are comprised of educator newsletters, parent newsletters in English and Spanish and menu slicks. Posters are also used to promote the health benefits of fruits and vegetables.

Santa Clara County Public Health Department
Nutrition & Wellness
976 Lenzen Avenue, Unit 1200
San Jose, CA 95126-2737
Phone: (408) 792-5106; Fax: (408) 947-8745
<http://www.sccgov.org/portal/site/phd/>

Nutrition & Wellness is comprised of the following programs: Breastfeeding Promotion Project, Network for a Healthy California – Bay Area Region, Network for a Healthy California – Local Incentive Awardee, Project LEAN, South County Nutrition Project-HEAL, Steps to a Healthier Santa Clara County, and the Women, Infants & Children (WIC) Program. There are two additional websites for the unit for **Champions for Change, Network for a Healthy California, Bay Area Region**: <http://www.banpac.org> and <http://www.barnn.org>

California Department of Public Health
Cancer Prevention and Nutrition Section
<http://www.dhs.ca.gov/ps/cdic/CPNS/>

This site includes Network for a Healthy California, regional and local campaigns and their resources, such as: African American Campaign, Children's Power Play! Campaign, Latino Campaign at <http://www.dhs.ca.gov/ps/cdic/CPNS/lat5aday>, Retail Program, Worksite Program, and Physical Activity integration. Education material and resources are available at <http://www.dhs.ca.gov/ps/cdic/CPNS/resources.htm>

United States Department of Agriculture
Food and Nutrition Service
Eat Smart. Play Hard.™ Healthy Lifestyle!
<http://www.fns.usda.gov/eatsmartplayhard/>

Eat Smart. Play Hard.™ is about encouraging and teaching kids and adults to eat healthy and be physically active every day. Resources are available for parents, kids and professionals.

Produce for Better Health Foundation – in partnership with CDC, DHHS
<http://www.fruitsandveggiesmatter.gov/index.html>
<http://www.pbhfoundation.org/educators>

PBH, a partner with the CDC in the health initiative Fruits & Veggies – More Matters™, has designed educational kits (e.g. *Color Way Creative Pockets Kit, 2: Nutrition, Fitness & Play*) and other teaching tools for classroom use. Their weblink designed for parents and children is included in September.



STEPS Program

<http://www.cdc.gov/steps/index.html>

The STEPS Program is in the Division of Adult and Community Health, National Center for Disease Prevention and Health Promotion. CDC's STEPS Program operates a cooperative agreement that provides funding to communities nationwide to support evidence-based community interventions. These interventions focus on reducing the burden of obesity, diabetes and asthma, as well as addressing three related risk behaviors - physical inactivity, poor nutrition and tobacco use.

Learn to be Healthy

Susan P. Byrnes Health Education Center
515 South George Street
York, PA 17401

Phone: (717) 848-3064; Fax: (717) 854-1846; Email: info@learntobehealthy.org

This online health science learning site is designed to help educators communicate important health concepts to children K-6. The comprehensive lesson plans meet national health, science and technology education standards. Also contains interactive games and activities as well as webquests.

Dial 2-1-1

www.211scc.org

2-1-1 is a free, non-emergency service within Santa Clara County to connect the community with many and varied agencies and programs. Within its service, 2-1-1 seeks to be a resource for professionals, educators and families to access community resources for health, nutrition and physical activity. It is available 24 hours a day, 7 days per week, and has 140 languages available.

PHYSICAL ACTIVITY

The President's Challenge – You're It, Get Fit!

<http://www.presidentschallenge.org>

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.

American Council on Exercise – Operation Fit Kid

<http://www.acefitness.org/ofk>

This youth outreach program site provides resources to increase activity in kids.

Wheelchair Sports, USA

<http://www.wsusa.org>

This site provides activity resources for individuals with disabilities.

Healthy Trails Challenge – Santa Clara County Parks

www.parkhere.org

SCCP has partnered with Kaiser Permanente, SCC Public Health Department, and Steps to a Healthier Santa Clara County to provide a Healthy Trails Challenge to combat the increase in type 2 diabetes, asthma, high blood pressure, heart disease and cancer; as well as to increase participation in nature. The free Healthy Trails Challenge invites families to visit 5 different trails in the County's 21 parks by registering, receiving a detailed park guide, and a gift for Challenge completion in one year.



GARDENING RESOURCES

California Foundation for Agriculture in the Classroom (CFAITC)

2300 River Plaza Drive
Sacramento, CA 95833
Phone: 1-800-700-AITC

<http://www.cfaitc.org>

CFAITC is a nonprofit organization dedicated to providing educational resources to schools to enhance environmental education in the classroom. Contact them with any of your garden or agriculture-related questions.

Cooperative Extension Master Gardener Program

1553 Berger Drive, Bldg. 1 (mail only, walk-in office in Bldg. 2)
San Jose, CA 95112

Phone: (408) 282-3105; Fax: (408) 298-5160

<http://www.mastergardeners.org/scc.html>

This is a volunteer program dedicated to promoting horticulture education in the community. Call for assistance in setting up a garden at your school.

Nutrition to Grown On

California Department of Education Press Office
Phone: 1-800-995-4099

<http://www.cde.ca.gov/re/pn/rc>

(Item #001512, 192 pp., 3-hole punched, \$17.50, 2001)

This curriculum contains nine hands-on lessons, each linking a nutrition education activity with a gardening activity. Included is a matrix indicating correlations to the content standards in math, language arts, science, and history/social science.