

30+5 Windsor Update Summer 07

30+5 successfully completed our first year! Since our April site visit, we have been working on **Simplifying** as we **Collaborate** with our strong partners within the community. The lessons we learned this past year combined with the wisdom of our technical advisor, Beverly Tyler, continue to move 30+5 forward! We are investing our energy into the areas our program that are working well and that can be sustained in the future. We continue to strengthen our relationships with the schools and with other community organizations. We appreciate the tremendous support we receive from the Windsor Community.

Thank You to those community members who joined us on April 26, 2007 for the Springfield Collaborative Meeting. At this meeting we outlined our plans for 2007-2008 in order to get approval and feedback. The meeting went very well! The following update is a reflection on where we've been and where we're headed!

The following is an update on the work we've been doing!

BMI'S

Results of the School Health Report Card weights and measures are indicated as follows:

Windsor School District	Total # Measured	At Risk	Overweight	Underweight
		BMI 85-95 percentile	BMI > 95 percentile	BMI < 5 percentile
		%	%	%
6 th Grade	40	21	25	2.5
7 th Grade	48	17	17	2
8 th Grade	41	12	27	5

Dietitian Services

Over the course of the year, Elizabeth (Liz) Smurkowski, the 30+5 Windsor dietitian, met with a few students who were referred by one of the Mt. Ascutney pediatricians. This is what Liz has to say about her work:

"My philosophy for nutrition counseling with youth is to make it a whole family approach and focus on lifestyle changes that incorporate increased physical activity and basic, good nutrition. Diets tend to be a short-term solution and my goal is to have clients make lasting changes towards better health and quality of life. The key to making successful nutrition changes is individualizing the information for the client and family.

Ideally, I'd love to work with families over a number of visits, but even a one-time session can clear up questions and confusion that families may have regarding food and nutrition. We work on two or three small, basic goals at a time such as increasing fruits and vegetables or aiming for 3 glasses of low fat milk per day. I work closely with the family and am a resource they can use long after our sessions through telephone calls or email."

During our 2nd grant year, we will continue to reach out to the local health professionals to encourage the utilization of Liz's skills. Fortunately, the **Family and Consumer Science Classes (FACS)** teacher, Nichole Boynton, has welcomed 30+5 into her 7th and 8th grade classrooms. **30+5 program staff** visited FACS classes approximately two times per month to taste test and prepare a variety of healthy and quick snacks with students. During our 2nd grant year, we will implement an eight week curriculum in the FACS classes. 4 of these sessions will focus on identifying, tasting, preparing and cooking fresh and healthy foods (with a focus on fruits and vegetables) and will be facilitated by Nancy Schaefer and/or Elizabeth Brood. Liz Smurkowski, RD will facilitate 4 sessions of experiential nutrition lessons. Liz is also available to work with other 6th, 7th and 8th grade classes to incorporate nutritional concepts into the curriculum. Elizabeth can be reached at (802) 674-7300 option #3.

Cooking with the State Street Sixth Graders: In May 2007, Nancy S, Elizabeth B, Liz S and Donna Ewald (State Street PE teacher extraordinaire) planned and prepared a delicious meal with both sixth grade classes. We hope to work with next year's (2007-2008) 6th graders one time per quarter as well as host an afterschool event for parents to sample the kids' culinary skills.

School Lunch Improvements: In June 2007, Liz, Nancy, and Elizabeth met with Windsor's cafeteria manager, Bob Cerra, and Tom Tanner from Cafeteria Services. At this meeting, we discussed the challenges in operating the cafeteria-as-a-business versus cafeteria-as-a-nutritional outlet for students. It was noted that much of the USDA commodity foods received by the cafeteria are nutritionally inferior. Peanut Butter with high fructose corn syrup and hydrogenated oil (hey-isn't that stuff illegal in some states???)! We were informed of recent and significant changes regarding vending machines and beverage offerings during the lunch period. Liz has enthusiastically offered to assist Bob as he plans his menus and orders snack foods. 30+5 staff presented Bob with a thorough list of healthy snack options that we would like to see offered for a la carte purchase during the 7th and 8th grade lunches.

During the **2007-2008** school year, **30+5 will provide** the following to the Windsor Cafeteria:

25 lbs. of **brown rice** 1x per month
One 3 lb. bag of **Salad Mix** 1x a week
fresh produce 1x per month for a healthy meal day.

Liz, Nancy, and Elizabeth were invited to join **The Windsor School's Wellness Committee**.

Highlights from the June 7th Wellness Committee meeting:

Walking school buses are going well.

Brenda Needham found funding to purchase ERG Machines.

Chuck Fenton is available to come in and work with youth.

SNAP Data Collection system installed in the Windsor school nurse's office.

30+5 will inform Windsor cafeteria employees of future VT FEED workshops.

The Windsor cafeteria is willing to accept and utilize fruit, vegetable and whole grain donations from 30+5.

We discussed the option of offering French fries less often.

Cost and demand are major issues when it comes to serving healthy food. Nutritionally sound foods cost more money and are (in Windsor) in low demand. The cafeteria operates as a business and the school relies on revenue received from the cafeteria sales to fund certain educational endeavors. 30+5 will look into hosting an intern from a local university to work with Bob and analyze the financial implications when more healthy foods are offered in place of the sweet and calorie loaded foods that are current cafeteria staples.

Action Packs and PALs (Physical Activity Logs) and Prizes:

In November, Elizabeth Brood from 30+5 program met most of the 6th, 7th and 8th graders in the Windsor School as she handed out 30+5 Action Packs and signed up students for the PAL Challenge. Of the seventy-five (75) 6th, 7th and 8th graders that signed up to take the 30+5 PAL Challenge, eight (8) students completed their PALs and were eligible for some **super prizes**. In May, winners received: two **Mountain Bikes**, two **iPODS**, and **gift certificates to Olympia Sports**.

For the **2007-2008 school year**, 30+5 will update **Action Packs** and modify the **PAL challenge** to meet the needs of students and PE teachers.

6th graders will be expected to hand in a weekly log of activities and fruit/vegetable consumption. 7th and 8th graders will hand in a bi-weekly log. PE teachers, Donna Ewald (State Street) and Sandy Clary (Jr/Sr High) seem eager to work with 30+5 and their middle school students to encourage participation in the PAL Challenge. The goal of the challenge is to motivate

and inspire middle school students to get out and get active during after-school time. We hope that by offering as an incentive 2 fun filled physically-active **field trips**, we can accomplish our goal.

After School Physical Activity Options:

During the 2006-2007 school year, 30+5 offered two free on site after school events for middle school youth: **Hip Hop Dance and Yoga**. We had some enthusiastic participants for both classes, unfortunately they were not kids from our target group. One of the difficulties found in scheduling after school events is that the middle school 6th grade is released at 3:00 and the 7th and 8th grade is released at 2:20.

Collaboration with the Recreation Center: We have established a partnership with the Windsor Recreation Center and will host future after-school physical activity classes at their facility at a time convenient for all three grades. We will promote these classes through the school and through the recreation center. Next year's 6th, 7th, and 8th graders recently completed a 30+5 designed survey to assess which types of physical activities most appeal to our target group. We are working with Kris Garnjost to compile the results and will select our fall physical activity offerings based on this data.

If there is interest we plan to sponsor a **skateboarding clinic** this summer. Kris Garnjost will be working out the details of this activity.

Scholarships:

We continue to offer scholarships for interested youth to enroll in physical activity classes. We are tailoring scholarships to reflect an individualized health intervention process that will be monitored by 30+5 program staff case-management style. Youth are eligible for up to 1 year of paid enrollment in an activity of their choice through our new scholarship design. For more information, contact Nancy or Elizabeth at 802-885-3744.

Public Information:

Throughout the 2007-2008 school year, 30+5 will provide consistent weekly updates and promotion of 30+5 activities and events through local newspapers and school newsletters in Windsor.

We will be present at the State Street and Jr/Sr High open houses to discuss our program with interested parents.