



# Wellness Newsletter

## Efforts To Go Green

Written by: Brooke Seibert, Dietetic Intern

Not only do we promote the health and well-being of our students at District 87, but we also strive to work towards the well-ness of our environment. Including students in our efforts to be green also teaches them valuable lessons in responsibility!



Debi Katkus a teacher at Bloomington Junior High School (BJHS) shared details about how her school is a leading example of green efforts with the student "Green

Team". Using a Beyond the Books Grant several years ago, the Junior High bought recycling containers. All staff members at BJHS are welcome to use a container which includes pickup services for aluminum cans and plastic bottles. The student Green Team is in charge of picking up the recycling once a week and transferring it to bins outside for the city to collect.

Paper recycling bins can be found along the hallways and in the 6<sup>th</sup> grade classrooms. Some of the recycled paper has been used to create "scratch" notepads for the staff!

BJHS has is also joining alliance with the cafeteria staff to recycle the plastic milk jugs! The cafeteria



collects the jugs and the "Green Team" then rinses and recycles them.

Here is a list of all of the school cafeterias in district 87 that that are making efforts to recycle:

- BHS
- BJHS
- Stevenson
- Washington
- Bent
- Sheridan
- Oakland

## Get Moving!

Written by: Brooke Seibert, Dietetic Intern

We all understand how important physical activity is for our health. These are a few ways Stevenson Elementary motivates their students to stay on their feet!

According to Deb Taylor, a physical education teacher at Stevenson who is also a member of the Wellness Committee, the *Movin' & Groovin' Activity Club*, open to 4<sup>th</sup> & 5<sup>th</sup> graders, is a half hour session that begins with individual/small group activities such as hoops, jump ropes, and stability balls. The second half of



the period involves a large group game such as Secret Football, 2-ball soccer, scooter soccer, or Scores Galore. The students are provided with either a nutrition or physical activity handout at every meeting. On the last day of activity club students receive their certificate of participation and the opportunity to eat a healthy breakfast together in the cafeteria. Stevenson also has the *Frequent Miler Club*, which is

for 3<sup>rd</sup> graders. Once a week during recess, the students that choose to participate will complete laps around the track. Each student has their own personal "club card" and receives a punch on their card for every lap. Every 5 punches equals one mile and the students then receive a chain necklace with a bead representing each lap. Special beads are received at 1 mile, 5, 10, 15 miles. In the winter, 3<sup>rd</sup> graders will also be able to sign up for the *Sherpas Climbing Club*. Students participate in a variety of climbing activities.

### Featured Healthy Recipe

## Harvest Loaf

recipe from [cookinglight.com](http://cookinglight.com)

### Ingredients:

Flour	1 cup
Sugar	3/4 cup
Cinnamon, ground	2 tsp
Baking Soda	1 tsp
Salt	1/4 tsp
Grated: Granny Smith Apple Carrot	1/2 cup each
Walnuts (optional)	1/4 cup
Canola Oil	1/4 cup
Nonfat buttermilk	1/4 cup
Eggs	2

### Cooking Spray

### Directions:

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and the next 4 ingredients (through salt) in a large bowl, stirring with a whisk. Add grated apple, grated carrot, shredded zucchini, and walnuts to flour mixture; toss well. Combine canola oil, buttermilk, and eggs in a small bowl, stirring with a whisk. Add egg mixture to flour mixture, stirring just until combined. Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 50 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack; remove cake from pan. Cool completely on wire rack before slicing.



# Nutrition at District 87

Written by: Brooke Seibert, Dietetic Intern

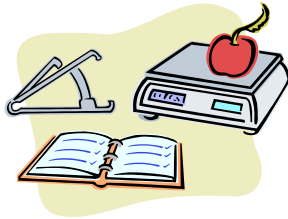


Throughout District 87, staff work to provide students with opportunities to learn more about health through daily food and nutrition.

## The Fresh Fruits and Vegetables Program

(FFVP) at Bent and Sheridan Elementary Schools is a unique

grant opportunity for the students to eat new and favorite fruits and vegetables for free as either a morning or afternoon snack! Some examples of the fresh



produce offered to the children are: jicama, parsnips, persimmons, kiwi, rutabaga, plums, apples, apricots, broccoli, mango, yams, blueberries, and grapefruit. Teachers also support the program by reinforcing nutrition of fruits and vegetables in the classroom. Kim Taber, an instructor at Bent used an apple to teach her class about the layers of the earth. Lisa Wills had her math class at Bent Elementary estimate, compare, and measure the circumference of a pumpkin. For history class, Bent teacher Nick Bussan spoke about the Great Potato Famine that caused many Irish citizens to become immigrants of the United

States.

Even outside of the FFVP, instructors are finding ways to teach about the importance of nutrition. At Bloomington High School, Annmarie Steffen, shared how she incorporates nutrition into her classroom. She stated, "My students in the Exploration into Family and Foods are creating children's books that teach about individual nutrients. Each student picked a nutrient to write about." For example, the Easter Bunny mixed up the Easter Baskets, because he did not eat his carrots and therefore he was lacking vitamin A and his eyes were not good.

## Going Green as a Family

By: Rev. Cheree Johnson, parent Stevenson School, Dist. 87 Wellness Comm. Member

It is not easy to commit to "Going Green". Avoiding excess paper and plastics requires special effort and can sometimes feel like an inconvenience. I must admit, when the PTO at my daughter's school did away with paper agendas as part of their contribution to the 'go green' efforts, I was skeptical. But, their initiative started me thinking about other ways I could positively impact the environment. Certainly, it is not easy to adjust to new and different ways of doing familiar things but when it comes to going green, these ideas helped my family:

### 1) Reducing consumption of bottled water.

We have stopped buying the larger individual bottles of water and gone to a large reusable bottle in the refrigerator. At work, I use a regular, washable cup for water and I've noticed that lots of my colleagues are doing the same.

### 2) No more paper napkins and using less paper towels.

You can't beat the ease of clean up with those but, at home we use cloth napkins which we've found at the area thrift stores which have a wide variety of styles, colors and



designs.

### 3) Reusing paper.

This may not seem like it, but it can actually be a form of recycling. The envelopes that come with bills can be reused for holding receipts and small items that need to be filed. We use the blank backs of fliers and other papers that come home from school for art projects, drawing and making lists. Where you can, it's also helpful to eliminate the amount of paper coming into your home. Just this year, my daughter's school has offered parents the choice to opt out of receiving so many paper announcements and receive them by email instead. Great idea!

## About the Wellness Newsletter



The Wellness Committee is excited to present our first edition of the *Wellness Newsletter*. It will be released semi-annually every spring and fall. The purpose

of this newsletter is to enable the opportunity for the Wellness Committee to work together with schools in District87 to share ideas about wellness-related activities. It is our hope that these ideas will be a great resource for everyone in the community and encourage readers to apply new wellness activities to

their own classroom or home. The newsletter will also be an excellent way to help recognize the efforts and accomplishments of staff related to the well-being of our students.

We encourage the staff of District 87 to share this newsletter with student and send a copy home to the families! The newsletter will also be available on the District website under the Food Service Department

link at: [www.district87.org/esc/foodservice/](http://www.district87.org/esc/foodservice/)

Your input to the newsletter would also be greatly appreciated. Please

submit any wellness-related activities to Julie McCoy, MS, RD, LDN, School Nutrition Director at [McCoyJ@district87.org](mailto:McCoyJ@district87.org). Examples of information that can be contributed to the newsletter are: recycling, healthy food/beverage initiatives, non-food or healthy fundraiser sale items, nutrition and physical education, and more!

**\*Our Wellness Committee meets monthly for 1 hour- please email Julie McCoy at the above email address if you are interested in attending.**