



*Oliver Kids Team*  
*Members & Roles*



## Team Member Roles

### *Principal*

Principals serve as mentors and role models to their staff and students. The principal's support of healthy activities is essential for a successful healthy school environment. They can lead by setting goals for the whole school.

### *Role in Health Promotion*

This can be accomplished by shaping their campus by being a role model, creating health policies and implementing small gradual changes on their campus.

As the lead role model for the campus, principals can take a “Do as I do” approach to encourage participation campus wide.

Healthy eating, eating breakfast, and physical activity result in positive effects on scholastic performance, attention in the classroom, and improved attendance.

The principal can support a healthy environment with these ideas:

- Encourage teachers to incorporate healthy messages/increase physical activity in the classroom .
- Schedule campus meetings to discuss healthy events promoting these messages.
- Begin the day with exercise during the morning announcements.
- Participate in the healthy activities and campus events.
- Establish campus guidelines for healthy snacks.
- Implement breakfast in the classroom.
- Visit the cafeteria and acknowledge a healthy breakfast or lunch choice as a positive reinforcement for the students.
- Encourage parents to attend and participate in healthy events.
- A water bottle rather than a sugary beverage on the principal's desk provides a positive message to both staff and students.
- As a reward for good conduct or academic achievements students can be rewarded with prizes that allow the students to be active.



#### **Ideas for Non-food Rewards**

Check the Wellness Ideas section for more examples of healthy activities that the principal can implement to help the students.



- Challenge the principal with a pedometer competition by seeing who has the most steps at the end of the day.

Organize a Healthy Field Day for the students, complete with healthy snacks and drinks. When healthy options, like fresh fruit and vegetables with low fat yogurt dip or frozen fruit bars instead of snow cones, are offered the kids will eat them.

By keeping temptation away, students will not have to struggle with choosing the healthier option, so avoid having choices like chips, candy, or



*Morning exercise:* the school day can begin 5 minutes earlier and during this time the principal can lead exercises to music. This can be done either outside as a school or in the classes through the morning announcement.



### **Create a Staff Wellness Program**

A staff wellness program will allow the staff to begin making the same changes as the students. They can serve as another source of positive role modeling for the students and support each other in reaching their own health goals.

- Ask teachers/staff to volunteer to be in charge of staff wellness.
- Use an existing standing committee to organize the program.
- Ask PTO /PTA/Community partners to donate incentives such as a gift cards for the program.
- Staff can provide each other the consistent motivation required for success.



How to set up a Staff Wellness program



Letter template for donations for physical activity equipment such as jumprobes from nearby stores.

Weight tracking charts, monthly health reminders for inboxes, etc...



### Grade-Level Teachers

Classroom teachers have the biggest influence on children because they have the most contact with them each day. These impressions can be life-long as the kids may spend more time with their teachers than with parents or other family members.

#### Role in Health Promotion

Teachers can play a large role in shaping the eating and exercise habits of their students by being a healthy role model in the classroom. This can be achieved by eating healthy snacks with the students. Snacks can be fruits, vegetables or low-fat dairy items. Invite your students to join you in your healthy habits.

The teacher can discuss with the students why he/she is eating the healthy snack so they can begin to understand why he/she is making healthy choices.

For example:

1. Eating healthy snacks will help you concentrate while in class and get better grades.
2. It will keep your body working well so you don't get sick.
3. Eating healthy foods and drinking water will allow you to play with your friends without getting tired.
4. Eating healthy snacks will help you become a healthy adult, etc.

#### More Ways to Role Model Healthy Behaviors

- Drink water throughout the day instead of sugar beverages
- Enthusiastic participation in morning exercises is another way to get students excited about physical activity.

#### ROLE MODELS

Teachers do not have to have perfect health habits in order to be a good role model. If teachers identify a way in which they could improve their health habits, they can discuss with their students why they are making the change. For example, if a teacher usually drinks soda in the classroom, he/she could switch to water and talk to their students about why drinking water is the healthier choice.



- An additional way to role model is by discussing the teacher’s favorite ways to stay healthy to the class.
- If a teacher likes to take walks afterschool or on the weekends, he/she should discuss this in class and tell the children why they like it and how it is good for her/him.
- The same goes for food. Students look up to their teachers and if they hear about their teacher practicing healthy habits, they may try to emulate their teacher and in the process adapt the same healthy habits.



### *In Class Instruction*

Integrated healthy lessons are provided as part of the Oliver Kids Team manual. These lessons are an easy way to fit in healthy messages and state mandated curriculum guidelines. Any time that organized instruction is not necessary, the gap can be filled using general nutrition worksheets provided. These can be passed out to the students to work on independently and they can later be used to promote class discussion on those topics.

### *Teaching Moments*

Teaching moments are one to two minute periods throughout the day when teachers can talk to their students about a topic and make a connection by relating the topic to their life. This allows the student to better grasp the concepts presented to them.



- Before you take attendance, ask who had breakfast this morning. Encourage everyone to have breakfast the next day.
- Remind your students to have skim milk at breakfast, lunch and dinner.
- Highlight the fruit/vegetable choice each month on the school lunch menu before they take it home and encourage everyone to pick one up for lunch.

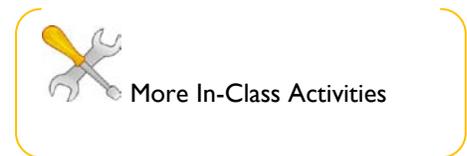


Simple in-class activities will help keep students thinking about how to  
Daily reminders will help sustain change in the classroom.



### Create a **Healthy Snack Chart**

1. Make a monthly classroom chart with student names listed vertically, date listed horizontally.
2. Define a healthy snack – check out [www.dolesuperkids.com](http://www.dolesuperkids.com) for a list of fruits and vegetables. Use the list as a guideline and build from there.
3. Ask the class while taking attendance, “Who brought a healthy snack today?”
4. Each time the student brings a healthy snack, they receive a sticker/checkmark by their name.
5. This chart will allow for time to think about the snacks that the students are bringing and also to reinforce their good habits immediately.
6. At the end of the month, reward those students who brought a healthy snack 75% of the time. (Or you choose what is to be considered the majority of the time, 3 out of 5 days each week, etc)
7. Or you may choose to hold a grade-level competition. The class that has the most participation wins a class reward.
8. Rewards can be special privileges, or small items such as key chains donated by community partners for the individual rewards.
9. If you are holding a grade-level competition, create a “healthy spirit stick” that gets passed to the healthy class winner.





## Auxiliary Teachers

### Art

Art techniques can be used to demonstrate any of the 7 simple healthy messages.

**C**hoose 5-A-Day servings of fruits and vegetables!

**H**ave more water & less sugary beverages!

**O**pt for healthy snacks!

**I**ncrease active play & decrease screen time!

**C**hoose 3-A-Day servings of low-fat dairy products!

**E**njoy a healthy breakfast!

**S**erve a smart portion size!

### Art Gallery Viewing

- When teaching the concept of still life, students can be asked to draw fruits and vegetables.
- Organize an art gallery viewing of the student's still-life work during a PTA meeting or other well attended family night time event.
- Serve cut-up fruit, vegetables and water to your patrons (parents and teachers) as they view the artist's work.



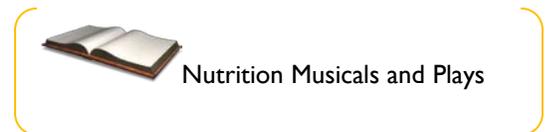
The messages become more concrete visuals which the students can easily understand, especially since they have created them themselves.



### *Music*

In many schools, the music teacher is often in charge of the yearly holiday student performances. Use these performances to incorporate a healthy message into the theme.

Organize plays and musicals which are based on nutrition concepts. (Check out [www.dolesuperkids.com](http://www.dolesuperkids.com) for ideas)



### *Physical Education (PE)*

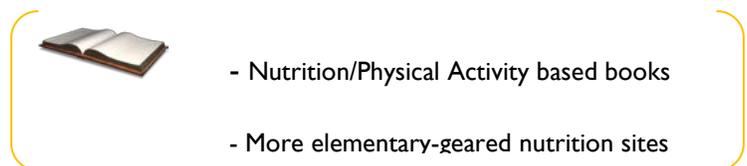
According to the National Association of Sports and Physical Education (NASPE) guidelines:

An elementary school child should accumulate at least 60 minutes of physical activity daily. Several bouts of physical activity lasting 15 minutes or more throughout the day add up quickly. The activity should be age-appropriate and include moderate to vigorous activity. Extended periods of inactivity should be avoided.

Beyond physical activity, the PE teacher is in a prime position to mention and stress the importance of other healthy messages as well.

For Example:

- Emphasize that in order to be strong and energized to play, students need to choose healthy meals and snacks and to stay well hydrated by drinking plenty of water.





- Set-up an obstacle course with stations
  1. At each station place an index card with a physical activity (for example: five jumping-jacks, jump rope for 15 seconds, etc.) on one side and a MyPyramid fact on the other (or other healthy information).
  2. The student must read the card and perform the activity before advancing to the next station.
  3. Encourage the students to do the obstacle course a few times.

### *Librarian*

- As part of a library orientation, ask students to use the computer to find books or on-line encyclopedias with topics such as the Food Pyramid Guide or other health conscious topics.
- Choose a nutrition or physical activity based book to read to the students once during every grading period.
- When learning how to surf the web, students can be directed to go to nutrition based websites, [www.bam.gov](http://www.bam.gov), such as BAM body and mind. There they can play games and learn about what it is to be a healthy person.
- Another activity that can be done is a scavenger hunt. It can be used to allow students to practice their researching skills in which they look up information on why mangos and oranges are nutritious or different games they can play at home to stay active.



- More library based activities



## Cafeteria Managers

The promotion of a healthy school environment is an excellent way for a school cafeteria manager to get more involved in campus activities. Good communication and cooperation between the cafeteria manager, teachers, administrators and other campus staff is important.

### Role in Health Promotion

Meals served under the USDA guidelines must meet nutrient requirements, but students do not have to eat what they are served. Often times they will buy unhealthy snacks, such as chips or candy bars, without touching their vegetables or milk.

There are several things that cafeteria managers can do to encourage students to eat a balanced meal. Visual displays of healthy meals encourage healthy selections by the students. By creating an environment where healthy eating habits are cool and fun, cafeteria managers can help students make changes in their choices. Programs such as contests and rewards can encourage students to make healthier choices at breakfast and lunch.



Contests and incentives are another great way for cafeteria managers to encourage students to eat healthier.

An example of a simple contest would be to:

- select a food group, dairy for example
- select a period of time (one week to one month)
- hold a contest to see which class or grade level participates the most
- reward the winning class or grade with a fruit and vegetable party



One way to track the number of students who take the healthy choice is to hand out popsicle sticks to students at the cash register when they have the product on their tray. Each class then collects their sticks at the end of the lunch period and returns them to the manager. The manager can then track each class's participation.



When doing a contest or other promotion that focuses on a certain food group, it is a good idea to educate students and parents about that food group - send handouts home to parents.



“Benefits of Dairy and Calcium” handout

For example, if your promotion for the week is dairy, send home a sheet on the health benefits of dairy and calcium and encourage teachers to include dairy lessons in the classroom.

Success in these types of promotions and programs occurs when it is supported school wide. This provides continuity from the classroom to the cafeteria, which reinforces the ideas.

The more times the student hears the healthy message at school and at home the better.

Cafeteria managers can develop and enforce policies that encourage consumption of more nutrient dense foods.

For example:

- Create a balanced and healthy meal promotion.
- The tray to the right highlights a balanced meal, complete with all five foods groups.

“Balanced Tray”





## Oliver Kid Team Members

- Use a picture of a balanced healthy tray to illustrate the goal.
- When you “catch” a student with a balanced tray, give him/her a sticker or add their name to a raffle, etc.
- Partner with classroom teachers and lunch monitors to reinforce the concept and to encourage healthy choices from home and the cafeteria.



## Nurses

### Role in Health Promotion

The School Nurse serves as a link between school personnel, family, community, and health care providers.

Nurses are vital in implementing a successful program because they know the problems that students face and can communicate these concerns to the school and parents. Usually nurses are the first point of contact for parents that have concerns about their child's health. Parents usually feel comfortable confiding in the school nurse. Nurses can refer those families to the appropriate person: family physician, counselor or a registered dietitian for nutritional needs.

In most schools, the nurse must take height and weight measurements once a year. Nurses may also gather information on asthma, allergies, acanthosis nigricans or AN (which is a pre-diabetes indicator), cholesterol, high blood pressure and more.

The height and weight can be used to determine the overall weight status of the students. They can also be in charge of recording and keeping track of a students' progress throughout the year. BMI (Body Mass Index) graphing tools which allow nurses to plot a student's specific BMI and send it home to the parents are available online.



### More ways to be an active member of the Oliver Kid's Team:

Create a MyPyramid Road Show.

1. Go to MyPyramid.gov – download or order their free lesson plans.
2. Utilize a cart on wheels that can easily move from class to class. Load the cart with cooking utensils, measuring cups, paper plates, spoons, forks, napkins and all the tools needed to conduct the healthy lessons.
3. Use the MyPyramid lessons to teach the 6 different food categories: grains, vegetables, fruit, milk, meat & beans and oils.
4. Be sure to include physical activity – the person climbing up the side of the pyramid.
5. Create short, 15 minute lessons that you, a volunteer or a teacher can use in the classroom.



## PTO/PTA

### Role in Health Promotion

The PTA/PTO can focus on health promotions by keeping the healthy messages in mind when thinking of ways to fundraise.

For example, the parents can organize a Walk-A-Thon in which people can pledge a certain amount of money for each lap that the student walks. A Walk-A-Thon encourages physical activity while still raising money.

When planning meetings or other events ask the following questions:

1. Is food really needed?
2. Is the meeting before or after dinner hours?
3. If we serve food, are healthy options available?

If food is required at the event or meeting, try healthier snacks and drinks.

- Bite-sized turkey sandwiches with low-fat cheese,
- Fruit and vegetable platters
- Water
- Skip the chips, pizza, and sugary sodas
- When healthy choices are offered, they will eat them!



- More healthy fundraising ideas
- Healthy food for school events



For success, parents need to be part of the school-wide program. By encouraging active practice at home what children learn in school, parents can help reinforce the material. The seven healthy messages need to be sent home and practiced there in order for the lifestyle changes to take place.

### Ways to stay involved:

- Parents can encourage simple changes in their daily routine.
- Menu planning and grocery shopping as a family are great starts to a lifestyle change. Children can write the grocery list.
- Instead of watching TV after dinner, the family can get together and take a walk around the neighborhood. Family walks or bike rides will increase physical activity and create a stronger family bond.
- The PTA/PTO can keep parents informed of what the school is doing to promote the 7 simple healthy messages.

*Choose 5-A-Day servings of fruits and vegetables!*

*Have more water & less sugary beverages!*

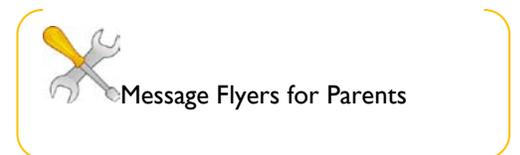
*Opt for healthy snacks!*

*Increase active play & decrease screen time!*

*Choose 3-A-Day servings of low-fat dairy products!*

*Enjoy a healthy breakfast!*

*Serve a smart portion size!*





**More Ways to stay involved:**

- Send out weekly or monthly flyers with students.
- Include the messages in campus newsletters.
- Designate a campus bulletin board as the Oliver Kids Team message board focused on the seven simple healthy messages.
- Distribute the Oliver Kid's Team monthly newsletter: Oliver's Team Talk to Teach, Excite, Activate and Motivate staff and assist with new ideas monthly.