

## Coordinated School Health Teams Make A Difference!

### MICHIGAN SCHOOLS ARE CREATING HEALTHIER ENVIRONMENTS TO BE MORE PHYSICALLY ACTIVE AND INCREASE HEALTHY EATING!

The Cardiovascular Health, Nutrition, and Physical Activity Section at the Michigan Department of Community Health is supporting schools to make it easier for students to be physically active and eat healthier. Thirteen funded initiatives in nine school districts are affecting over 10,000 students and their community members. These program, policy, and facility changes were all started by Coordinated School Health Teams. The Teams completed the Healthy School Action Tool (HSAT [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools)), developed an action plan, and made changes through walking paths, fitness courses, physical activity programs, health education modules, new health policies, healthier food choices, and a garden!

**Bath Elementary Students** will learn the basics of growing produce and the science of nutrition with their new school "hoop house" garden. Research indicates that children are more willing to eat foods they have grown themselves.



Students in the **Cass City School District** will be safer as they walk to school thanks to their new sidewalk. The Village did major work and helped stretch the grant money. This is a great example of community cooperation!



Regular physical activity leads to improved health and fitness as demonstrated by a report for **Lakeview Middle School** students and parents. The "Fitness Gram" summarizes each student's fitness level in physical education class and provides an opportunity to set meaningful and individualized goals helping students understand the relationship between physical activity and health.



Students at **Grandview Elementary** are becoming more physically active in their physical education classes with their ten-station outdoor Fitness Challenge Course. They have also added an educational kinesiology program called "The Brain Gym" that helps facilitate learning.

### Healthy Students Learn Better!

**Botsford Elementary, Bath Elementary, and Lakeview Middle Schools** are some of the schools that have created new policies for their lunch programs by increasing healthy choices on their menus, increasing fresh fruits and vegetables, offering healthy choices at sports concessions, creating hands-on making of nutritional snacks, adding "Brain Breaks" healthy snacks to their day, having recess before lunch, and implementing asthma and food allergy plans.

**Adrian Public School District** makes it easier to be physically active and increase fitness levels with Fitness Zone equipment. The equipment is used for physical education classes and is open to the community.

Because of the new outdoor walking path, **Hale Elementary and Middle School** have added "Healthy Kids Class" and "Core Explore" to their physical education curriculum and have also formed walking and running clubs.

**Grand Rapids Central School** has new hands-on Health Science Models. These educational materials relate to nutrition, physical activity, and tobacco and drug prevention. The Science Models allow the students to see a direct link between their own personal behaviors and the physiological effect on their body. Other improvements made include hot food displays, countertop refrigerator units, a traffic rail for students in the cafeteria, and painting of the Health Science Technology classroom.

### Staff are Healthy Role Models

The long winters and short daylight hours in Northern Michigan make exercising outside difficult. The grant funding supported the purchase of several pieces of equipment to target indoor physical education classes and staff wellness for students and staff at **Houghton Lake Middle School**. Staff will now be excellent healthy role models.

### Exercise is fun at Botsford

Climbing is fun at **Botsford Elementary** especially with the new Climbing Wall and Climbing Tunnel. Students are having fun while gaining upper and lower core body strength.

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