

30+5 Springfield Update Spring 2008

**REMINDER: PAN CONSORTIUM MEETING WED. MAY 14, 3:30-5,
SPRINGFIELD FAMILY CENTER. AGENDA WILL BE 08-9 PLANS**

We have had a fun year working with Riverside Middle School and we are starting to plan for the next year!

The Prescription For Wellness

The Prescription for Wellness Program is a free service for middle schoolers. This program offers a comprehensive network of services designed to foster healthy lifestyle skills. This program includes a 6-month membership to the Southern Vermont Recreation Center, visits twice a week with a personal trainer, visits twice a month with a registered dietician, access to after-school activities, and case management to track progress. We started with a pilot group of seven 7th graders and there currently 5 remaining in the program. We just added a second group of 5 kids. The pilot group has given us great feedback and seems to really be enjoying the program. It has provided them with tools to live a healthier lifestyle while having fun at the same time.

Dietitian Services

In addition to providing her dietician services to the Prescription For Wellness program, Janet Morin, RD presents nutrition education activities to JJ Whitmore's **Family and Consumer Science Classes (FACS)**. Local pediatricians can still refer our target group to Janet for dietician services. 3 have been referred so far this year.

Cooking with the FACS Class

We developed a nutrition education curriculum to present over the trimesters for the 2007-2008 school year. Once a month, the 30+5 staff helps students taste-test and prepare a variety of healthy and quick meals/snacks. Whole-Wheat Pizza with hidden vegetables is always a big hit, as are oatmeal with apples and blueberry pancakes.

30+5 provided the physical education program with a new textbook this year. We hope that this addition will be met with noted improvement with physical activity inside and outside the school.

30+5 Nutrition and Physical Activity Survey Results

30+5 compiled the data from the Survey. See attachment for both Springfield and Windsor results.

School Lunch Improvements

30+5 continues to supplement the school lunch by providing a **leafy salad mix** one time per week. Through a donation from Black River Produce, we offer students a selection of fruit two times time per month.

It is to be noted that the Springfield cafeteria continues to make healthy nutrition changes in the school environment. 30+5 continues to work with the cafeteria through involvement with the nutrition committee.

After School Physical Activity Options

In conjunction with the after school program, 30+5 offered the following physical activity classes to Riverside Youth: a dance sampler for males; dance sampler for females; skateboarding at the skate park.

In partnership with the Southern Vermont Recreation Center and the Riverside After-School program, we offered swimming on Mondays. In total we had 55 kids attend our after-school options. This spring we will once again offer skateboarding with Alex Page (teenage skateboarder extraordinaire.) This class starts on April 28th.

30+5 Summer Options

This summer, 30+5 will offer a variety of activities for middle school youth to attend. We plan to offer hiking, tennis, biking, field sports, yoga, and other options. We will have 2 UVM medical students assist us with this component. We will provide a healthy snack and some nutritional information.

PAN/AHEC Healthy Weight Summit

30+5 and Southern Vermont AHEC are working together to continue our goal to promote life-long healthy eating and exercise habits. We will host our Healthy Weight Summit on **May 1** at the Chester, Vermont **NewsBank Conference Center**. This conference will give participants valuable lessons learned from many of Vermont's most active projects aimed at school food change, increased physical activity at school, and setting new policies that will encourage change. Featuring sessions with 30+5, a physical activity component, Vermont FEED and a school food service panel, a Legislative Policy Panel, and a Vermont Dept of Health and VT Dept. of Education School Policy Panel. A healthy school lunch will be provided by school chef and cafeteria manager, Jack Carroll.

HRSA Performance Review

On February 12th, 2008 Sara Brass met with 30+5 and our key players, she reviewed our program activities and program structure. For this visit we selected to focus on two performance areas:

- A) Improve activity and nutritional environment choices at school.
- B) Increase access to counseling about nutrition and physical activity.

This review process was an opportunity to value the commitment and hard work put forth by our partners, and to acknowledge the progress made to date. The review was also an excellent mechanism to help the group streamline goals and to delegate tasks that will help us to pursue our goals.

30+5 and the Nutrition Committee: This year 30+5 has attended the Springfield Schools' Nutrition Committee meetings. At the HRSA Review, PAN Consortium members suggested that continued progress of school lunch change would best be achieved by broadening participation of this committee. It was also suggested to invite a school board member to attend these meetings.

Nancy Lanoue, Nancy Schaefer and daylyn finnegan also met with school superintendent, Frank Perrotti and school principal, Becky Reed. At this meeting we asked for their support and their suggestions on how we can accompany them in their efforts to offer healthy school foods.

The Springfield School Board Meeting

On April 21, 2008, Nancy Lanoue and Nancy Schaefer attended the school board meeting and asked the board to support our endeavors in the Riverside Middle School. In addition, we asked if someone from the board would join the nutrition committee. Board Members seemed interested in our program and grateful for our work; we may have a member interested in joining the nutrition committee.

The "30+5" Intervention is a Rural Health Services Outreach project dedicated to encourage increased physical activities and healthier food choices. "30+5" is funded by the U.S. Health Resources and Services Administration with matching contributions from consortium partners in the Springfield and Windsor communities.

