

30+5 Windsor Update Spring 2008

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

Prescription For Wellness Program

30+5 is collaborating with Harry Ladue at the Windsor Recreation Center to bring the Windsor children a chance to change their lives. This program for middle schoolers offers a comprehensive network of services designed to teach them what it means to be fit and healthy, which includes two 6-week sessions that meets once a week for an hour with a certified personal trainer, visits with a registered dietician, access to after-school activities, and case management to track progress. This program starts this fall at the Windsor Recreation Center. Please refer interested participants.

Dietitian Services

Liz Smurkowski, RD, CDE, Nutrition consultant 30+5

The 30+5 team continues to visit once a week with the FACS class 7th and 8th graders at the Windsor School. Liz teaches a nutrition lesson and prepares a quick healthy snack. The following week, Nancy and day (30+5 team members) choose recipes that accompany the nutrition lesson from the week before to prepare with the class. As far as referrals from the pediatricians, out of the eight referrals in the past month, two of them have been in the 30+5 target age.

School nutrition update

Liz gave rave reviews of the Wellness Committee meeting in Windsor this spring. It sounds like the parents and staff on the committee came up with some good choices about how to move the school lunch into more nutritious territory. Some ideas suggested were a school garden and Farm-to-School grants. 30+5 plans to discuss next year's plans at the next Wellness Meeting May 29 at 8:00 at the State Street School.

30+5 provides the Windsor Cafeteria weekly with a mixed green salad mix.

In addition, the cafeteria receives a monthly donation of mixed vegetables from Black River Produce. They also continue to use the brown rice we supply. At least twice month, Nancy and daylyn also visit Windsor 5th and 6th grade lunchtime to offer produce taste testing. This produce is generously donated by Black River Produce. Four times a year, we teach healthy cooking to the enthusiastic 6th graders.

30+5 Nutrition and Physical Activity Survey

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

Action Packs and PALS (Physical Activity Logs)

In lieu of Action Packs and PALS, Donna Ewald, the State Street physical education teacher, has created the State Street School Long Trail Challenge for her students, which includes the 6th grade. The challenge is to accumulate (through exercise after school, on weekends, walking or biking to school, etc.) 270 "miles" by May of 2008. One hour of activity is equal to one mile. 6th graders who finish the challenge will be taken on a field trip to the Killington area Long Trail for a day of hiking. 30+5 will accompany the group.

Donna Ewald also ran a winter school program called **Passport to Winter Fun**. In this program, kids received points for engaging in winter activities like sledding, ice skating, and snowshoeing. 30+5 supplied the 6th graders with their passports. 12 kids from Windsor sent in their Passports and qualified for ending prizes beside the incentives given out during the passports (skiing, skating, etc).

After School Physical Activity Options

Starting May 14, 30+5 will sponsor another skateboarding clinic at the Windsor Fairgrounds. Last season's clinic went well. We're hoping for eager participation and will even have skateboards available for those without.

This winter we offered Friday afternoon trips to the Southern Vermont Recreation Center for swimming. The activity was a success with 2 to 13 kids participating each week.

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.

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.

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 and matching contributions from consortium partners in the Springfield and Windsor communities.

