

Fairfield City Schools Health, Wellness,
and Nutritional Updates
2011-2012

David Foster, *Support Services Director*
Paige Gillespie, *Principal East Elementary*
Larissa Smith, *Assistant Principal*
Freshman



***Health & Wellness Activities For
Students***

- Lunch For the Hungry Program
- SADD (Students Against Destructive Decisions)
- Neediest Kids of All Assistance
- Vision, Hearing, BMI Testing
- Intramural Sports for Students
- After School Dance Classes
- Jump Rope for Heart
- FFS Wellness Week



Health & Wellness Activities For Students

- YMCA-Fit Week (designated week per grade)
- Frog Jog (Kid's Race)
- Walk-A-Thons
- 5-2-1-0 Wellness Theme (East Elem)
- *Girls on the Run* Fitness Program (3rd-6th grade)
- Smiles Van (Dental Van)



Health & Wellness Activities For Staff

- American Heart Association Walk
- “Healthy Monday” emails addressing Fitness & Health
- Health Screening & Flu Shots
- YMCA Discount Memberships (Free week offered to all staff)
- Walk for Autism
- Yoga Classes



Health & Wellness Activities For Staff

- Weight Watcher Support Groups
- AWEIGH WE GO! Exercise & Nutrition Program
- Relay for Life (Breast Cancer Walk)
- First Aid & CPR Training offered
- Mini-Heart Marathon Teams
- Flying Pig Marathon Teams



Fairfield City Schools Health, Wellness & Nutrition Committee

- Bridget Behrmann, *Executive Director, YMCA*
- Carol Falk, *Community Member*
- David Foster, *Support Services Director*
- Paige Gillespie, *Principal East Elementary*
- Diana Ivkovich, *Athletic Trainer*
- Maureen Meyer, *Assistant Principal*
- Jan Miller, *School Nurse*
- Chris Skolnik, *School Nurse*
- Larissa Smith, *Assistant Principal*
- Maria Solozza, *Food Service Department*



Health & Wellness Goals For 2012-2013

- District Wide Wellness/Fitness Challenge
- Partner with Health & Wellness Providers
Hospitals, YMCA, Butler County Family & Children First Council
- Continue to seek grants, additional funding
 - ING Grant
 - Neediest Kids of All Grant
 - Legal Aid Society Grant
 - Fairfield Community Foundation Grant
 - Corporate Partnerships
- Expand the 5-2-1-0 Wellness Plan to our Elementaries



Fruits and Vegetables

- Everyone talks about fruits and vegetables, but when it comes to eating them, many of us fall short.
- Help is here!



Limited Screen Time

- Screens are everywhere. In a typical home there may be two televisions, a portable video game, and a laptop or desktop computer.
- Here's how to screen your screens.



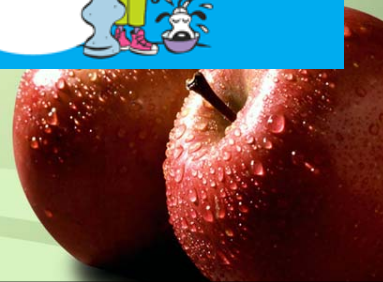
Physical Activity

- **Make every day more active.**
- **One hour daily is a great start, and we have lots of suggestions to keep things lively.**



Beverages

- **Water and milk are still the best choices for family drinks.**
- **And avoiding sugary soda is not as tough to swallow as you think.**



Program for Elementaries

- Divide the units throughout the school year to be completed by the end of March.
- Kick off each unit at a staff meeting (15 minutes).
- Provide packets for the upcoming unit including activities, parent announcements, and research.
- Get excited with fun incentives and give aways!



Exercise with Laurie



Big Ideas

- Afterschool Fitness Program by YMCA
- End of the Year Walkathon/Event
- Community Partner Breakfast
- Family Wellness Rallies
- A Packaged Program for all Elementaries
- Community Involvement



Health & Wellness Activities For Students & STAFF

➤ *Special Thanks to:*

Heather Wells, Executive Director Butler Co.
Family & Children First Council

➤ *Leading the...*

Butler County Cross Systems Training Committee

*Providing Resources for "at risk "student's;
family support and assistance;
training opportunities for Fairfield
City School staff.*



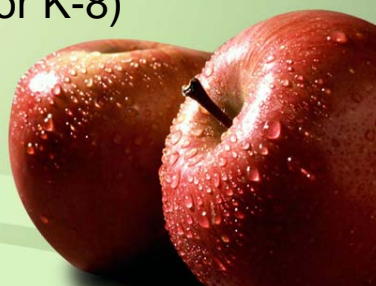
***National School Lunch Program (USDA)
Effective Changes 2012-2013***

- Offer fruit daily-1/2 cup per day
- Offer vegetable daily-3/4 cup per day
- For reimbursable lunch, student must select fruit component or vegetable component; students may select both for no additional charge



***National School Lunch Program (USDA)
Effective Changes 2012-2013***

- A single Food-Based Menu Planning approach
- Half of grains must be whole grain-rich
- Offer daily meat/meat alternatives (2 oz. daily for 9-12, 1 oz. daily for K-8)
- Yearly lunch prices will be based on the “weighted average price calculator” provided by the USDA



Potential Added Cost to Lunch Program

“The Federal mandate will result in extra costs for schools nationwide. Federal officials estimate there will be a 30-cent increase in lunch prices”

(USDA, January 2012)



Potential Added Cost to Lunch Program

USDA Recommended Weighted Average for
Fairfield City Schools 2012-2012: **\$2.64**

Based on October 2011 ODE Report (Monthly Paid Lunches-Paid Lunch Price-Monthly Revenue)

Calculation of how much it will cost per student lunch to provide both a half-cup of fruit and half-cup of vegetables based on current food cost:

.31 cents per meal if they choose both

.18 cents per meal if they take one serving



Potential Added Cost to Lunch Program

Recommendation for lunch prices for the 2012-2013 School Year:

Elementary:	from current \$2.50 to \$2.65
Secondary:	from current \$2.60 to \$2.75
Adult:	from current \$2.80 to \$2.95



Fairfield City Schools Health, Wellness & Nutrition Achievements

➤ **2011 Stellar Award for Best Nutrition Practices**

(One of only 23 districts Statewide to receive this honor)

➤ **American Red Cross Gold Fit-Friendly Company Award**



***Fairfield City Schools
Health, Wellness & Nutrition***

Questions?

