



# Oliver's team talk

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## Teach! TEACHERS' CORNER

### FREE RESOURCES

[www.mypyramid.gov](http://www.mypyramid.gov) – Click on “For Kids”, order classroom materials (curriculum, posters & CD) B&W color sheets, handouts and interactive computer game “Blast Off” (English/Spanish). This site helps kids develop healthy eating and increase physical activity.

[www.squaremeals.org](http://www.squaremeals.org) – Texas Dept. of Agriculture website, click on “Resources and to Order Materials” - choose from educational, display or promotional materials. (English/Spanish) Check out “A Serving of Fun” brochure, which uses common items to illustrate appropriate serving sizes.

[www.dole5aday.com](http://www.dole5aday.com) – Preview 5-a-day resources and order lots of resources - songs, cookbooks, CD games and more.

## Excite! READY, SET, GO!

Does your campus have a 2006-2007 KidLink team developed? Have you volunteered to be a member?

A KidLink team has a representative from all grade levels in addition to the nurse, cafeteria manager, an administrator, librarian, PE teacher, a parent, a community member and a student.

We are providing new resources and exciting training opportunities this year. We want everyone to participate and receive all the new items.

Take the lessons you are already using for math, science, English, reading, etc... and incorporate healthy eating messages and physical activity. We'll show you how. It's easier than you think.

**SMALL STEPS TO BIG CHANGES!**

Make **HEALTHY CHOICES** for Life!

## Activate! MAKE YOUR MOVE

### International Walk to School Day – October 4, 2006

Use Walk to School Day as a way to promote physical activity and obesity prevention and to strengthen the link between families, schools and the community.

Kids need to move. According to the Institute of Medicine, obesity rates among elementary school children have more than tripled over the last thirty years. Being overweight can cause health problems like diabetes, asthma, high blood pressure and heart disease.

**IT'S ABOUT YOUR HEALTH!**

## Motivate! SPREAD THE WORD

**ROLE MODEL** – a person who serves as a model in a particular behavior or social role for another person to emulate

Parents and Teachers, you each serve as role models to your children and students. Read the definition above. A role model doesn't have to be perfect, but he or she should be exhibiting a particular behavior that we want to emulate.

Do you have any unhealthy habits that you want to change? Maybe you never drink water or you watch TV all evening. Share with your child or student your desire to change and invite them to change with you. It's a great way to build those healthy habits together.