



A new school year begins...

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Chuck Kolofer demonstrates a stretch

Do you remember that one special teacher from your own school days? The one that made school exciting - whose class inspired your best efforts? At Prunedale Elementary, that person is Charles Kolofer, our Feature Teacher for the fall semester. At this year's county fair, his students' California Mission models were on display. His class went to Sea Camp, "Walked Across Monterey County" with U.C.

Cooperative Extension, and wrote essays for the publication Monterey County Grows Health.

Room 5 is decorated with artifacts from local native American culture, and as part of the California History class segment, Mr. Kolofer's students prepare dried apples* to understand traditional foods - and to munch! He seems to find integrating curriculum a worthy effort, and he weaves language arts, nutrition and history into a seamless class hour that has

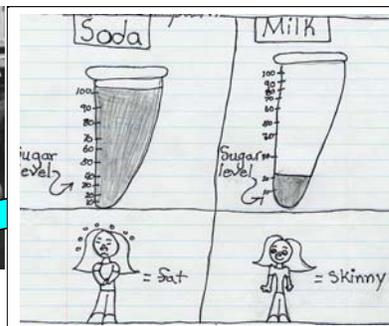
nearly all students on task. (*fresh Watsonville apples, of course!)

A tri-athlete himself, Chuck Kolofer encourages students to be physically active as well. -an example of a teacher who "walks the talk".

Right about now he's gearing up for the new group of fourth graders. This will be a special year for those students.



Mary Campa



Above: Kolfer's class steps out to "Walk Across Monterey County", October '04

Left: A student and her demonstration drawing for Monterey County Grows Health, May '05

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<http://cemonterey.ucdavis.edu/EFNEPI22> - **Youth health priorities interview**; Simón Salinas, California State Assemblymember, in Jul-Aug *Favorite Family Food* <http://www.readtofeed.org/> - "**Children changing the world**" games, curriculum and classroom activities in global issues and solutions to hunger and poverty . www.cdc.gov/healthyyouth/SHI/ **CDC's School Health Index**: a self-assessment and planning tool for school groups developing health programs

Get ready, get set, grow!



A chance for all you quick-thinking green thumbs to get seeds, a drip irrigation system and \$1000-1500 for garden supplies for your school – but you must mail this simple application by September 1, 2005

The Western Growers Charitable Foundation invites schools to apply for school garden funds. Grants of up to \$1,500 are available for supplies and curriculum related to starting or maintaining a garden.

For more information and application instructions, visit www.wga.com.



UCCE and 5aDay encourage active play!

Watch for us together now it's fall



You can get a beach ball or a super snack -

your pick!

Or maybe even a foot bag to kick!



New items for fall...

Let's Get Moving!

Working Together to Promote Active Lifestyles in Young Children Ages 2-7

Activity Cards



Includes User's guide, Activities Handout, Activity Cards, VHS and DVD

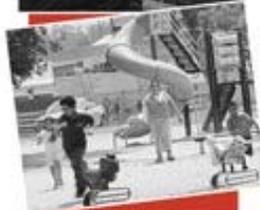
University of California Agriculture and Natural Resources Publication 3494 Project funded in part by USDA, FSNRP

The Fit Families Novela Series

for parents who want the best for their families



Leader's Guide



For use with the videotapes or DVDs:

- Marta's Delicious Snacks
- Cristina's Day of Discovery
- Marisa's Big Move



University of California Agriculture and Natural Resources Publication 3496 Project funded in part by USDA, FSNRP

You asked for it- we have it! Both the DVD and the EXCELLENT activities!



To receive FREE nutrition curriculum & other goodies for your class, call Kathleen at 759.7373



One Student's Story

A new school year begins. The excitement and hope is always the same- perhaps this year will be the year of all "A"s. Maybe this time you'll make the team. In 6th grade Franklyn S. made some important changes in his life. He told us:

"At the beginning of sixth grade I think I was just a regular kid. I ride my bike around the neighborhood every day, and I've been on our school's cross-country team. But I also love to watch cartoons and play electronic games. For hours. I love soda and almost everything sweet.

So- I was a little overweight- just like almost all the kids I know. Our teacher told us it's normal to be a little pudgy at age 11. That we'd grow out of it. Muscles? Well my girl cousin could do more push-ups than me. So what?"

"Then, in 6th grade, I had Mr. Rosser for a teacher. He's pretty athletic. He made us do one whole hour of P.E. a day! One whole hour! The law says you have to have 20 minutes of P.E. a day, but our class did three times that much! He showed us how to do curl-ups, push-ups, pull-ups and crunches.



I guess this got to me because about 3 months ago I quit soda completely. It was my own idea.

I wanted to lose weight and stay in shape. I still crave soda, but I drink sports drinks instead. My favorite still has sugar, but only 14 grams a bottle. Compared to the 39 grams in the soda I used to drink- well it's 26 grams less sugar.

I'd say the benefits are that I am more focused in school. I did lose some weight- and I have more energy to get through the day. My advice to anyone who wants to quit soda is to drink lots of water every day and one sports drink a day. Also, do a fitness routine at least 3 times a week. I do 50 curl-ups, 25 push-ups, 10 pull-ups and 100 crunches. I do the crunches in sets of 10, and rest between.

When I got fit, I just decided to take it further. And now I can do more push-ups than my cousin.



Take it further...

Frank's story is inspiring because it shows that students can take charge of their own health and make positive changes in their lives. His advice to kids who want to give up soda - "drink lots of water and one sports drink a day" makes us smile. It's a good example of a "small step" towards greater health, just as recommended by the USDA.

Their website <http://www.smallstep.gov/> features personal stories and lots of good ideas. How do your students regard these ideas? It's a good topic for classroom discussion in the early part of the day, as an "opener" while kids are getting settled. Be sure to post the great ideas that come from this discussion!

Small Steps to get you started:

- Skip second helpings
- Drink water before a meal
- Do sit-ups while watching TV
- Try a new fruit or vegetable- Ever had jicama, plantain, bok choy, star fruit or winter melon?
- Eat less fast food
- Drink 2 glasses of water instead of soda



School Food *-Legislate it? -*

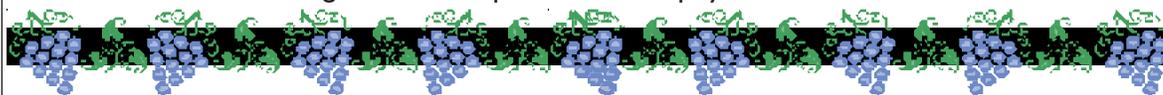


A strong stand against junk food and soda in schools? The State Assembly Education & Health Committees passed two bills at the beginning of July that make this stand. This is a *significant statement* about school health by these legislators.

Escutia's SB 12, the food standards bill, received more health committee votes than her SB 965, the high school soda bill. [This may be because the sale of sodas is still regarded as an important revenue source for schools] These bills move to the Assembly floor in mid-August. If you are a voter, educator or health professional that supports these efforts, make your voice heard! If you have good ideas for school fundraising that don't involve foods or beverages of questionable nutritional value, please send those to EdEx for a future issue.

Or, *let parents deal with it? -*

While school boards and legislatures fight over controversial measures placing strict limits on the sale of candy, soft drinks and fatty snacks in schools, some school districts are trying a new approach that allows families to make decisions about appropriate foods and to monitor their children's' choices. Currently 1,100 school districts are now using a computerized cafeteria checkout system called MealPay that allows students to pay for lunches electronically using a numeric pass code. Soon a history feature will allow parents to log on to their child's account and view what their child bought. The cost? Flexible fee structures include transaction fees paid entirely by parents, entirely by the district, or shared between parents and the district. Does your district have a high level of parental computer literacy? You might want more information - go to <http://www.mealpay.com>



The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools with 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties. Our goal is to encourage students to try many different foods, eat plenty of nutritious fruits and vegetables and enjoy appetizing and nutritious snacks, especially whole grain snacks that they can prepare themselves. Gardening projects help students learn about plant food sources from hands-on experiences.

UCCE offers free on-site workshops, for teachers or staff, free ongoing program support and free curriculum - choose from a variety of educator-developed selections geared toward helping your class to achieve AYP standards. Partner with Youth FSNEP to practice math and language skills for testing using activities with nutrition content.

For more information call Kathleen at 831.759.7373.



Halloween is a perfect time to think about skeletons. Everybody has 'em. UCCE's presentation "Boney Maroni" is a good look at the bones that give our bodies structure.

- What bones do for you
- How you can take care of your bones
- How to make your own meal plan of calcium-rich foods to keep bones hard and strong

Boney Maroni takes 30-45 minutes of class time and is suitable for 3rd to 8th grades. Achieves objectives in Area 5 of CA Science standards at these 4 grade levels.

