



Fuel Their Minds

Ideas for Better Eating and Active Play with Children

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Setting Healthy Intentions for the Classroom

Each morning brings a new day to experience. Some mornings we wake up with lots of energy and want to jump out of bed. Other mornings we may feel tired or worried. The same can be said for your students. No matter how we all feel when we wake up, we can take time to check in with ourselves once we arrive to class.

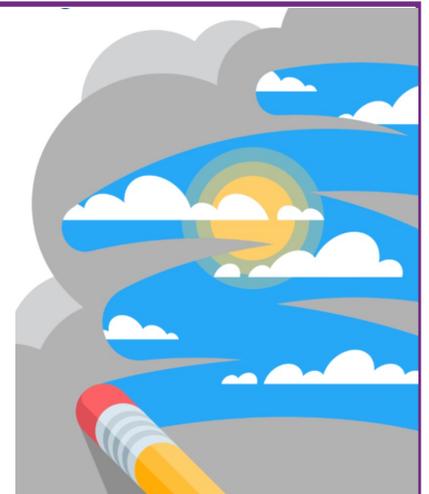
Monday morning is a fresh start. It's a great time for you and your class to decide how you would like to feel and be that week or day. That's called setting an intention. Maybe you would like to feel relaxed and deal with stressful things in a calm way. Maybe your students would like to be curious and try new things. Maybe they would like to be friendly and spend time with new friends. When we think about how we want to be, it sometimes helps us to be that way.

Taking a few minutes at the start of class to set an intention can help get your students ready to make the most of their day. Students of all ages can practice setting an intention. For younger children, it is best to focus on shorter time periods, whereas older children can focus on a longer time period, like a full week. Spend a few minutes leading your class through the dialogue below. Add background music as a start and stop signal to help establish this as a routine that your class can look forward to!



Clear the way to Refresh your Intentions

1. This week gently erase stressful feelings and anxiety so your positive thoughts can shine through.
2. Close your eyes and take long deep breaths until you feel calm and relaxed.
3. Identify a thought that causes you stress or unhappiness. Imagine it drifting further and further away with each breath, like a cloud.
4. When your mind is clear, set a healthy, positive intention for the week or day, such as being more compassionate or patient!



- Sign up to receive free weekly stress reduction practices along with complementary exercises, curricula, and videos that can be used in the classroom. Visit: www.destressmonday.org/teachers-program.
- This stress reduction program was designed especially for teachers by Johns Hopkins University and The Monday Campaigns.

Adapted from www.destressmonday.org

Effective Access to Water in Schools

Water consumption is important for students' cognition, physical health, and dental health. The availability and promotion of free water during the school day has been shown to increase water consumption and may prevent children from being overweight.

The Institute of Medicine recommends making free drinking water available to decrease sugar-sweetened beverage consumption by children and adolescents. The American Academy of Pediatrics recommends that districts provide students with access to free drinking water throughout the school day. Furthermore, the United States Department of Agriculture (USDA) requires that schools participating in the National School Lunch or Breakfast Program make free drinking water available during meals in places where they are served.

What Can You Do?

There are many evidence-based strategies and expert recommendations that can help improve access to drinking water in schools. The actions below can help you and your administrators implement these strategies!



- 1. Make water available during mealtimes:** Offer free drinking water during lunch and breakfast periods. Ensure that water fountains are clean and functioning properly.
- 2. Use clean, accessible dispensers:** Children are more likely to drink water from an appealing source. Offer non-fountain sources of water like dispensers, pitchers, and coolers in areas where drinking fountains are not possible. Try them in your classroom, gym, and hallways!
- 3. Provide more than a sip:** Keep cups at drinking fountains and non-fountain sources to encourage students to drink more water.
- 4. Provide easy access to water:** Allow students to get a drink of water during class time.
- 5. Allow reusable water bottles:** Encourage students to bring water bottles into classrooms and with them at recess.
- 6. Promote drinking water:** Children drink more water when it is promoted. Contact us to receive free resources or create your own! Place them in the cafeteria, near water fountains and non-fountain sources, and in your classroom.
- 7. Be a healthy role model:** Drink water yourself! Serve water during classroom celebrations. Add flavor by infusing water with cucumber, mint, or citrus!
- 8. Ensure water is safe:** Schools are responsible for drinking water safety. Learn more about your school's current water quality at www.drinkingwateralliance.org/facts.

Additional Strategies:

*Limit the availability of sugar-sweetened beverages on campus that compete with water consumption. Ask for fewer sugar-sweetened beverages in vending machines. Serve fewer sugar-sweetened beverages at fundraising events and classroom parties.

*Your school or district wellness policy can support these actions! Strong policy language addressing water access promotes wellness, ensures a healthy school environment, and helps establish sustainable practices.

Visit www.drinkingwateralliance.org/school-wellness-policy for policy examples.

Adapted from
www.drinkingwateralliance.org &
www.cdc.gov

October is National Farm to School Month!



**NATIONAL
FARM to SCHOOL
NETWORK**

Every October, thousands of students, teachers, farmers, and families celebrate the connections happening between students and local food. Join us!



Farm to School Programs strengthen the connection communities have with healthy food, local producers, and nature by changing food purchasing and education practices in schools. The California Department of Food and Agriculture recognizes the importance of these programs as a way to support California's farmers, school children, and the economy. The most recent USDA Farm to School Census reported that 55% of California schools participate in Farm to School activities.

Farm to School Month provides an opportunity to show all of the great work being done in schools as well as how teachers can get involved!

How can teachers get involved and help celebrate?

- Incorporate the **Yolo County Harvest of the Month** seasonal produce calendar into your lesson plans. Fruit and vegetable themes/topics can pair well with writing assignments, art projects, and science lessons! Yolo County's designated October "Harvests of the Month" are **pears** and **sweet peppers**! November's are **persimmons** and **cauliflower**. December's are **citrus** and **cabbage**.
- Partner with us to implement nutrition education activities and prepare fresh, seasonal produce to taste in class. Our services and materials are free for your school site!



- Organize a farm tour or local farmers' market field trip.
 - Connect your school gardens and garden-based learning activities into your lesson plans.
- We can provide you with garden-based curricula!

*Adapted from www.yolocounty.org &
www.farmtoschool.org*

Brain Break Idea: Non-Elimination "Simon Says!"

Physical activity shouldn't just be at recess or PE. Students' brains work best with ongoing movement. As teachers, you can integrate movement-based activities after lunch, to relax and calm students before a test, or to transition between lessons. "Brain breaks," "energizers," and "brain boosters" get kids out of their seat to be physically active throughout the school day. As the "Coach" of your classroom, be sure to show your enthusiasm for physical activity and participate cheerfully. Try this quick and easy brain break in your classroom or outside.

Grade Level: K-5

Equipment needed: None

Skills Emphasized: Coordination and various locomotor movements

Organization:

1. Divide students into 2-4 groups.
2. Assign a leader to each group.
3. Space groups around the classroom.
4. Designate a locomotor movement to be used when changing to a new group.

Description:

1. The leader performs various locomotor movements or exercises (e.g. walking, hopping, jumping jacks, stretching, or the latest dance move) by saying "Simon Says" to cue students to imitate the movement.
2. If the leader does not say "Simon Says" and students move, students go to a new group.
3. After a designated time, rotate the leaders and change the designated locomotor movement.

Teaching Suggestions:

- *Challenge leaders to use movements that (a) involve the whole body and (b) require minimal traveling, such as marching in place, jogging in place, dancing in place, hopping on one foot, arm circles, squats, or doing the twist.
- *Contact us to receive more brain break ideas and free physical activity resources!



CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH

Adapted from www.catch.org

Activity Kits Free From the University of California

You can help impact childhood obesity, fitness, and malnutrition. Local, state, and federal initiatives (and funding) urge a coordinated approach to addressing these issues. The University of California has prepared **activity kits** to help you teach nutrition, health, and physical activity concepts to your children, while integrating math, language, and science concepts that address CDE standards.

These lessons come “ready-made” with all of the materials to teach a fun and interactive lesson. The curriculum was developed by universities throughout the nation.

We will bring the materials to you, free of charge. We can provide trainings and additional resources to increase your confidence in these topics. We can also plan classroom food-themed cooking clubs, special events, and other fun sessions.



Follow us at “[calfreshhealthylivingyolo](#)”



Like “[CalFresh Healthy Living, Yolo County](#)” on Facebook to receive nutrition and wellness tips for you and your classroom daily!



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This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.



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Do you have a question regarding food or nutrition? Ask our Nutrition Educators by emailing ceyolo@ucdavis.edu.



Fuel Their Mind Nutrition Newsletter Enclosed



“Our mandate as a land grant institution ties us to the welfare, development, and protection of the state’s land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies.”

Funded by USDA’s Supplemental Nutrition Assistance Program and University of California Cooperative Extension. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 1-877-847-3663.



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