

From: Bushong, Linda (MDE) **On Behalf Of** Leikert, Howard J (MDE)
Sent: Thursday, February 07, 2013 3:00 PM
To: MDE-SchoolNutrition
Subject: Weekly News from MDE 020713

A second weekly news...in the same week!! Here is the scoop:

- 1) It's the VIDEO OF THE WEEK!! - Check our Michigan Team Nutrition Stars of the week David Rose, Karie McConkie, and Mandy Sosnowski as they discuss how to get kids to eat more colorful vegetables. Also see chef demo of Stop Light Pepper and Bean Soup at the following link: <http://ow.ly/eqBPI>. For a copy of the recipes click here: http://www.michigan.gov/documents/mde/Meeting_the_Challenge_Recipe_Book_403050_7.pdf.
- 2) Working Together – I asked our Supervisor of the Coordinated School Health and Safety Programs to share some information they just completed work on. The idea is I wanted to link physical activity and nutrition together. The childhood obesity problem needs to be addressed beyond the new meal pattern standards. This document highlights the changes in the revision of Physical Education/Physical Education Model Policy and connects to the Michigan Nutrition Standards Toolkit. We hope you will find this one page document (attached) useful as we connect School Nutrition Programs to Coordinated School Health and Safety Programs.
- 3) School Garden Webinar: Using School Garden Produce in School Food Service, February 12, 2013, at 10 a.m. PT/1 pm ET - Click here <https://www4.gotomeeting.com/register/535577223> to learn more and register. School gardens -- what better way to engage students in healthy eating experiences? Serving garden produce in school food service programs presents new challenges, but it can be done! This webinar will address these challenges and offer specific strategies and recommendations to successfully connect school garden produce with the school food service programs. Hear about great garden successes from New York and Connecticut school districts and these programs' impacts on students and their food experiences.
- 4) LEARS Report – Just a reminder that the LEARS report is due next Friday. Yes, this is earlier than usual...a requirement from USDA. You can find the link to the LEARS report at www.michigan.gov/meis.
- 5) Breakfast in the Classroom – MDE and USDA loves breakfast in the classroom. It has proven to be the most successful way of encouraging students to participate in the School Breakfast Program. We hope more schools adopt this method of nourishing their students at breakfast time. Just one caution...remember the method of counting the meals needs to be accurate. Attendance for a classroom is not the same as counting

meals at the time of service. I do not want to discourage you to serve students in the classroom, just want to make sure you are working with principals and teachers to make it accurate and within the regulations.

- 6) Competitive Food Rule – We were able to watch a USDA Webinar on this topic Tuesday. As I stated earlier, the original document is 160 pages long. USDA has indicated they will make the webinar available to State Agencies within the next week. Once we have that, we will be able to communicate the highlights of the rule more effectively. Remember, this is the proposed rule. You all will have 60 days to comment on it. And the final rule will likely not go into place until the 2014-2015 school year.
- 7) Farm to School Special Announcement - USDA Announces Request for Applications for FY 2014 Farm to School Grants:

Agriculture Deputy Secretary Kathleen Merrigan Wednesday announced the release of a request for applications (RFA) for the latest round of USDA's Farm to School grants. These grants help eligible schools improve the health and wellbeing of their students and connect with local agricultural producers. "USDA's Farm to School grants connect schools with their local farmers, ranchers and food businesses, providing new economic opportunities to food producers and bringing healthy, local offerings into school cafeterias," said Merrigan. "USDA continues to make improvements to the nutrition of food offered in schools, and investing in farm to school programs is yet another important opportunity to encourage our nation's kids to make lifelong healthy eating choices."

This year, three different kinds of grants will be available. Planning grants are intended for schools just getting started on farm to school activities, while implementation grants are available for schools seeking to augment or expand existing efforts. Additionally, eligible non-profit entities, Indian tribal organizations, state and local agencies, and agriculture producers or groups of producers may apply for support service grants in order to conduct trainings, create complementary curriculum, or further develop supply chains, among other activities. Proposals are due at midnight EST, April 24, 2013. To assist eligible entities in preparing proposals, USDA will host a series of webinars related to the application process:

March 5, 2013, 1:00 EST – Planning Grants

March 6, 2013, 1:00 EST – Implementation Grants

March 7, 2013, 1:00 EST – Support Service Grants

The Farm to School Grant Program is part of the Healthy, Hunger-Free Kids Act, which authorized and funded USDA to assist eligible entities, through grants and technical assistance, in implementing farm to school programs that improve access to local foods in eligible schools. The Act provides \$5 million annually to support grants, technical assistance, and the federal administrative costs related to USDA's Farm to School Program. In this funding cycle, USDA anticipates awarding up to \$5

million in grants. Healthier school meals are a key component of the Healthy, Hunger-Free Kids Act, which was championed by the First Lady as part of her Let's Move! Campaign and signed into law by President Obama. The new meal requirements are raising standards for the first time in more than fifteen years and improving the health and nutrition of nearly 32 million kids that participate in school meal programs every school day. Farm to School is one component of USDA's Know Your Farmer, Know Your Food (KYF) initiative, launched in 2009 to coordinate the Department's work on local and regional food systems and create new opportunities for farmers, ranchers, consumers and rural communities.

An interactive view of USDA programs that support local and regional foods, including farm to school and farm to institution, is available in the Know Your Farmer, Know Your Food Compass. The KYF Compass consists of an interactive map of USDA-supported local and regional food projects and an accompanying guide to programs and results. In October 2012, the map was expanded and now includes projects from nine other federal agencies. Farm to School - Learn more at

<http://www.fns.usda.gov./cnd/f2s/> or contact us at farmentoschool@fns.usda.gov.

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Have a great weekend!! Thanks for working through all the challenges we have had this year to help feed our kids. It is appreciated.

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Go to: www.michigan.gov/moecs

Nutrition and Physical Activity: Working Together for Health



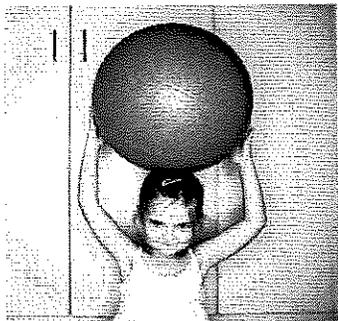
The National Association of State Boards of Education (NASBE) urges schools to take on the issue of childhood obesity because of its public health, economic, and academic impacts. In NASBE's school health policy guide, "Preventing Childhood Obesity: A School Policy Guide," they suggest policies to address two key issues in schools: physical education and physical activity as well as healthy eating.

For many reasons, eating and moving are important parts of everyone's daily life. Eating fulfills a basic need and provides energy for the human body to move, grow, and maintain itself. Eating can also play a major role in social events with family and friends. The ability to move is also central to activities of daily life. Physical activity expends the calories consumed and allows individuals to participate in activities that interest them. Physical activity develops strong muscles and bones; promotes flexibility, strength, and endurance; and prevents many chronic diseases. Nutrition and physical activity can also affect physical abilities, such as athletic performance, and mental abilities that can affect academic achievement.

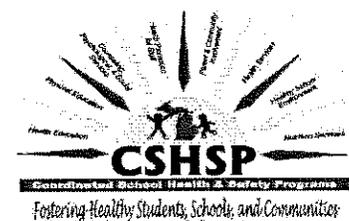
Schools face enormous pressure to raise standardized test scores. This, coupled with financial strain, makes it challenging to take on the changes needed to improve nutrition and physical activity among students. It has been documented that students who practice positive health behaviors, including making healthy nutrition choices and getting appropriate amounts of physical activity, are more likely to get good grades in school.

There is no greater insight into the future than recognizing when we save our children, we save ourselves.

~Margaret Mead



Schools contribute to the basic health status of students by facilitating learning through support and promotion of good nutrition and physical activity. Research continually shows that improved health optimizes student and staff performance potential, thereby improving academic achievement.



Promoting Health Through Good Policy

Physical Education is the academic subject that teaches the skills a student needs to engage in activities that can promote lifelong fitness. Research indicates that young people who are confident in their ability to participate in sports and other physical activities are more likely to be physically active. Physical Education can promote this confidence.

The previous Michigan State Board of Education (SBE) Physical Education (PE) policy was comprehensive and aligned with national guidelines regarding physical education (including instructional periods totaling 150 minutes per week at the elementary level and 225 minutes per week at the secondary level (middle and high school), including students with disabling conditions and those in alternative education programs). However, it was mute on guidelines for physical activity (PA) in schools.

The recently revised and approved PE/PA policy includes more comprehensive guidelines on PE as well as PA in schools, both structured and unstructured, apart from the physical education program, for all students K-12. These guidelines include:

- o Offering at least 30 minutes of moderate to vigorous physical activity during the school day, outside of the physical education class
- o Physical activity may not be denied or used for disciplinary reasons, or to make up lessons
- o All teachers should be trained in how to integrate physical activity into their classrooms
- o Offering at least 20 minutes of scheduled recess and/or daily periods of physical activity breaks incorporated throughout the day for all grades
- o Limiting sedentary time to less than 2 hours at one time
- o Recess before lunch is strongly encouraged
- o Interscholastic or intramural programs
- o Encouraging Active Commuting to School
- o Encouraging Out-of-School Time Activity
- o Encouraging Joint Use Agreements

Physical Activity is any bodily movement produced by skeletal muscles that result in energy expenditure. Exercise is a subset of physical activity that is planned, structured, and repetitive and is done to improve or maintain physical fitness.

You can find the newly revised policy at :
[www.michigan.gov/documents/mde/
Final_SBE_PE_PA_Policy_11_12_405423_7.pdf](http://www.michigan.gov/documents/mde/Final_SBE_PE_PA_Policy_11_12_405423_7.pdf)

DID YOU KNOW??

Michigan has a toolkit designed specifically to help schools improve their nutrition environments. The Michigan Nutrition Standards Toolkit includes resources, tips, and tools for those involved with schools including teachers, administrators, parents, school nutrition professionals, counselors, social workers, school nurses, and community members. It includes success stories from schools and districts throughout the state and a variety of nutrition-related handouts and fact sheets. The Michigan Nutrition Standards Toolkit is a free resource and can be accessed at :

www.michigan.gov/nutritionstandards.