



School Wellness

Newsletter

Stepping Into
the New
School Year

Fall
2015

walk or bike back to school!

Everyone is now back to school—but how are you getting there? Physical activity prepares minds and bodies for learning, and there are a variety of routes to school. Since 2009, Beaverton School District (BSD) has created safer trips to school for students and staff. BSD's Walk+Bike to School Day program began with one school and 60 students. Now, 44 schools in the BSD have Preferred Walk and Bike Maps, enforcement strategies, pedestrian safety classes, and a calendar for monthly Walk+Bike to School Days. Last year, 75% of schools in the BSD participated in Walk+Bike to School Day, involving more than 7,500 students.

BSD uses resources from Oregon's "Safer Routes to School" (SRTS) site for Back to School and Walk+Bike to School Day: www.oregonsaferoutes.org.

Like BSD, the Eugene-Springfield SRTS Program www.eugenesrts.org started from a pilot program at one school with 80 students participating in Walk+Bike to School Day. Today, with three districts including 4J, Bethel, and Springfield, the program aims to reach 60 schools serving more than 30,000 students.

Think about starting small. Try hosting a Walk+Bike to School Day! Afterwards, explore the statewide examples to start choosing your next steps: www.oregonsaferoutes.org/first-steps.



it all starts with a plan

Need resources to encourage active transport to and from school?

A good place to start is an action plan, which you can find at www.oregonsaferoutes.org/first-steps/action-plans-first-step. This is a valuable tool for planning, applying for funding, and enhancing the safety of students traveling to school.

Recommendations from the Action Plan range from infrastructure improvements to programmatic actions (education, encouragement, and enforcement). Programmatic actions are a good place to start, because these can be more easily implemented to raise awareness and improve the safety of walking or biking to school.

ODOT's Transportation Growth Management program has compiled a list of funding resources at www.oregon.gov/LCD/TGM/Pages/walkbikefunding.aspx.

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need physical activity ideas?

The JAM (Just-a-Minute) School Program provides free resources that educators can use to bring health education and physical activity into the learning environment.

Below is a quick (one minute) fitness routine that includes five easy exercises that kids (and staff) can try, either standing at their desk or sitting in a chair.

JAMmin' Minute®

Reps	Exercise Routine: Standing Exercises
10	Legs apart, slight bounce as you reach left then right arm up high
10	Hands on hips, step right foot out, lower and raise
10	Hands on hips, step left foot out, lower and raise
10	Hands over head, lower as if sitting in chair, hold
10	Sit on floor, arms up, big breath out as you reach for toes

For more information and fitness routines, visit: jamschoolprogram.com.

healthy schools for kids.

let's do breakfast, oregon!

Almost one-third of Oregon students are food insecure. This means they live in households where access to nutritious food is uncertain. *Let's Do Breakfast, Oregon!*



encourages students to start their days off right by eating breakfast at school. Partners for a Hunger-Free Oregon, the Oregon Dairy Council, and the Oregon Department

of Education have launched *Let's Do Breakfast, Oregon!* and are encouraging schools to serve breakfast in ways proven

to increase participation: after the bell and at no charge.

During the November School Breakfast Challenge, participating schools will receive toolkits and assistance to engage students and families, and will be eligible to receive prizes for increased participation. For more information or to register by October 15th, please visit

oregonhunger.org/breakfast or contact Katherine Selin at katherine@oregonhunger.org.

committing to community

Joint space use agreements support extended day health & wellness

SUN Community Schools in Multnomah County are neighborhood hubs that provide resources for kids and families. School districts and counties sign intergovernmental agreements allowing SUN free access to school facilities during extended hours. This provides classrooms for youth academics and enrichment activities and for parents to attend Zumba, cooking classes, or to access SUN Emergency Food Pantries.

multco.us/sun/sun-community-schools

jack-o-lantern pumpkin pancakes

Serving Size: 2 pancakes
Yield: 8 servings
Prep time: 15 minutes
Cooking time: 5 minutes

ingredients

1 egg	2 tablespoons brown sugar
½ cup canned pumpkin	1 tablespoon baking powder
1¾ cups non-fat or 1% milk	1 teaspoon pumpkin pie spice
2 tablespoons vegetable oil	1 teaspoon salt
2 cups flour	

directions

1. Combine egg, pumpkin, milk, and oil in large mixing bowl.
2. Add flour, sugar, baking powder, pumpkin pie spice, and salt to egg mixture. Stir gently.
3. Lightly spray a large skillet or griddle with non-stick cooking spray. Heat skillet over medium-high heat (300 degrees in electric skillet).
4. Pour ¼ cup of batter on hot skillet. Use raisins to make a jack-o-lantern face on each pancake while the batter is still wet.
5. Once the edges begin to bubble, flip the pancake over and cook until the bottoms are light brown.
6. Serve with applesauce, fresh fruit, or yogurt. Refrigerate leftovers within 2 hours.

notes

- * No pumpkin pie spice? Use ½ teaspoon cinnamon, ½ teaspoon dry ginger, and 1/8 teaspoon cloves or nutmeg.
- * Try using 1 cup whole wheat flour and 1 cup all-purpose flour for more whole grains!
- * For nutrition facts and other delicious recipes, go to FoodHero.org.

additional resources

Health and PE Updates
To sign up for newsletters www.ode.state.or.us/search/page/?id=1843.

Oregon Agriculture In The Classroom (AITC)
www.aitc.oregonstate.edu

Action for Healthy Kids
www.actionforhealthykids.org

Fuel Up to Play 60
www.oregondairycouncil.org/FUTP60

ODE School Wellness Award Applications:
open Nov-Jan
www.ode.state.or.us/search/page/?id=5390

Walk and Bike to School
Over 200 Oregon schools walk and bike to school www.walknbike.org

about this newsletter

The School Wellness Newsletter is written by members of the Wellness in School Environments (WISE) Workgroup. Members represent the following organizations:

- * Alliance for a Healthier Generation
- * Oregon Public Health Institute
- * Healthy Kids Learn Better
- * OEA Choice Trust
- * OHA, Public Health Division
- * Oregon Action for Healthy Kids
- * Oregon Dairy Council
- * Oregon Department of Education
- * Oregon School Nutrition Association
- * OSU Extension Family & Com. Health



www.actionforhealthykids.org



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