

# + Montana School Wellness in Action

Issue: October 2018

## Don't Miss the School Wellness Workshops in Butte, Kalispell, & Miles City!

Are you interested in learning how a school wellness policy can fuel students to learn and behave better? Or how to support your staff in creating a healthy school environment? Join us to be inspired by school wellness in action!

In fall of 2017, these workshops were held in Billings, Great Falls, and Missoula; now they will occur in Butte, Kalispell, and Miles City!

These free workshops will review the benefits of a strong wellness policy, USDA requirements, showcase best practices, assessment surveys, and outreach tools. 3 hours of OPI Credit/USDA Professional Standards will be available for participants. We recommend bringing a team (2-3 people) from your school community such as administrators, school wellness coordinators, wellness champions, food service directors, educators, health professionals, parents, or community members.

- **November 1<sup>st</sup>, Miles City:** Miles Community College, 2715 Dickinson, Room 106
- **November 7<sup>th</sup>, Kalispell:** Red Lion Hotel, 20 North Main St, Lake McDonald Room
- **November 29<sup>th</sup>, Butte:** Quality Inn & Suites, 2100 Cornell Ave, Big Sky Room

**Each workshop is from 1:00 p.m. to 4:30 p.m.**

**Space is limited, so register now! [Click to register](#)**

If you would like to host a school wellness workshop for your area, Contact Katie Bark, Montana Team Nutrition at [kbark@mt.gov](mailto:kbark@mt.gov) or (406) 994-5641.

[www.montana.edu/teamnutrition](http://www.montana.edu/teamnutrition)



## SHAPE Montana: 150 Pilot Program

The Society for Health and Physical Educators (SHAPE) Montana implemented our 150 program in the fall of 2016 with three schools from across Montana. In part, this program is a response to physical education programs for elementary students being cut all together or cut back severely. Kids are born movers and we know that movement stimulates the brain to learn better. We had to do something!! The goal of the 150 program is to teach and help elementary classroom teachers add more movement throughout the day as a part of, not instead of, the academic subjects taught each day.

We now have 11 pilot schools and with help from Office of Public Instruction (OPI), last year, were able to train 40 classroom teachers. Approximately 25 of those teachers attended our two-day state conference in August of 2018. They were treated to sessions that were full of ready to use activities and information to take back to their schools and implement the first day.

The SHAPE Montana board voted to financially support the program this year and we are busy with our schools once again. After seeing the success (and fun) that the 150 teachers were having, many of our schools now have other teachers wanting to implement the program in their classrooms.

To start this program in your school, contact: Nancy Stock, SHAPE Montana Executive Director: [stock.nancy59@gmail.com](mailto:stock.nancy59@gmail.com), Reg Hageman: [rhageman@helenaschools.org](mailto:rhageman@helenaschools.org). Or, visit our SHAPE Montana website: [www.shapemt.com](http://www.shapemt.com)



Join preschools, schools, colleges and individuals across Montana in celebrating Food Day and National Farm to School Month by crunching into locally and regionally grown apples on

**October 24<sup>th</sup>**  
at 2:00pm MST.

For more information about Montana Crunch Time, to register and receive your guide, visit:

[montana.edu/mtfarmtoschool](http://montana.edu/mtfarmtoschool)

Share your "crunch byte" (video and photos) on social media with

#MTCrunchTime



## + Montana Team Nutrition Program

More information available at [www.montana.edu/teamnutrition](http://www.montana.edu/teamnutrition)  
Montana Team Nutrition Program is housed at Montana State University and works in cooperation with the Montana Office of Public Instruction. The USDA is an equal opportunity provider.  
Newsletter developed by: Aspen Hammer



## Montana State University (MSU) Extension offers Nutrition Education in Eligible Schools

Is your school looking for an educator to provide nutrition education in the classroom setting? MSU Extension's Nutrition Education Program employs local educators across the state that teach a series of nutrition and physical activity education classes to first, third, and fifth grade students in eligible schools through funding from the SNAP-Education and Expanded Food and Nutrition Education Programs (SNAP-Ed & EFNEP).

The series of six classes offered, titled Youth Understanding MyPlate (YUM) aligns with Montana's Health Enhancement and Physical Education standards. Classes are taught by trained nutrition educators. Each class includes:

- Interactive nutrition content based on MyPlate
- Physical activities to get kids up and moving
- Healthy taste tests to reinforce learning
- Family newsletters for students to take home

Local educators are also able to offer adult classes for parents at eligible schools. Adult classes focus on healthy food preparation, stretching limited food dollars, and increasing physical activity. SNAP-Ed educators are also able to serve on school wellness committees, provide technical assistance for Harvest of the Month programs, and partner on Smarter Lunchroom projects.

To see if there is an educator in your area, please visit: <https://buyeatlivebetter.org/classes.html>. Do you want to share healthy, family-friendly, low-cost recipes and wellness fact sheets with parents or guardians to promote health at home? These free resources can be found at <https://buyeatlivebetter.org/>.



MONTANA

### Teaming Up for Success: Connect with a Peer Educator!



Did you know that there is a group of experienced and successful Montana Food Service Directors ready to share their tips and tricks with schools across the state? The [Montana School Food Service Peer Educator Network](#) is designed to bring Food Service Directors together to connect, share, and work on expanding the reach of wholesome and nutritious foods to Montana's kids.

Creating school meals that are healthy, cost effective, USDA compliant, and kid-approved is no easy feat, but with the help of a Peer Educator, even the most daunting task becomes more achievable. Peer Educators are located in regions all over Montana and can provide one-on-one support to nutrition programs via phone, email, or in-person visits. Support can be given on a wide variety of topics such as:

Recipe Development	Smarter Lunchrooms	Personnel Management
Farm to School	Breakfast After the Bell	Menu Planning
Recess Before Lunch	Marketing Strategies	Harvest of the Month

We will help connect you with a Peer Educator that may travel to you, or vice-versa. Funding is available to help cover the cost of travel or substitute pay.

For more information please contact: Katie Bark, Montana Team Nutrition, [kbark@mt.gov](mailto:kbark@mt.gov), (406) 994-5641. The *Peer Educator Network* is supported by [Montana Team Nutrition](#), [Montana No Kid Hungry](#), and the [Montana Office of Public Instruction](#).