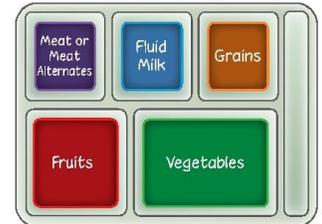


Healthy Schools Healthy Students

Build a Healthy Lunch



Healthy Schools - Healthy Students is an e-newsletter published in partnership with Iowa Team Nutrition and Iowa Partners: Action for Healthy Kids. The monthly newsletters provide information on implementing nutrition and physical activity programs in your school, awareness of upcoming school wellness training opportunities, success stories from Iowa schools working to promote healthy habits in their students and staff. If you would like to submit an article to feature your school or program, please send an e-mail to carrie.scheidel@iowa.gov.

Iowa Team Nutrition: [click here!](#)

Iowa Partners: Action for Healthy Kids: [click here!](#)

Chefs Move to School

The Chefs Move to Schools program, is a part of the Let's Move! Initiative. Sign up your school to express interest in receiving menu ideas from chefs, culinary training and help teaching students about the importance of healthy meals. Partnering with chefs also helps schools build excitement about their school meals programs with students and parents. For more information, [click here.](#)

Upcoming Events

On Tuesday, November 13th, Team Nutrition and Iowa Action for Healthy Kids are partnering to hold a free webinar, Healthy Classrooms, Healthy Students, for elementary teachers that will highlight resources that can assist in creating a culture of wellness in elementary classrooms. Topics will include Pick-a-Better Snack™, in-class physical activity breaks, and the Live Healthy Iowa Kids program.

The webinar will be held from 3:30-4:15pm and can be viewed from a computer that is connected to the internet. When the date gets closer participants who have registered will receive a link to view the webinar and test the software. The webinar will be recorded and a link to the recording will be sent out to everyone that registers after the webinar is held.

[Click here to register!](#)

HEALTHY CLASSROOMS
HEALTHY STUDENTS 

Iowa Dept. of Education
Team Nutrition Program
Grimes State Office Bld
www.educateiowa.gov
phone: 515.281.4758



Hero's Cheesy Challenge Contest

Midwest Dairy Council is partnering with Land O' Lakes to reward Iowa students for engaging in the Hero's Cheesy Challenge contest which encourages healthy eating and physical activity.

- Students create a video of a cheesy meal or snack celebrating a local hero. The hero can be anyone who deserves recognition in the community - such as a teacher, firefighter, war veteran, dairy farmer, mayor, etc.
- Invite a local hero to an honorary reception at your school that showcases students' creative recipes, snacking ideas, or classroom celebration menus which include reduced-fat or reduced sodium cheese as a component. Students video the hero, the event, and the food and submit an entry blank containing a link to their video.
- Contest runs November 1 - December 10, 2012. Midwest Dairy and a panel of judges will evaluate entries. Winners will be notified by December 31, 2012.

For contest details, prizes, and rules, [click here](#).



Super Power Summit

On Wednesday, October 3rd, students from over thirty Iowa middle schools gathered at the Super Power Summit at the State Historical Building in Des Moines. The team from St. Joseph school has posted information on their website, including photos and their plans moving forward. To view the article, [click here](#).



Parents Role in School Lunch

As students transition to healthier options this year parents need to send a positive message that these changes are what is best for them — physically and even academically. Encourage parents to ask their children how lunch was when they come home from school. Regardless of their answer, parents need to shed a positive light on the exciting changes that are going on in the lunchroom. To view the full article, *Parents Role in School Lunch*, by the National Parent Teacher Association President [click here](#).



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