



2019 SOUTHERN NEVADA SCHOOL WELLNESS CONFERENCE

February 9, 2019, 8:00a.m. - 4:30p.m.
College of Southern Nevada, North Las Vegas

RECESS BEFORE LUNCH: AMAZING SIMPLE WAY TO ENHANCE ACTIVITY, NUTRITION AND BEHAVIOR
Building C - Rm 2631

HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES
Building C - Rm 1682

NUTRITION STANDARDS IN THE WELLNESS POLICY
Building C - Rm 1685

CREATE YOUR OWN SCHOOL WELLNESS POLICY
Building C - Rm 1684

FARM TO SCHOOL AND THE WELLNESS POLICY
Building C - Rm 1674



THANK YOU



2019 NEVADA SCHOOL WELLNESS CONFERENCE

Dayle Hayes, MS, RD

- Facebook
 - [School Meals That Rock](#)
 - [TIPS for School Meals That Rock](#)
 - [Dayle.Hayes.RD](#)
- Twitter
 - [@SchoolMealsRock](#)
- Pinterest
 - [SchoolMealsThatRock](#)
- Instagram
 - [@SchoolMealsThatRock](#)
- Blog
 - [SchoolMealsThatRock.org](#)
- Email
 - EatWellatSchool@gmail.com



2019 NEVADA SCHOOL WELLNESS CONFERENCE

@TWITTER #PARTY

Twitter

[@SchoolMealsRock](#)

[@NVAgriculture](#)

[@FUTP60NV](#)

[@CCSDFoodService](#)

[@ClarkCountySch](#)



2019 NEVADA SCHOOL WELLNESS CONFERENCE

**WHAT'S WELLNESS GOT TO
DO WITH STUDENT
SUCCESS?**

**TODAY AND TOMORROW,
IN THE CLASSROOM AND
BEYOND**



2019 NEVADA SCHOOL WELLNESS CONFERENCE

LOCAL NEWS

One-on-one with Dr. Jara: Superintendent shares plans to make CCSD most improved school district



2019 NEVADA SCHOOL WELLNESS CONFERENCE

Two Take-Home Messages

1. Support the learning connection.

If we want students to be ready to succeed, they must be fit, healthy and well-nourished.

2. Use your community resources.

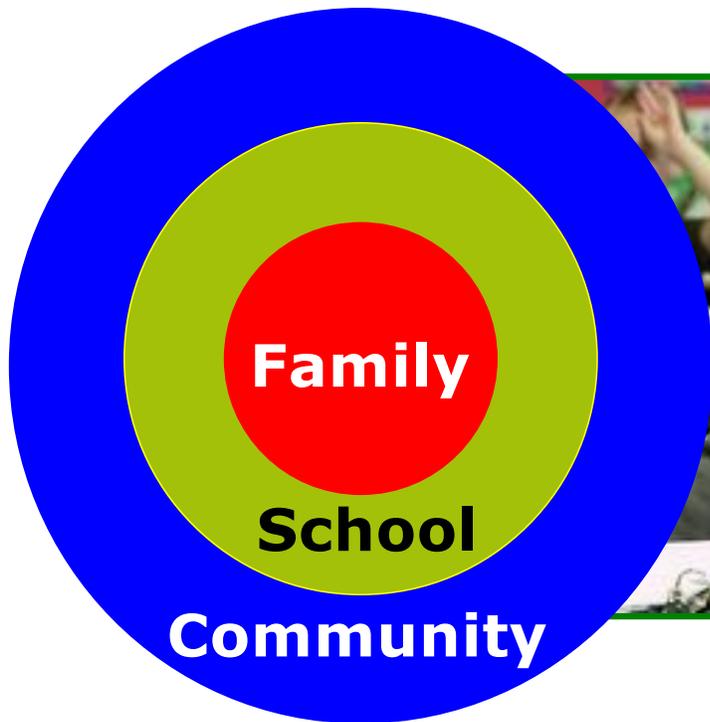
You don't have to do this alone or reinvent any wellness wheels. There are lots of community partners here to help you with resources, grants and training.



Fit, Healthy and Ready to Succeed



Building Healthy Children



2019 NEVADA SCHOOL WELLNESS CONFERENCE



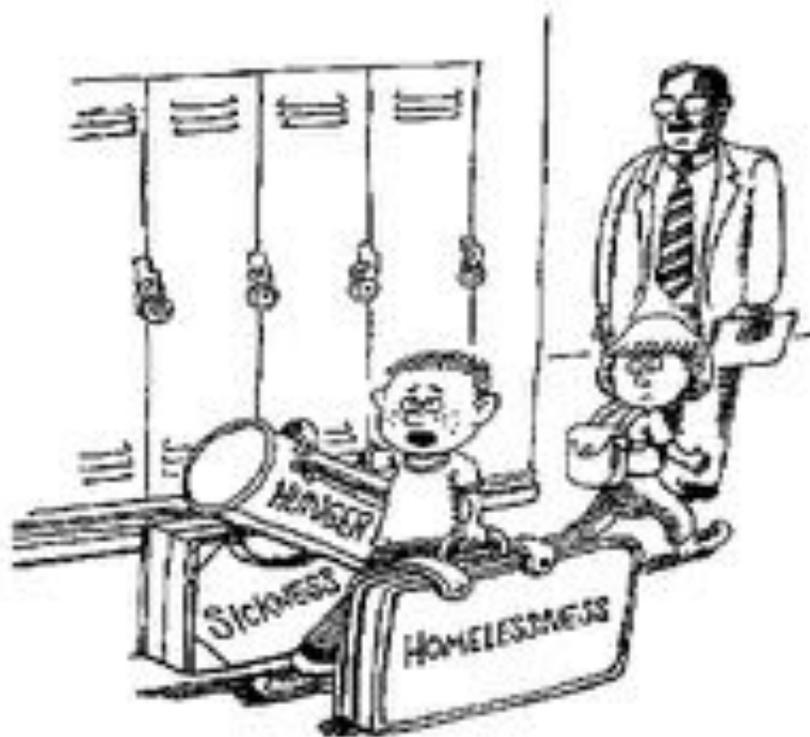
**“We cannot
always build the
future for our
youth,
but we can build
our youth for the
future.”**

Franklin Delano Roosevelt



2019 NEVADA SCHOOL WELLNESS CONFERENCE

**“Could someone help me with these?
I’m late for math class.”**



2019 NEVADA SCHOOL WELLNESS CONFERENCE



I BELIEVE

NO CHILD IN AMERICA
SHOULD GO HUNGRY.



"For some students,
school is the only place
where they get a hot meal
and a warm hug."

-Denise Juneau,
Montana State Superintendent of Public Instruction



LEARNING CONNECTION

EVERY

CHILD

Ready to Learn



2019 NEVADA SCHOOL WELLNESS CONFERENCE

LEARNING CONNECTION

STRONG BODIES,
SHARP BRAINS,
SUPER BEHAVIOR



2019 NEVADA SCHOOL WELLNESS CONFERENCE

EAT HEALTHY

+ PLAY HARD



= SMART STUDENTS

ACHIEVEMENT **GAPS**

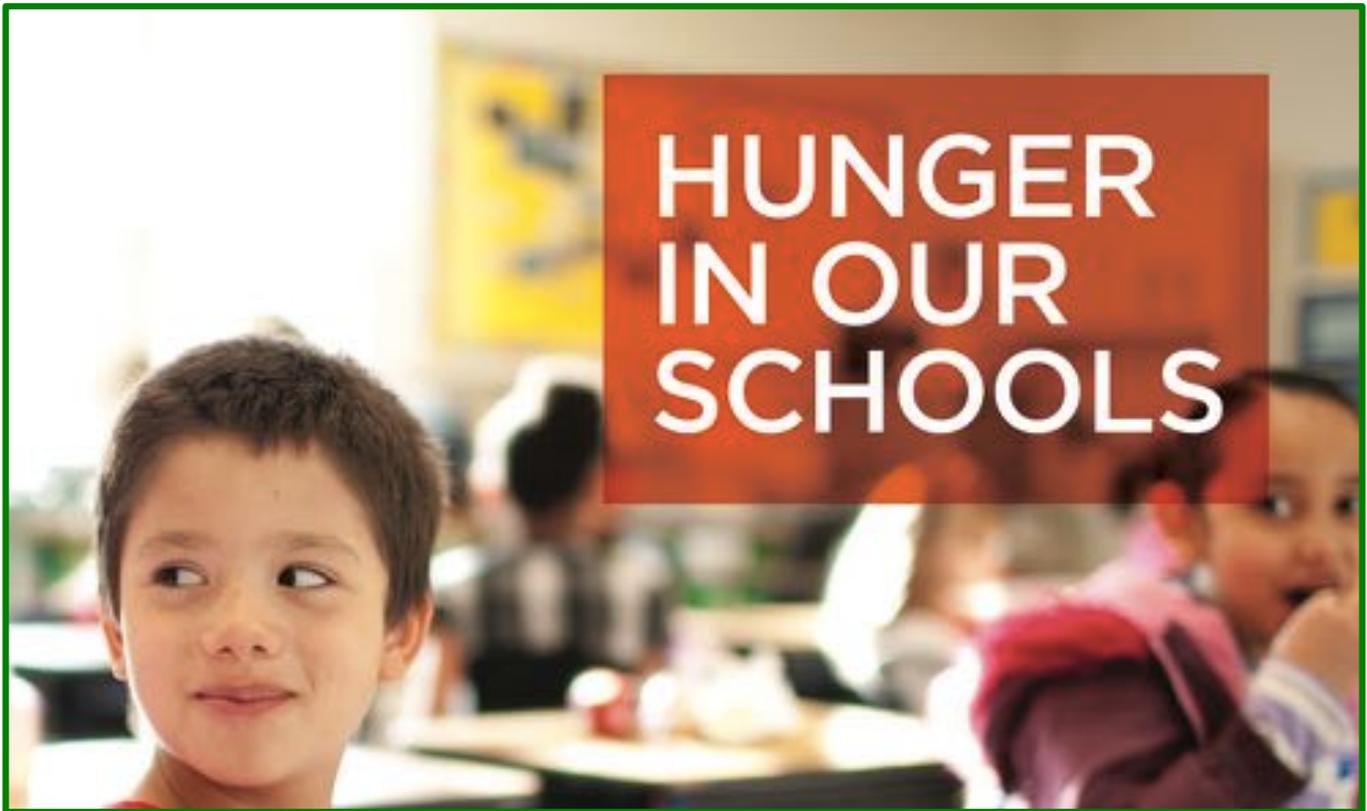


- Tardiness
- Absences
- Test scores
- Stars
- Graduation rates



2019 NEVADA SCHOOL WELLNESS CONFERENCE

FOOD SECURITY **GAPS**



2019 NEVADA SCHOOL WELLNESS CONFERENCE

Food Security

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Promoting Food Security for All Children

COUNCIL ON COMMUNITY PEDIATRICS, COMMITTEE ON NUTRITION

Sixteen million US children (21%) live in households without consistent access to adequate food. After multiple risk factors are considered, children who live in households that are food insecure, even at the lowest levels, are likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently. Lack of adequate healthy food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence. Food insecurity can affect children in any community, not only traditionally underserved ones. Pediatricians can play a central role in screening and identifying children at risk for food insecurity and in connecting families with needed community resources. Pediatricians should also advocate for federal and local policies that support access to adequate healthy food for an active and healthy life for all children and their families.

abstract

FREE



2019 NEVADA SCHOOL WELLNESS CONFERENCE

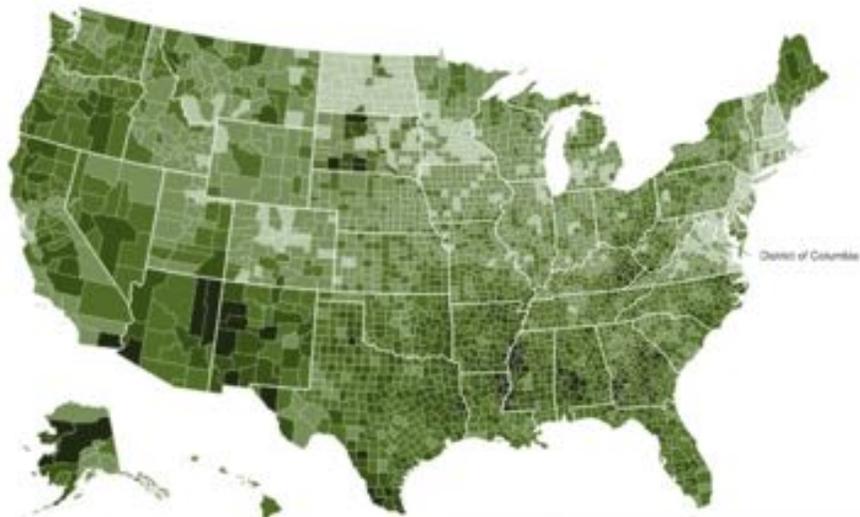
FOOD INSECURITY



Search Need Help Sign Up

DONATE

The United States



2016 Child County Food Insecurity in The United States



FOOD INSECURE CHILDREN IN THE UNITED STATES

12,938,000



FOOD INSECURITY RATE IN THE UNITED STATES (OVERALL)



FOOD INSECURITY RATE IN THE UNITED STATES (CHILD)



ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE CHILDREN IN THE UNITED STATES



20% Likely ineligible for federal nutrition programs (income above 180% of poverty)
80% Income-eligible for nutrition programs (income at or below 180% of poverty)

AVERAGE MEAL COST

\$3.00

ANNUAL FOOD BUDGET SHORTFALL

\$21,122,544,000

FOOD INSECURITY

 **Nevada** 

2016 CHILD FOOD INSECURITY & FOOD COST IN THE US



AVERAGE MEAL COST

 **\$3.01**

National average cost of a meal is \$3.00

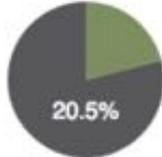
TOP COUNTIES WITH THE HIGHEST CHILD FOOD INSECURITY RATES

- Mineral
- Nye
- Lyon
- Carson city
- Pershing

FOOD INSECURE CHILDREN
138,880



FOOD INSECURITY RATE
20.5%



ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE CHILDREN



37% Likely ineligible for federal nutrition programs (incomes above 185% of poverty)

63% Income-eligible for nutrition programs (incomes at or below 185% of poverty)

FOOD INSECURITY

What is Food Insecurity?

According to the USDA, food insecurity occurs when people lack access to sufficient, safe, nutritious food due to a lack of money or other resources. Consequences of food insecurity, which may be referred to as “hunger or at-risk of hunger,” can include chronic illnesses, poorer educational outcomes, and decreased economic productivity. Although it affects children uniquely, food insecurity is a household problem.

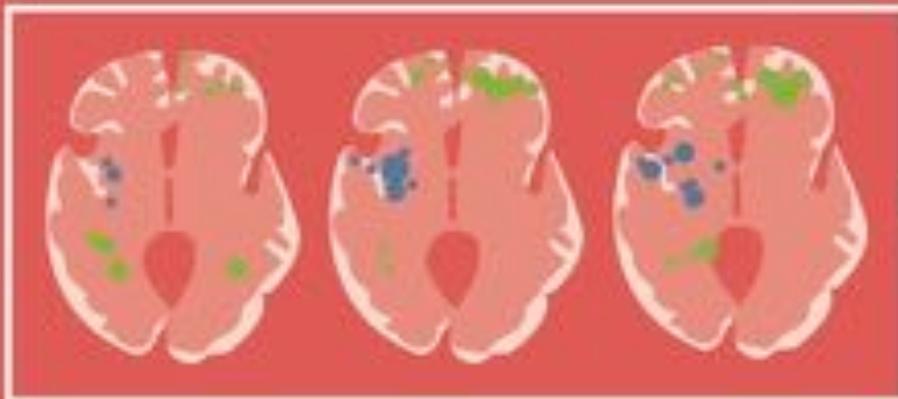


2019 NEVADA SCHOOL WELLNESS CONFERENCE

Food Provides Fuel



Hungry Child
The Mid-Brain
is focused on food
Grouchy
Restless
Anxious



After Eating
The Front Brain
is in working mode
Calm
Organized
Thoughtful
Alert

TOO HUNGRY TO LEARN

Hungry Kids Can't Learn

TEACHERS SAY HUNGRY CHILDREN'S FUTURES ARE IMPERILED

Kids are coming to school hungry.

Not every kid starts the day with a healthy breakfast.

59%

of children from low-income families say they have come to school hungry.

Hungry kids can't focus in school.

46%

of children from low-income families say hunger hurts their performance in school. 12% say that sometimes at night they're too distracted by hunger to do their homework.

Teachers see hunger in their classrooms.



3 out of 4

educators see students who regularly come to school hungry because they are not getting enough to eat at home.

46% of these see hungry students arrive nearly every day.

92%

of teachers are concerned about how hunger impacts their students' ability to succeed.

They recognize the toll it takes.

When their students don't get enough to eat

80%

of teachers see them lose the ability to concentrate.

76%

see poor academic performance.

62%

see behavioral and discipline problems.

47%

see sicker and less healthy students.

They do what they can.



\$300

is the amount of their own money that most teachers spend each year buying food for students. (about \$25 a month during the school year).

59%

of teachers regularly buy food for students who are not getting enough to eat at home.

"My focus is different when I'm hungry. Of course I'm gonna be thinking about food. I'm gonna be thinking about which one of my classmates got food, I'm gonna be thinking about which one of them might share their food."

- DON, AGE 16

School

Meals

Improve

Learning

Environments



NUTRITION GAPS

Scientific Report 2015 Dietary Guidelines Advisory Committee

SHORTFALL NUTRIENTS

VITAMINS A, C, D, and E,

FOLATE, MAGNESIUM,

POTASSIUM, CALCIUM,

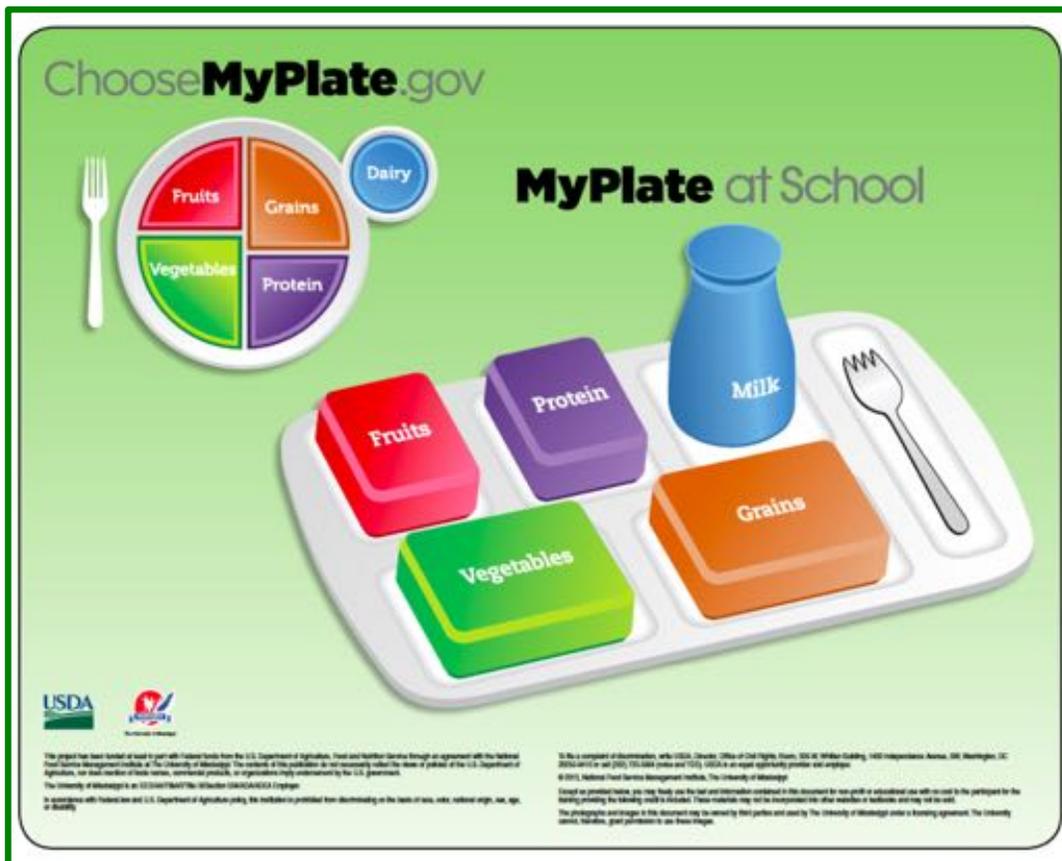
and DIETARY FIBER

(IRON for teen girls/young women)



2019 NEVADA SCHOOL WELLNESS CONFERENCE

School Meals Fill Nutrition Gaps



2019 NEVADA SCHOOL WELLNESS CONFERENCE

SCHOOL BREAKFAST

Nutrients of Concern

Calcium, Vitamin D, Potassium
and Dietary Fiber

SIMPLE SCHOOL BREAKFAST

Whole Grain Cereal/Bread
Milk
Yogurt/Cheese
Fruit/veggies

The screenshot shows the CCSD (Clark County School District) menu website. The user is logged in as Eileen B. Brookman. The 'Breakfast' tab is selected. The menu is organized by day of the week:

11 Mon	12 Tue	13 Wed	14 Thu	15 Fri
Sausage & Cheese Bagel Cereal Fresh Fruit of the Day 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk	French Toast Sticks Chicken Sausage Patty Breakfast Burrito Cranb. Cake Variety Fruit Cup 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk	Whole Grain Breakfast Cinnamon Roll Turkey, Egg & Cheese Burrito Fresh Fruit of the Day 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk	EIF Grahams Greek Yogurt Breakfast Sausage Kaleidoscope Breakfast Syrup Variety Fruit Cup 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk	Turkey, Egg & Cheese Burrito Mini Stuffed Bagels Fresh Fruit of the Day 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk
18 Mon	19 Tue	20 Wed	21 Thu	22 Fri
 Presidents Day - No School	Corn Muffin Sausage & Cheese Bagel Variety Fruit Cup 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk	Cereal Mini Stuffed Bagels Fresh Fruit of the Day 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk	Egg, Bacon and Tot Breakfast Bowl EIF Graham Crackers Cranb. Cake Variety Fruit Cup 100% Fruit Juice Nonfat Chocolate Milk 1% White Milk	EIF Grahams Greek Yogurt Turkey, Egg & Cheese Burrito Fresh Fruit of the Day 100% Fruit Juice 1% White Milk Nonfat Chocolate Milk



2019 NEVADA SCHOOL WELLNESS CONFERENCE

SCHOOL LUNCH

CCSD CLARK COUNTY SCHOOL DISTRICT East Career & Technical Academy

All Menus Breakfast Lunch

11 Mon	12 Tue	13 Wed	14 Thu	15 Fri
Crispy Chicken Fillet Sandwich	Beacon Cheeseburger Nachos	Hot & Spicy Chicken Nuggets (8 pieces)	Cheesy Breadsticks + Marinara Dipping Sauce	Double Cheeseburger
Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad	Ranch Dressing	Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad
Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap	Grab N' Go Crispy Chicken Salad	Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap
Takeout Cheese Pizza	Takeout Pepperoni Pizza	Grab N' Go Spicy Chicken Wrap	Takeout Cheese Pizza	Takeout Pepperoni Pizza
Campfire Beans 1/2 cup	Baby Carrots	Takeout Cheese Pizza	Green Salad + Tomato	Seasoned Potato Wedges 1 cup
Tater Tots 1/2 cup	Ranch Dressing	Mighty Mixed Veggies 1 cup	Ranch Dressing	Fresh Grapes
Fresh Whole Apple	Fresh Clementine	Whole Fresh Pear	Pear Fruit Cup	Fresh Fruit Cup
Raisins	100% Fruit Juice	Granola	100% Fruit Juice	Nonfat Chocolate Milk
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Elf Graham Crackers	Nonfat Chocolate Milk	1% White Milk
1% White Milk	1% White Milk	Nonfat Chocolate Milk	1% White Milk	Assorted Condiments
Assorted Condiments	Assorted Condiments	1% White Milk	Assorted Condiments	
		Assorted Condiments		

18 Mon	19 Tue	20 Wed	21 Thu	22 Fri
 HAPPY PRESIDENTS DAY Presidents Day - No School	Chicken Ranch (8) Sandwich	Hamburger on a Bun	Spicy Chicken Sandwich	Breaded Chicken Drumsticks (2 per serving)
	Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad	Corn Bread Muffin
	Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap	Grab N' Go Crispy Chicken Salad
	Takeout Pepperoni Pizza	Takeout Cheese Pizza	Takeout Cheese Pizza	Grab N' Go Spicy Chicken Wrap
	Baby Carrots	Deli Roaster Potatoes 1/2 cup	Green Salad + Tomato	Takeout Pepperoni Pizza
	Ranch Dressing	Campfire Beans 1/2 cup	Ranch Dressing	Celery
	Mixed Fruit Cup	Fresh Clementine	Fresh Grapes	Ranch Dressing
	100% Fruit Juice	Applesauce Cup	100% Fruit Juice	Fresh Pineapple Spear
	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Cheerios
	1% White Milk	1% White Milk	1% White Milk	Nonfat Chocolate Milk
	Assorted Condiments	Assorted Condiments	Assorted Condiments	1% White Milk

2019 NEVADA SCHOOL WELLNESS CONFERENCE



It's **ONLY** Nutrition **WHEN** They Eat or Drink It



2019 NEVADA SCHOOL WELLNESS CONFERENCE

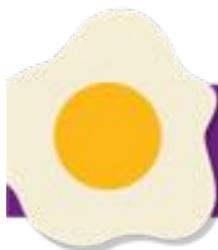
More FUEL into Kids Less Food into Trash Cans!



2019 NEVADA SCHOOL WELLNESS CONFERENCE

BREAKFAST CHANGES LIVES

..... HOW?



KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL



They attend an average of
1.5 more days
per year

DO BETTER IN MATH:



They average
17.5% higher
math test scores

MORE ATTENDANCE



HIGHER MATH SCORES =

20% more likely to
graduate high school



2019 NEVADA SCHOOL WELLNESS CONFERENCE

BREAKFAST and Achievement

*“It can help
you with
your math.
It can help
you with
your brain,”*

1st grader
Jennifer (WY)

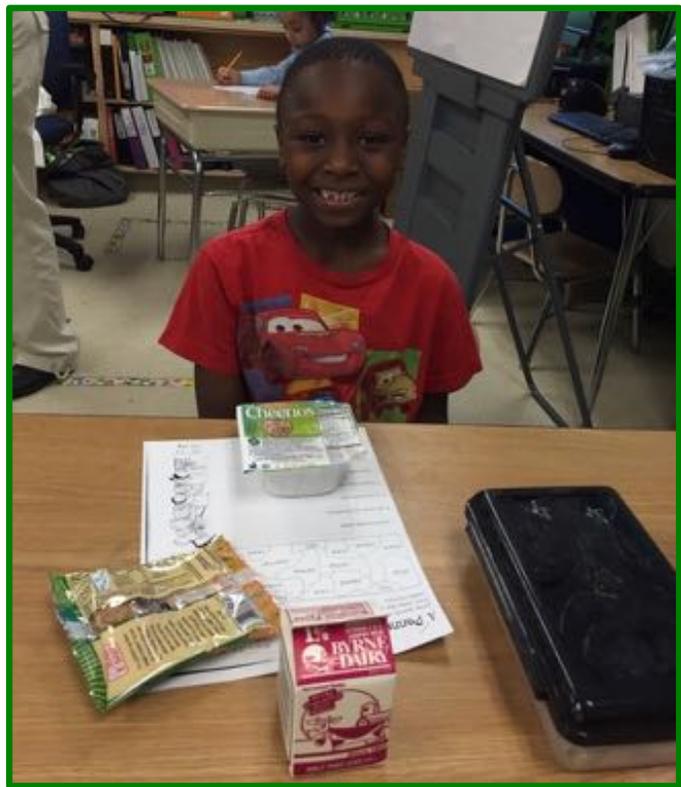


2019 NEVADA SCHOOL WELLNESS CONFERENCE

BREAKFAST and Achievement

***“After I have
breakfast, I
feel good at
listening and
learning,”***

says 1st grader
Byron (NY)



2019 NEVADA SCHOOL WELLNESS CONFERENCE

Morning and Afternoon **LEARNING**

CCSD CLARK COUNTY SCHOOL DISTRICT + Lawrence, Clifford J.

All Menus **Breakfast** Lunch

11 Mon	12 Tue	13 Wed	14 Thu	15 Fri
Sausage + Cheese Breakfast Sandwich	Crumbs Cake	French Toast Sticks	Crunchy Granola Clusters	Egg, Bacon and Tot Breakfast Bowl
Whole Grain Breakfast Cinnamon Roll	Greek Yogurt	Chicken Sausage Patty	Greek Yogurt	Elf Graham Crackers
Cereal	Whole Grain Breakfast Cinnamon Roll	Breakfast Syrup	Whole Grain Breakfast Cinnamon Roll	Whole Grain Breakfast Cinnamon Roll
String Cheese	Egg, Sausage + Cheese Breakfast Sandwich	Whole Grain Breakfast Cinnamon Roll	Egg, Bacon, Cheese & Tot Breakfast Burrito	Sausage + Cheese Breakfast Sandwich
Fresh Fruit of the Day	Variety Fruit Cup	Sausage + Cheese Breakfast Sandwich	Variety Fruit Cup	Fresh Fruit of the Day
100% Fruit Juice	100% Fruit Juice	Fresh Fruit of the Day	100% Fruit Juice	100% Fruit Juice
1% White Milk	1% White Milk	100% Fruit Juice	1% White Milk	1% White Milk
Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% White Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk

11 Mon	12 Tue	13 Wed	14 Thu	15 Fri
Crispy Chicken Fillet Sandwich	Bacon Cheeseburger Nachos	Hot & Spicy Chicken Nuggets (8 pieces)	Cheesy Breadsticks + Marinara Dipping Sauce	Double Cheeseburger
Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad	Grab N' Go Crispy Chicken Salad
Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap	Grab N' Go Spicy Chicken Wrap
Takeout Cheese Pizza	Takeout Pepperoni Pizza	Takeout Cheese Pizza	Takeout Cheese Pizza	Takeout Pepperoni Pizza
Cannellini Baked Beans 3/4 cup	Bitty Carrots	Mighty Mixed Veggies 3/4 cup	Green Salad + Tomato	Seasoned Potato Wedges 3/4 cup
Fresh Whole Apple	100% Fruit Juice	Ranch Dressing	Ranch Dressing	Fresh Grapes
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Whole Fresh Pear	100% Fruit Juice	Nonfat Chocolate Milk
1% White Milk	1% White Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% White Milk
Assorted Condiments	Assorted Condiments	1% White Milk	1% White Milk	Assorted Condiments
		Assorted Condiments	Assorted Condiments	

NV BREAKFAST and LUNCH GAPS

- **Nevada School Districts in 2017/2018:**
 - 57.75% of students were eligible for Free/Reduced Meals
 - Breakfast ADP of 32.25% **GAP = 108,155 students**
 - Lunch ADP of 42.01% **GAP = 72,134 students**
- **Clark County School District in 2017/2018:**
 - 62.24% of students were eligible for Free/Reduced Meals
 - Breakfast ADP of 29.2% **GAP = 107,850 students**
 - Lunch ADP of 47.5% **GAP = 48,114 students**



NV BREAKFAST SUCCESS



School Breakfast Scorecard

School Year 2016–2017

February 2018 ■ www.FRAC.org



III. State Findings

For the fourth year in a row, West Virginia was the top-performing state in terms of school breakfast participation, reaching 85.3 low-income students with school breakfast for every 100 who participated in school lunch, a six point increase over the prior school year.

New Mexico was the only other state to meet the Food Research & Action Center's national benchmark of reaching 70 low-income students participating in school breakfast for every 100 in school lunch, with a ratio of 70.3 to 100.

Ten states — Arkansas, Delaware, Kentucky, Maine, Maryland, Nevada, South Carolina, Tennessee, Texas, and Vermont — as well as the District of Columbia reached at least 60 low-income children with school breakfast for every 100 participating in school lunch, while an additional eight states were less than one point shy of meeting that ratio. Nevada jumped to the seventh-best state, up from 25th last year, serving 13 percent more low-income students, as newly eligible schools implemented breakfast after the bill programs to meet the requirements included in state legislation that was enacted in the 2015–2016 school year.

Top 10 States: Ratio of Free and Reduced-Price School Breakfast to Lunch Participation, School Year 2016–2017

State	Ratio of Free and Reduced-Price Students in School Breakfast per 100 in School Lunch
West Virginia	85.3
New Mexico	70.3
District of Columbia	67.7
Vermont	66.2
Kentucky	65.0
Tennessee	65.0
Nevada	63.9
Arkansas	63.8
Maryland	63.3
Texas	62.8

Legislation has been instrumental in achieving sustainable success in the District of Columbia, Colorado, New Mexico, Texas, and West Virginia as well as Nevada for requiring high-poverty schools to implement best practices — breakfast after the bell, free breakfast to all students, or both — to ensure all children in those schools have access to school breakfast.

Top 10 States Based on Percentage Growth in the Number of Free and Reduced-Price Breakfast Participants, School Year 2015–2016 to School Year 2016–2017

State	Percent Increase of Free and Reduced-Price Students in School Breakfast Program
Nevada	12.7
Massachusetts	7.9
New York	6.1
West Virginia	5.9
Alaska	5.8
Louisiana	5.5
Virginia	4.5
Vermont	4.1
North Dakota	3.4
Pennsylvania	3.0

Six states — Alaska, Louisiana, Massachusetts, Nevada, New York, and West Virginia — saw an increase of at least five percent in participation in the 2015–2017 school year, compared to the prior school year. New York state saw an increase of over 37,000 students — with more than 20,000 additional students participating in New York City in the 2016–2017 school year, compared to the prior school year. This is due to the New York City Department of Education's multi-year rollout of a districtwide breakfast after the bell program. Participation is expected to continue to grow in the 2017–2018 school year, when all schools in the district will be required to make breakfast a part of the school day.



2019 NEVADA SCHOOL WELLNESS CONFERENCE

BREAKFAST & ACHIEVEMENT

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nevada Middle School Survey Risk Behaviors and Academic Achievement Report

**Total
Dietary Behaviors:**

Health Risk Behavior	Percentage of students who engaged in each risk behavior, by type of grades mostly earned in school				Significant Association ^a
	A's	B's	C's	D's/F's	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	
Q140: Percentage of students who did not eat breakfast (during the 7 days before the survey)	7.5 (4.3-12.7)	11.9 (8.5-16.3)	12.9 (9.7-16.9)	17.8 (12.2-23.2)	No
Q1817DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)	52.3 (47.3-57.2)	49.3 (43.8-54.9)	42.9 (37.8-48.1)	31.6 (20.6-45.2)	Yes



2019 NEVADA SCHOOL WELLNESS CONFERENCE

ACTIVITY GAPS



2019 NEVADA SCHOOL WELLNESS CONFERENCE

INACTIVITY

Youth trends all heading
in the wrong direction:

- More screen time entertainment, less active play at home
- Less physical education, more desk time at school
- Fewer walks to school, more rides in cars
- Girls less active than boys
- Weekend less active than weekdays



2019 NEVADA SCHOOL WELLNESS CONFERENCE

INACTIVITY

Ok, so you're 10 years old, you have a laptop, iPhone, Facebook and an Instagram....

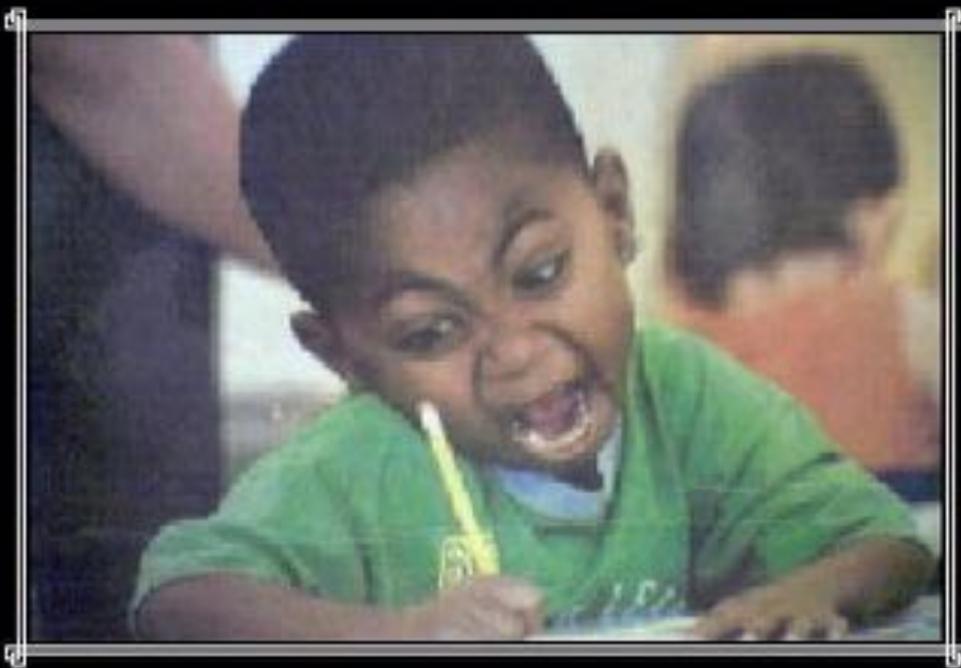


Dude, when I was 10 I only had 1 thing to play with...

It was called "OUTSIDE."



INACTIVITY



So, you're telling me I gotta sit in this chair all day and don't get recess? Excuse me while I misbehave in class.



2019 NEVADA SCHOOL WELLNESS CONFERENCE

THE MORE THEY BURN THE BETTER THEY LEARN



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

Did you know that kids who are physically active get better grades?

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/BurnToLearn

Physical Fitness

ORIGINAL
ARTICLES

www.jpeds.com • THE JOURNAL OF PEDIATRICS

Evidence that Aerobic Fitness Is More Salient than Weight Status in Predicting Standardized Math and Reading Outcomes in Fourth- through Eighth-Grade Students

Robert R. Rauner, MD, MPH¹, Ryan W. Walters, MS², Marybell Avery, PhD³, and Teresa J. Wanser, MA³

Objective To determine whether aerobic fitness is more salient than weight status in predicting performance on standardized math and reading tests in fourth- to eighth-grade students.

Study design A cross-sectional study of data abstracted from 11 743 students in 47 public schools. Aerobic fitness was defined by entering the healthy fitness zone of Fitnessgram's Progressive Aerobic Cardiovascular Endurance Run, which has been shown to correlate highly with maximum oxygen consumption. Mixed-effects logistic regression analyses were conducted to model the student-level effect of aerobic fitness status on passing the Nebraska State Accountability (NeSA) math and reading tests after adjusting for body mass index (BMI) percentile, free/reduced lunch status, sex, race, grade level, and school type.

Results After adjustment, aerobically fit students had greater odds of passing the NeSA math and reading tests compared with aerobically unfit students regardless of whether the students received free/reduced lunch; however, the effect of being aerobically fit on the standardized test scores was significantly greater for students not receiving free/reduced lunch. Weight status, as measured by BMI percentile, was not a significant predictor of passing the NeSA math or reading test after including free/reduced lunch status in the model.

Conclusions Aerobic fitness was a significant predictor of academic performance; weight status was not. Although decreasing BMI for an overweight or obese child undoubtedly improves overall health, results indicated all students benefit academically from being aerobically fit regardless of weight or free/reduced lunch status. Therefore, to improve academic performance, school systems should focus on the aerobic fitness of every student. (*J Pediatr* 2013;163:344-8).



2019 NEVADA SCHOOL WELLNESS CONFERENCE

**PHYSICAL
ACTIVITY
EQUALS
BRAIN
ACTIVITY**

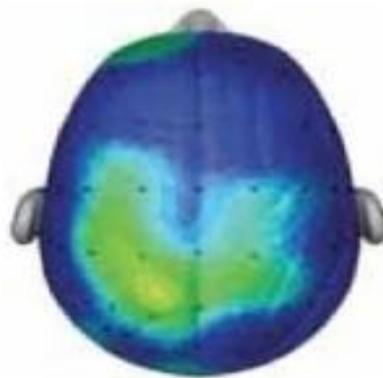


ACTIVITY and Brain Function

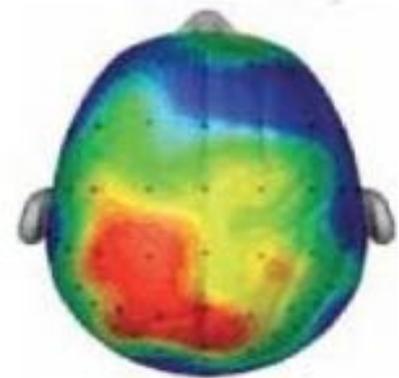
- Changes to cognition after single bout of exercise, a 20-minute walk
- Imaging shows more brain activity in active person than in person sitting quietly

Cognitive Effects of Exercise in Preadolescent Children

Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk



Brain after sitting quietly



Brain after 20 minute walk

Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).



2019 NEVADA SCHOOL WELLNESS CONFERENCE

ACTIVITY & ACHIEVEMENT

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nevada Middle School Survey Risk Behaviors and Academic Achievement Report

Total Physical Activity	Percentage of students who engaged in each risk behavior, by type of grade: mostly earned in school				Significant Association*
	A's	B's	C's	D's/F's	
	% 95% CI	% 95% CI	% 95% CI	% 95% CI	
Health Risk Behavior					
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	61.8 (53.9-69.1)	52.9 (46.2-59.5)	47.6 (42.2-53.2)	31.5 (22.1-42.6)	Yes
QNPA6DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	10.4 (6.2-17.0)	14.1 (10.5-18.6)	14.6 (12.1-17.5)	21.5 (15.6-29.0)	No
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	36.1 (28.6-44.2)	27.7 (22.3-33.8)	26.3 (21.5-31.8)	18.5 (12.3-26.9)	Yes
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)	61.3 (53.0-69.0)	65.3 (61.2-69.2)	59.9 (50.8-68.2)	56.0 (45.9-65.7)	No
QN45: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)	47.1 (36.0-58.6)	48.3 (40.5-56.2)	44.8 (36.9-53.1)	36.2 (25.6-48.2)	No
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)	54.5 (47.0-61.7)	50.2 (42.4-57.9)	46.1 (39.1-53.2)	40.7 (32.8-49.2)	Yes



2019 NEVADA SCHOOL WELLNESS CONFERENCE

What Works to Get Kids Active

Schools and communities can help kids get the 60 minutes of physical activity they need each day



Bassett, D.R. et al. (2013). Estimated Energy Expenditures for School-Based Policies and Active Living. *American Journal of Preventive Medicine*. 42(2), 108-113. Link to paper <http://www.sciencedirect.com/science/article/pii/S0749379712008057>



Active Living Research is a national program of the Robert Wood Johnson Foundation
www.activelivingresearch.org



ACTIVITY



2019 NEVADA SCHOOL WELLNESS CONFERENCE

LEARNING CONNECTION

STRONG BODIES,
SHARP BRAINS,
SUPER BEHAVIOR



2019 NEVADA SCHOOL WELLNESS CONFERENCE

EAT HEALTHY

+ PLAY HARD



= SMART STUDENTS

Optimal Schedules for Learning AND Wellness

- Walk to school or move at school
- **BREAKFAST (10-15 minutes seat time)**
- Classroom learning
- **Recess before lunch (RBL)**
- **LUNCH (15-20 minutes seat time)**
- Classroom learning
- **Active recess and/or PE activities**
- Classroom learning
- **AFTER-SCHOOL MEAL and Activities**



2019 NEVADA SCHOOL WELLNESS CONFERENCE



2019 NEVADA SCHOOL WELLNESS CONFERENCE



2019 NEVADA SCHOOL WELLNESS CONFERENCE



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA



2019 NEVADA SCHOOL WELLNESS CONFERENCE

Fit, Healthy and Ready to Succeed



Two Take-Home Messages

1. Support the learning connection.

If we want students to be ready to succeed, they must be fit, healthy and well-nourished.

2. Use your community resources.

You don't have to do this alone or reinvent any wellness wheels. There are lots of community partners here to help you with resources, grants and training.



SAFE ROUTES TO SCHOOL

\$450 Incentive Walk & Roll Opportunity!
To support a weekly walking and rolling program at your school starting March 4, 2019

Each school will receive two bikes, helmet, and lock to give away at the end of the program!

Safe Routes To School
Eat Healthy Be Active

\$450 package includes:

- cardstock paper
- silver chains
- Frosty Toes
- Glow Toes
- Twinkle Toes
- hole-punch foot shape
- Look 84 U Cross bracelets
- Token tote
- Medal Awards
- Suggested program details provided and strongly encouraged to use with the incentives.

Requirements:

- Complete application
- Email application to sabrem2@ny.ccsd.net by February 19, 2019 deadline
- Start program by March 4, 2019 (10-week program)

10 schools will be awarded!

cardstock • Create small monthly punch cards.
 • This is how you will keep track of walking.

look 84 u • Use these to motivate students each month.
 • Students will collect all three styles.

Medal Awards • Give these to students who participated in every weekly walking event.

Silver Chains • Give the first week of program.

foot shape punch • Used to punch weekly cards.

Movin' Monday, Trekking Tuesdays, Walking Wednesdays

For more information about this event call the School-Community Partnership Program, Safe Routes to School office at 702-799-4560.

Disclaimer: This is a Safe Routes to School activity. If your child participates, you acknowledge that the activity involves a risk of injury and hereby acknowledge that Clark County School District is not responsible for any losses, damages, harm, liability, costs, or expenses incurred by participation in any Safe Routes to School activities or programs.

Disclaimer: This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program, SNAP. For more information call SNAP (775) 684-7200



2019 NEVADA SCHOOL WELLNESS CONFERENCE

FUEL UP TO PLAY 60



2019 NEVADA SCHOOL WELLNESS CONFERENCE

UNLV EXTENSION SERVICE



2019 NEVADA SCHOOL WELLNESS CONFERENCE

CULINARY COMPETITIONS

LAS VEGAS
REVIEW-JOURNAL NEWS LOCAL SPORTS BUSINESS OPINION CRIME ENTERTAINMENT LIFE VIDEOS 37°F Q

Already a print subscriber? [Register here](#) for unlimited digital access. Need help? Call 702-383-0400 from 6am to 5pm PT.

Home >> News >> Education

Las Vegas Valley students put cooking skills to the test



Chef Barry Dakake of Scotch 80 Prime, center, works with culinary arts students including Destiny Royse, left, and Cicelia Siu of Southwest Career and Technical Academy during the fifth-annual "Diced" culinary competition at

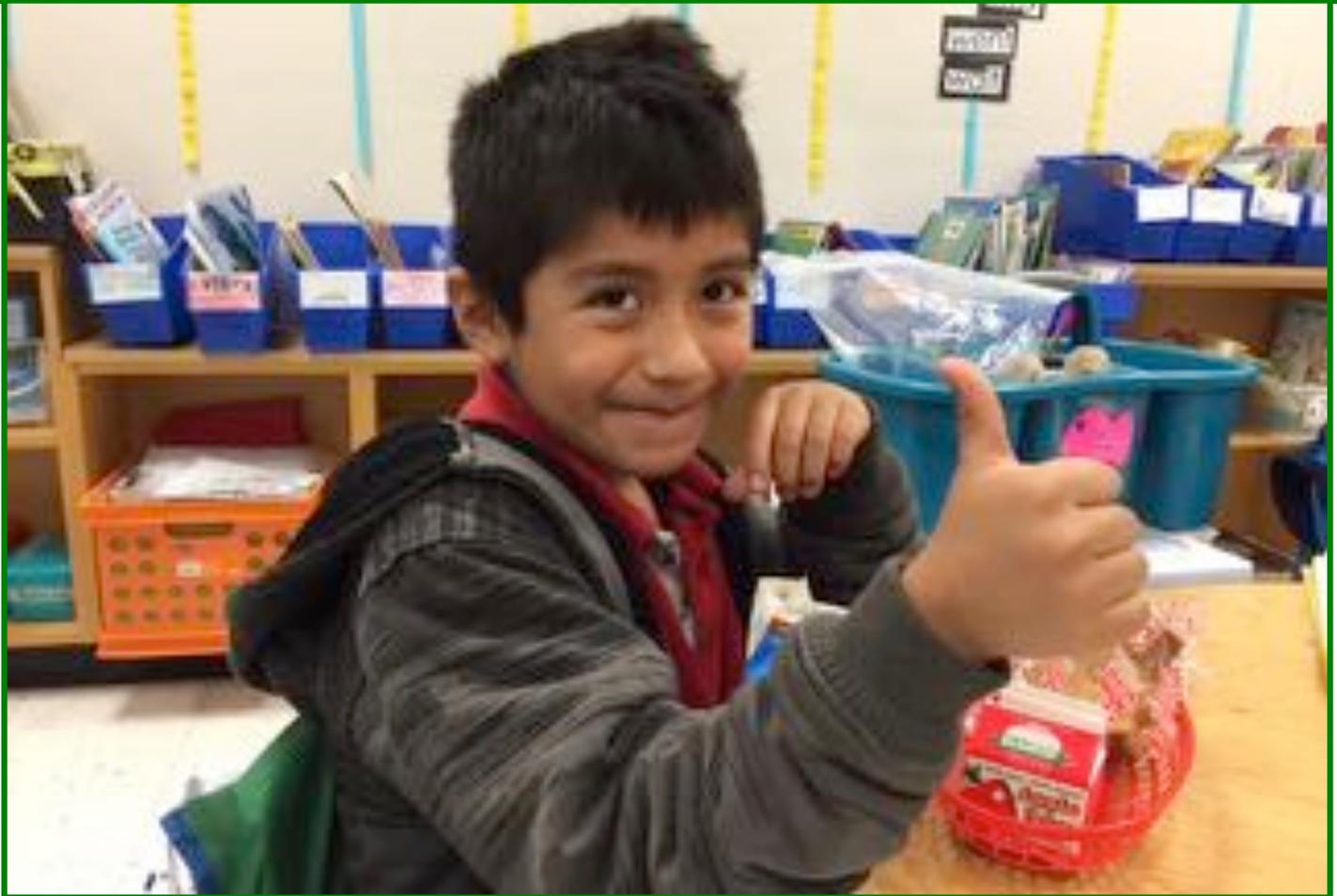
2019 NEVADA SCHOOL WELLNESS CONFERENCE



GREEN OUR PLANET



2019 NEVADA SCHOOL WELLNESS CONFERENCE



2019 NEVADA SCHOOL WELLNESS CONFERENCE



2019 SOUTHERN NEVADA SCHOOL WELLNESS CONFERENCE

February 9, 2019, 8:00a.m. - 4:30p.m.
College of Southern Nevada, North Las Vegas

RECESS BEFORE LUNCH: AMAZING SIMPLE WAY TO ENHANCE ACTIVITY, NUTRITION AND BEHAVIOR
Building C - Rm 2631

HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES
Building C - Rm 1682

NUTRITION STANDARDS IN THE WELLNESS POLICY
Building C - Rm 1685

CREATE YOUR OWN SCHOOL WELLNESS POLICY
Building C - Rm 1684

FARM TO SCHOOL AND THE WELLNESS POLICY
Building C - Rm 1674



THANK YOU



2019 NEVADA SCHOOL WELLNESS CONFERENCE

Dayle Hayes, MS, RD

- Facebook
 - [School Meals That Rock](#)
 - [TIPS for School Meals That Rock](#)
 - [Dayle.Hayes.RD](#)
- Twitter
 - [@SchoolMealsRock](#)
- Pinterest
 - [SchoolMealsThatRock](#)
- Instagram
 - [@SchoolMealsThatRock](#)
- Blog
 - [SchoolMealsThatRock.org](#)
- Email
 - EatWellatSchool@gmail.com



2019 NEVADA SCHOOL WELLNESS CONFERENCE