



Coordinated School
Health Team
Bath Elementary

We've Come a Long Way in a Short Time!

A Little Bit of History

In the spring of 2004, concerned parents and teachers came together to start the Bath Elementary Coordinated School Health Team. The team is a group of individuals committed to the health of the elementary-age students. The group includes the physical education teacher, the foodservice director and more than 10 others representing school administration, teachers, and parents. More than a third of the team is made of parents of students in the school.



Our students
eating
more

The team held an 8-hour retreat and completed the Healthy School Action Tool (HSAT) to assess areas of strength and areas for improvement. Results of the assessment are being used to drive programming and encouraging efforts to improve the health of the school environment.

The Coordinated School Health Team created an action plan focusing on three priority areas: school health policies, nutritional food choices, and publicity of Bath Elementary events. The team meets on a regular basis to report progress toward these goals. If you are interested in becoming involved with the Coordinated School Health Team, please contact Mrs. Costello.

In Just the Past Year

Since the team was formed, we have:

- Initiated conversations to change the food sold at Saturday basketball games to promote healthier choices.
- Created a "Wall of Health" which provides articles to parents about the importance of physical activity and healthy eating.
- Held a school-wide fruit and vegetable challenge in March, 2005.
- Added bottled water to the staff lounge with great support from the teachers.
- Improved nutritional offerings:
 - ◆ Snacks on MEAP day were changed to apple slices from Twix bars
 - ◆ Healthier choices are sold as part of the February Post Office
 - ◆ Healthier choices are provided at Kindergarten Roundup
- Sent home descriptions, with student report cards, to parents of what students should be able to know and do regarding physical education at each grade level
- Started gathering information on:
 - ◆ 5 minute brain-breaks for students
 - ◆ The development of written policies for practices already in place
- Implemented Recess before Lunch to improve the lunch atmosphere, food consumption, and the transition back to the classroom
- Inform parents regularly through the school newsletter on team progress and events

In addition, virtually all Bath Elementary classroom teachers have been trained in the Michigan Model Health education curriculum. Many implement lessons at each grade level that teach and reinforce key health concepts related to healthy living. Some of these Michigan Model lessons are reinforced in after school programs such as the cub scouts.

Bath Elementary Coordinated School Health Team Success Stories

The Annual Walk-a-Thon

In May 2004, the Bath Elementary School had its first annual Walk-a-thon. It turned out to be a great day of fun, exercise, healthy eating, and education, as well as fundraising. Approximately 80 students participated in the event and it raised more than \$5500 to support healthy school initiatives. More than ten community health related organizations were involved. Students in the 5th grade class designed the logo used on Walk-a-Thon t-shirts and more than 200 parents and students received t-shirts to continue to promote the message *Stay on Track for Health*. Additional Walk-a-Thons will include the high school marching band and blood pressure checks by the Bath Township EMS.

March Focused on Healthy Eating!

March was National Nutrition month and National Reading Month. The Coordinated School Health Team teamed up with Mrs. Gnagney, the school librarian, and Mrs. Zeeb, the foodservice director, to make it a month of health eating messages throughout the school!

- Students learned about fruits, vegetables and portion sizes, and then challenged each other to see who could eat the most fruits and vegetables in a week – most students averaged more than five servings a day! The winners got a Fruit and Vegetable Party featuring Aunt Mid of Aunt Mid's Produce.
- Think Green – Eat Green was a St. Patrick's Day special event where students learned about the nutrition in green produce and were able to taste the magic of Kiwi!
- The entire school participated in a *Feeling Good* play where students acted out musical scenes regarding healthy eating and physical activity.
- The National Reading Month theme was *Reading Gives You Food For Thought* and books about healthy eating were provided to classroom teachers.
- The school lobby was decorated as a salad bowl and Friday folders contained healthy eating information.
- The school lunch menu featured more fruits and vegetables.

Physical Education Rocks!

Our Physical Education teacher has already spearheaded several school-wide initiatives to support physical activity including:

- ◆ Simultaneously) – with a sun-safety twist! All students receive personal sunscreen with instructions on how to use it while exercising outside
- ◆
- ◆ Jump Rope for Heart grant for physical education class and additional activity programs
- ◆
- ◆ Health) program for 3rd, 4th, and 5th grade students
- ◆ 5th graders
- ◆ promoting milk consumption, healthy eating, and physical activity
- ◆ minute walking program that runs the whole school year.

Thank You MDE and MDCH!

Special thanks are due the Michigan Department of Education and Michigan Department of Community Health. The Coordinated School Health Team applied for and received two grants to implement the HSAT (Healthy School Assessment Tool) and develop plans to improve the physical activity and nutrition environment in the school. With the funds the team was able to purchase prizes for the fruit and vegetable challenge winners, provide books with healthy food and activity messages for National Reading Month, and send six team members to the Eat Healthy + Play Hard = Smart Students conference in Traverse City. We are using the latest grant to put in a school garden, modify the lunch menu to include more fruits and vegetables and a greater variety of choices, paint the cafeteria, research and implement Recess before Lunch, and propose new health policies for the school!