



Project Healthy Schools News

Summer 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!** PHS continues to grow. In the 2009/10 school year, PHS is teaming up with 2 charter schools in the Detroit area.
- Growing Hope collaborated with PHS to sponsor Seed2Plate, an after school group at East and West Middle School that focused on gardening and making healthy snacks.
- Stephanie Tan, from Free the Children, led inspiring workshops challenging students in Free the Children clubs to take action to help others.
- Student input and participation on our School Wellness teams has led to successful school-wide health events!
- PHS is applying for several grants. More soon!



To encourage milk consumption, students at all the PHS middle schools 'painted' on a milk moustache and had their picture taken in front of a Got Milk? poster. Andrew Kaufman from Tappan Middle School is shown above.

Big House Big Heart Run/Walk to Aid PHS

Register for the October 4, 2009 Big House Big Heart run/walk (bighousebigheart.com) to get some exercise and to benefit PHS in 3 ways!

1. PHS receives a minimal amount with every registration!
2. Start a team and raise funds for PHS (Call: PHS at 734/975-3060)
3. Come to the PHS sponsored Pancake Breakfast, 8:30 – noon, at Pioneer High School on Saturday, October 3, 2009. Family and individual tickets are available.

Participate in the 1 mile, 5K or 10K race on October 4, 2009 and finish on the 50 yard line of the Big House! Register today (bighousebigheart.com)

Volleyball Tourney Is a Hit!

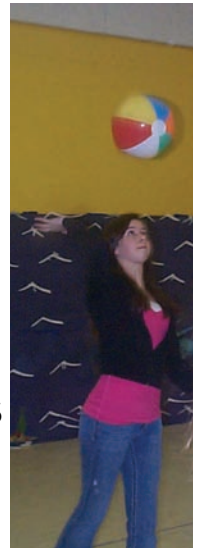
From March through May 2009, PHS helped Clague Middle School students and staff plan an "All School 'Beach' Volleyball Tournament". The goal was to engage as many students as possible, regardless of skill level, in a fun and competitive tournament that increased physical activity and promoted school spirit.

During advisory, (homeroom) the students played a total of 117 games for a total of 2,925 minutes of activity!

A "Final Four" tournament bracket allowed each team to play multiple games. The event culminated with staff members playing grade winners as the entire grade cheered from the stands.

The school's Wellness Team suggested the volleyball event which was then organized by a creative PE teacher, Jacquie Baird Spiher, with help from a PHS Wellness Coordinator. Other people that helped, were the Art teacher, UM student volunteers, student athletes and a service club.

Kelsey Aaronson, who was an eighth grader at Clague, is pictured.



More Students Eating Breakfast in Ypsilanti

This spring Ypsilanti introduced free breakfast for all students at some of schools, with a goal of having all schools on board by the 2009/2010 school year. The PHS wellness coordinator, along with the school board president, school nurse and food service director, researched options and developed a plan.

The decision was to offer in-classroom breakfast first thing each day. Research has shown this to be the most effective way to get the most students to eat breakfast.

One middle school instituted in-classroom breakfast this year. It took about a week for some minor issues to be worked out, but the teachers, students and food service staff saw big benefits from the program. All Ypsilanti students receive free breakfasts because of the district's percentage of students receiving free and reduced lunches. One Ann Arbor district elementary also offers free in-classroom breakfast to its' students.

Snack Contest a Winner

To celebrate National Nutrition Month in March, Tappan's School Health Team encouraged advisories to get creative and submit a snack recipe for the "No Junk in Your Trunk Snack Contest." These guidelines were used:

- No nuts (due to allergies)
- Snacks must include at least 1 of the following: fruit, vegetable, low-fat dairy or whole grain product
- Snacks could have no more than 6 grams of fat per serving

As students looked on, a panel of judges, including orchestra teacher Mr. Demarsh, AAPS Rec & Ed Director Sara Aeschbach, and AAPS Superintendent Dr. Roberts, tasted snack samples and selected the winners. To see all of the submitted recipes, along with the identified grade winners, visit:

http://tappan.a2schools.org/tappan.home/project_healthy_schools.



Enough!, a Life in Action club sponsored by Free the Children and PHS at Tappan, is pictured above with some of the over \$4,000 raised from a penny drive. The funds will provide water for families as part of a Dollars for Darfur campaign. Through an Atkins Foundation grant, PHS introduced Life in Action clubs at 3 Ann Arbor middle schools.

School Ends on an Active Note

Take a look at what was happening in several PHS schools at the end of the school year! PHS wellness coordinators worked with school health team, school staff, PTSOs and parents to make these events occur.

Clague: A 3 mile Fun Run raised \$3000 for a Healthy Initiatives fund at Clague.

Forsythe: Healthy snacks, fresh fruit and granola bars, were organized for the year-end activities.

Scarlett: A school-wide Fun Day included volleyball, dunk-tank, caricature drawings and more.

Slauson: Sixth and seventh graders walked to Vet's Park to swim, play Chicago-style softball, kickball, volleyball and more.

Tappan: Students participated in a one mile fun run followed by outdoor activities including making salsa!

Ypsilanti West: Students walked during class time in May to see which class would, according to a wall chart, get to Mackinaw Island first.