

Success Story



Van Buren Middle School and High School (Van Buren CSD)
HealthierUS School Challenge Awards
2014-15 School Year

Summary

Van Buren Elementary qualified for the Silver Award and Van Buren Middle and High School qualified for the Bronze Award. An awards ceremony is being planned. The HUSSC application process was a collaborative effort led by Kathryn Thompson, Iowa Head RDN at the Academy of Nutrition and Dietetics Foundation. The district received grant funds during the previous school year to contract with Ms. Thompson to assist with the application process. A team of dedicated school staff participated in gathering information for the application. Special recognition is especially due to the school nutrition staff for their efforts in achieving school lunch menu changes.

Success Strategies

Staff involvement is key! It takes input from everyone. The District Wellness Committee composed of a variety of stakeholders at school and in the community is also an important team member. Students continue to be an important part of the decision making process as part of the middle school student wellness council and district wellness committee. Involving students in the decision-making process is vital to success.



Challenges

Lack of time and money are always at the top of the list of challenges for any project.

Results

The district improved nutrition education and physical activity initiatives in each school.

Since offering second chance breakfast, participation has more than doubled.

The wellness policy is now being reviewed every year and results are reported to administrators and the school board. Improvements are made as needed.

Efforts are being made to increase student, staff and community awareness about the wellness policy by posting information on the school website, sending out a monthly newsletter by e-mail to all parents focusing on the wellness policy and sharing community resources, creating posters to hang in classrooms and hallways, and handing out brochures.

Contact

Angela Mitchell, RN, BA
Consultant

Iowa Department of Education
Grimes State Office Building
400 East 14th Street
Des Moines, IA 50319
angela.mitchell@iowa.gov
515-725-2626

Teacher:

Sara Sprouse, BSN, RN
Van Buren CSD
405 Fourth St.
Keosauqua, IA 52565
sara.sprouse@van-burencsd.org
(319)293-3334

Future Directions

- Continue to increase nutrition education and physical activity during the school day in all grades and classrooms.
- Continue to participate in Fuel Up To Play 60 and Team Nutrition initiatives.
- At the elementary level the food service manager set a goal of offering a salad bar and second chance breakfast.

Grant Information

Funding for this project was made possible (in part) by the Centers for Disease Control and Prevention through a cooperative agreement with the Iowa Department of Public Health and the Iowa Department of Education