



Project Healthy Schools News

Winter 2009

A Community-University of Michigan Health System Collaboration

Project Healthy Schools Goals

- Eat more fruits and vegetables
- Make better beverage choices
- Include at least 150 minutes of physical activity each week
- Eat less fast and fatty food
- Spend less time in front of the TV and computer

Top 5 Need-to-Know Items

- **Hurrah!** This winter there are 30 Health Ambassadors assisting with PHS activities in the schools, including parents, graduate and undergraduate students from UM and EMU.
- **PHS teams up with Americore and welcomes recent UM graduate, Aria Everts to our staff!**
- Students were encouraged to walk or ride their bikes to school on Walk to School Day in October.
- **Middle School Boot Camp** is the brand new activity add-on offered at all the PHS schools. Students get into the half hour of exercise and enjoy moving their bodies!
- **www.ProjectHealthySchools.org** is full of information about Project Healthy Schools, from school news to tips for parents to activities

Project Healthy Schools Makes More Happen!

Clague

• The wellness team, including a 7th and an 8th grade student, is helping advisory classes exercise, play games outside, use the PHS activity wheel for brain breaks or participate in advisory tournaments.

• Small groups with similar health interests such as exercise classes or healthy lunch clubs are forming among staff after completing the PHS Wellness Survey.

East

- A school wellness team formed last spring.
- The Walking Club had close to 30 students turn out this past fall.
- PHS activities are now a part of the health class curriculum.

Forsythe

- Kelli Bert is piloting the new Polar heart rate monitors in her PE classes.
- Feedback about PHS from staff and Health Ambassadors has been very positive.

Slauson

- The school wellness team is setting school-wide wellness goals.
- Several advisory (homeroom) classrooms are walking or going to the gym at least once per week.

• November's after school Fun Night included physical activity this year.

Scarlett

- Students voted on healthy food choices and the vending machine is now stocked with their choices.
- Students participated in a fall 5K fun run.
- A breakfast dance where students heard a positive message about breakfast and danced to some fun tunes was a success! Another will occur in March.

• The school wellness team is creating a cookbook with healthy recipes.

Tappan

- A trip to Washington, DC. was awarded to Free the Children (FTC) club members after raising money and awareness about the genocide in Darfur. Members also traveled to Mexico and Arizona to learn about immigration issues, healthy eating, and taking social action, after being recognized as one of the top FTC clubs.
- A school wellness team is meeting and completing a school-wide evaluation.

West

- After an all-school kick-off walk, classrooms walked together and translated their minutes of walking into miles. Seventh graders reached Washington, D.C. first.
- PHS activities are now part of the health class curriculum.

Spotlight On....

Sara Aeschbach

Director of Community
Education & Recreation

Ann Arbor Public Schools



Healthy lifestyles seem to be a passion of yours. Why? There is very compelling information about the urgency to make positive healthy changes. As an educator, I am well aware of the strong connection between school success and students' health.

What changes have you seen in the schools since PHS has been involved?

- Amazing progress has occurred with the Farm to School program. It provides locally grown, farm fresh produce in the cafeterias, and classroom presentations by farmers.
- The Wellness Policy Committee has benefited greatly from the work and input of PHS.
- More and more staff are making healthy choices during the school day, from eliminating junk food rewards to increasing opportunities for physical activity within the school day.
- Many elementary schools now have recess before lunch, which is an idea PHS brought to the table.
- The food we are serving in our school cafeterias is definitely healthier because of PHS. In one year's time, we have **DOUBLED** the consumption of fresh produce in our cafeterias!

Your favorite healthy food?

Salad—experimenting and creating new ones.

Your favorite physical activity?

Walking my dog.

What do you do for fun?

Sewing, reading, movies, and of course, cooking and eating!

PHS Presented at Conferences

A poster entitled, “Addressing Diversity and Sustainability in a Childhood Obesity Prevention Program,” was presented by Jean DuRussel-Weston at the 59th Annual Meeting of the Society for Public Health Education in October, 2008.

A roundtable presentation entitled, “Implementing Project Healthy Schools in a Diverse, Underserved Student Population: Lessons Learned,” was presented by Jean DuRussel-Weston at the 136th Annual Meeting of the American Public Health Association and Exposition in October, 2008.

An original contribution session presentation entitled, “Project Healthy Schools - A Community/University Collaboration,” was presented by Cathy Fitzgerald at the Food and Nutrition Convention and Exposition in October, 2008.

Healthier Foods in our Community

PHS recently hosted a panel discussion connecting healthy eating, community gardens, and access to lower cost produce. Individuals from the Ann Arbor and University community attended to hear from four speakers, including:

- Amanda Edmonds from Growing Hope discussed the connection of people across generational, socio-economic, and racial lines through the Ypsilanti farmers market projects and Growing Hope.
- Sharon Sheldon from the Washtenaw County Health Department spoke of a program that encourages doctors to prescribe fresh produce for financially challenged patients. Doctors can prescribe coupons to patients to buy foods at the local Farmers Market.
- Deb Lentz and Richard Andres from Tantre Organic Farm talked of people reconnecting around the kitchen table. Farming and the preparation of harvested food is used as an occasion to talk to one another.

Overall the event emphasized health benefits achieved by coming together as a community through food and agriculture.

*This newsletter is produced by Project Healthy Schools,
734/975-3063, www.projecthealthyschools.org.*