During the August District 87 Academy, ISU Health Education Professors Adrian Lyde and Mark Temple held a training to develop “Wellness Champions” in each of our buildings to further our wellness initiatives. Please take time to ask your wellness champion how you can get involved and to learn about the Wellness initiatives in your school and across the district!

Thanks champions! We couldn’t do this work without you!!

The following are our building representatives:

**BHS:** Rachel Saebens, Michelle Maurer  
**Sheridan:** Amanda Carter  
**BJHS:** Ron Bass  
**Stevenson:** Erin O’Grady; Lyndsay Gloede  
**Bent:** Eric Christian, Kathleen Krones  
**Washington:** Linda Weinzierl  
**Irving:** Lyn Taylor  
**Raymond:** Brenda Weir  
**Oakland:** Sara Stanek

During the Back to School Meeting on August 18th, OSF again provided a blood glucose/cholesterol screening for District 87 staff. New this year was the addition of the Bone Density Scan for women! The purpose of this screening was to bring awareness, education, and resources to the D87 faculty and staff. The screenings are confidential! Additional screening dates can be made available to your school by contacting: Erin.kennedy@osfhealthcare.org
School Health & Safety Policies and Environment

Stevenson Recycling Program
By: Lyndsay Gloede

Stevenson has jumped on the recycle train this year! Lyndsay’s class picks up recycling each day for all of the classrooms. In addition, they have switched from plastic utensils to metal so they can be washed and reused. Large reusable bottles for condiments are being used when possible. They are looking forward to the shoe recycling program. Way to go Stevenson!

For more information, contact:

gloedel@district87.org

Recycle Dumpsters
By: Julie McCoy

This school year, the Facilities and Maintenance Department made a huge step in a “Green” direction! The building dumpsters were decreased in size and recycle dumpsters (single stream) were added to be more cost effective, environmentally friendly, and will set a great example for our students, families, faculty, and staff.

Thanks to all who are making this effort successful!

Health Education

Bulletin Boards
By: Julie McCoy

Christy Bazan’s health education class at ISU creates bulletin boards to raise awareness on various wellness-related topics. This year we are partnering with those students to put up wellness bulletin boards in each of our schools. The wellness champion in each building is working with the ISU students to establish a bulletin board and the students will get a topic up to enhance our knowledge on wellness! Be looking for these bulletin boards!
**Physical Education**

**Flicker Ball**

Ron Bass, BJHS Physical Education Teacher

Flicker Ball, heard of it? Well, it is a combination of football, basketball and ultimate Frisbee. Students have to pass the ball to teammates then try to throw the football off the backboard or in the basket. Grades 6-8th enjoyed this unit for about 2 weeks!

To view more photos, visit:

http://bjhspe87bass.weebly.com/7th-grade-pe.html

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_BHS Students get CPR/AED Certified_

By: Tony Bauman, BHS PE Teacher

Students at BHS currently enrolled in any sophomore thru senior Physical Education class were trained recently in “hands only” CPR and AED use during their PE class. With the help of Advocate BroMenn Medical Center Training Center Coordinator Jan Berlin, all BHS PE teachers were trained in American Heart Association (AHA) CPR and AED instruction. This staff training was a necessary step in order to meet the new Illinois law (Lauren’s Law) requiring high school students to receive training in CPR and AED use. Advocate BroMenn graciously made available over 40 CPR training manikins and 7 AED training machines so students were able to learn and practice the hands on skills which may be able to save a life in a cardiac emergency. While we hope students are never faced with an emergency of this nature, it is reassuring to know that BHS in connection with Advocate BroMenn have helped to provide the skills and knowledge provided by the AHA Chain of Survival that will help make our school and community safer.
Nutrition Services

New Smart Snacks in School Regulations
By: Caroline Moss

District 87 has adopted Smart Snacks guidelines in all of the schools, which state that all foods sold during the school day need to meet nutrition standards. These guidelines guarantee that healthy snacks are served to students. All snacks must now be: \( \leq 200 \) calories, \( \leq 35\% \) of calories from total fat, \( < 10\% \) of calories from saturated fat, contain 0 grams of trans fat, \( \leq 230 \) mg of sodium, \( \leq 35\% \) of weight from total sugars in food. To learn more about the guidelines, visit http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks

New snacks like Smart Grains Cookies are now being offered in schools, which are a whole grain, lower calorie, lower fat, and lower sugar alternative to traditional cookies. District 87’s foodservice staff are also working hard to develop new, fun, and healthy snack recipes, like various whole grain cereal treat bars.

National School Lunch Week at District 87
By: Caroline Moss

National School Lunch Week is October 13-17, 2014. This year’s theme is “Get in the Game with School Lunch,” so sports-related activities will be featured in your school’s cafeteria. If you would like more information about National School Lunch Week, visit http://www.schoolnutrition.org/NSLW2014/.

Plate Waste Study at Stevenson
By: Caroline Moss

Stevenson Elementary School was visited to assess plate waste for fruits and vegetables at lunch time. With the National School Lunch Program guidelines, students are required to take a fruit or vegetable at lunch. This project was designed to see if students are eating the fruits and vegetables. Good News—the majority of students ate their fruit! However, there is room for improvement with vegetables. Encourage your student to eat their vegetables and fruit at school and also at home!

Fresh Fruits and Vegetables Program Presentation at Irving
By: Caroline Moss

Irving Elementary School is a part of the Fresh Fruits and Vegetables Program, where the school received a grant to provide fresh produce to students. Nutrition education is a required component for the program, so Caroline Moss, a dietetic intern from ISU, gave a presentation about how fruits and vegetables promote healthy teeth. The students completed an activity called “Happy Tooth, Sad Tooth”, where they matched fruits and vegetables to the happy tooth, and junk foods to the sad tooth. The students learned that fruits and vegetables are healthy for their teeth and entire bodies.
**School Health Services**

**BHS Health Fair**

By: Deb Morey

The BHS Wellness Committee was excited to host the 1st annual BHS Wellness Fair on October 4th, 2014. There were a variety of participants including:

- Chair massages by Revelations Center
- Pawsitive Stress Free Therapy Dogs
- Paleo Chef—Margaret Cordill provided healthy food and drink samples
- Kabir Center for Health
- Fit-Bodies CrossFit Gym provided exercise demos
- ISU Health Science students provided fun games
- BHS National Honor Society students hosted

Other booths included: Upper Limits, Fitness Connexion, Green Top Grocery, Healthy in a Hurry, Shaklee Vitamins & Supplements, and more!

The event was FREE and open to the public as well as all of the District 87 family. Be on the lookout for an even bigger and better event next year!

For more information or to help next year, contact: Deb Morey at debmorey@aol.com

**School Counseling, Psychological & Social Services**

**Supporting Mental Health at Bent**

By: Janet Reckard, LCSW

At Bent, the social worker will see students whenever a parent or teacher feels that they need the support to talk about their “icky feelings” like being sad, mad, scared, or worried, about any aspect of home or school life. Parent or teacher may also request that the Bent Problem Solving Team convene to brainstorm ideas for supporting students. Members of this team include the principal, social worker, psychologist, regular and special education teachers, PBIS facilitator, or other specialists as appropriate. This may result in any number of creative accommodations, a referral to PBIS supports such as CICO (Check In Check Out), SAIG groups (Social-Academic Intervention Groups), Individual Behavior Plans, or referral to other sources.

At Bent school we try to partner with community resources whenever possible. If a child needs more regular support, we have therapists from both Center for Human Services and ISU Graduate Psych Program that come to campus to see students on a weekly basis, free of charge to parents. We also have a well-used after school mentor program with ISU, as well as IWU student athletes who receive formal training from Big Brother Big Sisters to meet nearly weekly with their “Littles” during lunch/recess. They are coordinated and supervised by the BBBS program. Other IWU athletes who do not have the training are also being utilized in a slightly less structured way as “lunch buddies” to a few students.

**District 87’s School Health Services provide services that promote individual, family, and overall community health.**

**School Counseling, Psychological and Social Services aim to improve student’s mental, emotional and social health.**
Health Promotion for Staff

**Food, Mood, and Exercise!**

*By: Brett Juris and Pam Kouri Chestnut Global Partners*

Many people use food to cope with depression, anger, stress and other emotions. Are you among them? Emotional eating is using food to make yourself feel better, eating to fill emotional needs, rather than to fill your stomach. Unfortunately, emotional eating doesn’t fix emotional problems. It usually makes you feel worse. Click here for tips to manage your emotional eating: [http://www.helpguide.org/life/emotional_eating_stress_cravings.htm](http://www.helpguide.org/life/emotional_eating_stress_cravings.htm).

The good news is that if you’re prone to emotional eating, you can take steps to regain control of your eating habits. The next time you reach for ice cream or other comfort foods, try getting some exercise instead. Go for a brisk walk, jog or bike ride; exercise has shown to improve mood, anxiety and depression and is an integral part of your stress management plan. Click here to learn more about managing stress with exercise: [http://certification.acsm.org/blog/2014/may/learn-how-to-relax-with-exercise](http://certification.acsm.org/blog/2014/may/learn-how-to-relax-with-exercise).

If you would like more information on stress eating and getting more exercise, don’t forget about the free and confidential one time nutrition and/or exercise consultation provided through the Employee Assistance Program (EAP). Call the EAP at 1.800.433.7916 to request a free and confidential, telephonic nutrition and/or exercise consultation.

**Sheridan Wellness Team**

*By: Amanda Carter*

- Sheridan Elementary School has many activities for staff to get involved with:
  - A Menu Board is located outside staff bathrooms to post and share healthy recipes.
  - “Stress Reliever Event” held on Saturday, September 27th. Staff tailgated at the ISU football game. They shared hamburger sliders and snacks. They encouraged bringing water as the healthiest beverage choice!
  - Trail Walks at 4:45 every Tuesday and Thursday (weather permitting) on the Constitution Trail. They begin at Rosa Park in the parking lot.

**Fit Bodies CrossFit: “Three parts to a healthy YOU!”**

*By: Janelle Ragusa*

Have you heard the saying “everything happens in 3’s”? Well…it’s true when it comes to your health! There are three aspects of wellness that need to be properly nourished in order for you to live optimally: your **mind**, your **body**, and your **nutrition**. At Fit Bodies CrossFit we offer support in all three aspects of your wellness! We are excited to announce our newest class UNLOADED! Unloaded is a fun fitness class without the barbell that delivers results!

**Also, did you know?? We offer a D87 25% discount!**

You are meant to thrive…not merely survive. You are the ones who are inspiring our youth – we are here to support and help you to **Be the Change**.

Contact us if we can be of service to you!

For more information visit: [www.fitbodiescrossfit.com](http://www.fitbodiescrossfit.com) or email: info@fitbodiescrossfit.com

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**Toilet Talks**

*By: Julie McCoy*

“Toilet Talk” flyers displaying health promotion information are being displayed in staff restrooms at each school. A new flyer with a different health education topic will be hung each month. Some featured topics include exercise and portion distortion. These are a unique tool to encourage healthy behaviors—check them out!

**Heart Week at ESC**

*By: Julie McCoy*

The ESC will be “Going Red” for Heart Health in a week-long promotion event! The week of February 9-13, 2015, ESC staff will participate in a fun week to promote heart health and overall wellness:

- **Monday**: Wear red dress pins (provided by American Heart Association)
- **Tuesday**: Food day—red/heart healthy theme
- **Wednesday**: OSF will provide scheduled wellness screenings for staff
- **Thursday**: Silly socks & Sneakers day to promote exercise. Will provide walking route map to staff to get in 1 mile!
- **Friday**: Wear red—AHA t-shirts with jeans (cost $10.00/shirt)

Please consider joining us by hosting your own week. For more information on setting up screenings or ordering t-shirts/dress pins, contact:

Julie McCoy: mccoyj@district87.org
309-827-6031 ext. 1023

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District 87 is committed to providing opportunities for staff to pursue a healthy lifestyle, resulting in improved health status, morale, and commitment to the districts overall coordinated health programs.
Family and Community Involvement

Washington Elementary School’s We. Fit. In Kick-Off Sunday, October 26th at Ewing Park

By: Judith Szabo

We.Fit.In is a physical education partnership with the P.T.O. that promotes healthy lifestyles and provides enrichment programs for the entire school! Parents, students, and staff participate in fitness activities and fun physical challenges throughout the year along with raising money through fitness initiatives. Over the five years of the We.Fit.In program, parents have been invited to teach yoga, cross-fit, hula hooping, aerobics, and tennis!

National Walk to School Day October 8th

By: Kerri Calvert, ISU Health Promotion & Wellness

On October 8th, a beautiful sunny fall day, more than 200 students walked, skipped, and ran to Washington and Oakland Elementary Schools as a celebration of International Walk to School Day. Kudos to the PTO’s who partnered with the McLean County Wellness Coalition, for notifying parents, creating walking maps, and designating safe spots for dropping off and picking up children around the busy Bloomington streets.

To learn more about National Walk to School Day, visit www.walkbiketoschool.org

Heartwalk

By: Michelle Maurer

On September 20th, The Drum Line, Cheerleaders and Freshman Football Team lead the Heart Walk again this year.
If you or your school has Wellness-related news, please send to Julie McCoy to be included in our next newsletter or posted to the District website. We have created a Wellness Information link where we can post district-wide Wellness information (Under “About District 87”).

The more we can coordinate our Wellness Efforts across the district, the better impact we can have!