

PHM WELLNESS NEWS

Volume 1, Issue 1
Winter 2018

Special points of interest:

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Welcome to the PHM Wellness Newsletter

- Welcome to the first edition of the Wellness Newsletter for PHM. This newsletter is created to give staff a glimpse into what schools are teaching students and how they are reaching out to parents in our community to guide them to live a healthy lifestyle. Within each newsletter we will highlight activities particular schools are using to support the wellness goal. We know our schools are strong believers in wellness and its goal, so we would like to spotlight certain schools, staff members, and students who are advocating a sense of wellness. If schools are exemplifying the goal, please email Kevin McMillen (kmcmillen@phm.k12.in.us), including a brief write up of the activity and a photo if possible.



Education Eats

As we all know your nutrition has major effects on the health of your body. The goal of the school meal programs is not only to feed students but teach them to eat healthy foods that not only fuel their body but also their mind. The studies show that we all should be making $\frac{1}{2}$ of our plate fruits or vegetables at every meal. Every school lunch and breakfast is at least $\frac{1}{2}$ fruits or vegetables. Our challenge of course is getting kids not only to take them but to eat them. The USDA requires every child to have at least one fruit or vegetable with their meal. We at PHM Food Services feel variety is the key to having students take and eat those healthy fruits and veggies. Here is what we offer on a daily basis.

At the elementary level, we have at least 2 fresh fruits and a canned or frozen fruit. There are always at least 2 vegetable choices, including a mini salad bar. At the middle school, you can choose from at least 2 fresh fruits, canned or frozen fruit, a minimum of one hot vegetable and a salad bar including chef salads.

High School students should never get bored. Every day includes; 8 or more fresh fruit choices and 3 or more canned or frozen fruit choices. We offer 6 hot vegetable choices daily and at least 4 cold veggie choices. We also offer an extensive salad bar and pre-made chef salads every day.

Breakfast is said to be the most important meal of the day so we don't scrimp on fruits here. Students have fruit and fruit juice choices every morning that are required to be taken with their meal.

So come down to your cafeteria, you may be surprised. We encourage you to join us for a healthy meal. Where else can you get a full meal with fruits, veggies, entree and milk for only \$3.45? Students eat for around \$2.00 due to USDA reimbursements so even a better deal for them. Hope to see you soon modeling those great eating habits for our students.



Do's and Don'ts

Did you know Penn Harris Madison has a Wellness Policy and Administrative Guidelines that govern all food that is served in our schools? If you don't have a copy your school principal will. Many of these requirements are regulated by federal law. The goal of the policy is to teach children healthy eating habits. Here are a few highlights:

All food sold from midnight until ½ hour after school must meet USDA Healthy Snack Requirements.

Food is not to be used as a reward or punishment.

Food may not be sold except by the food service department during meal times.

Every student must be offered a full meal every day including any special meals in class or field trips.

If you have any questions on the policy, please give Jill Riggs a call at 258-9552.

*There is
something
for everyone!
Find your
favorite and
strive to be
the best*

School Highlights

This is the space we can add your school to be highlighted for an event you are holding to promote Health and Wellness.

Examples of incorporating nutrition into fundraising:



Buy Valentine Cuties for Cuties by Penn's Medical Club—
February 2018

School/ Community Collaboration:

February 12, 13—Health classes were presented a presentation on abuse from the YWCA

March 12—St. Joseph County Drug task force is visiting Penn with Sophomores from Health Classes

March 21,22—Health classes will be visited by Safe Station—Local community outreach program

March 23—Penn Advanced Health will be visiting St. Joseph Hospital for a Career Exploration Day



Celebrate being a leader and having great sportsmanship!

Silver Mile

Remember the bubbly fun of car washes and bath time? The Silver Mile 5K run is changing into a Bubble Bash – welcoming runners of all experience levels while blasting through foam bogs along the course. Early bird registration is open for the Bubble Bash!

9:00 a.m. Saturday, May 5, 2018
Penn High School, Mishawaka

What is a Bubble Run?

It is a non-timed 5K Run/Walk that incorporates bubble stations for participants to travel through during the event. Come out with your friends and family for a morning of fun and bubbles! Those not wanting to run/walk a 5K, there will be an option to take a shorter loop.

What's in the Bubbles?

You might think foam is made from soap and water, so you are going to get cold, wet, and sticky. Although your clothes will get damp, you will not feel cold when you are in the foam, it will keep you warm. The solution used is 100% naturally organic making it 100% safe for you, your guests and the planet. It has been used in all over the world and has never damaged the environment, nor has it caused any allergic reactions to any person. The foam solution by Foamalicious is odor free, and has no chemicals, Sulfates or petrol ingredients.

What about Silver Mile's other events?

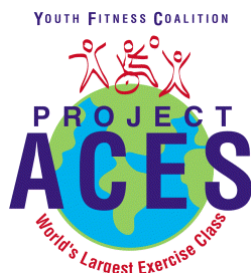
While the Fun Walk is now incorporated into the Bubble Bash (participants will have the option to take a shorter loop), the Silver Mile Run for Education still will have our amazing **Silent Auction, Health & Fitness Expo, free health screenings by Saint Joseph Medical Center, and Talent Showcase!** Speaking of the Talent Showcase, it will be expanded to an hour so we can include more of our incredibly talented students throughout P-H-M.

Contact Amber Kennedy, special events coordinator, at (574) 254-2893 or amber@phmef.org for more information. To register, visit us at <http://www.phmef.org/events/3378-2/>.

Kids Corner

Running is Elementary!

Approximately 700 students will participate in this year's Running is Elementary on **April 30** (Rain Date May 2) at Elm Road School. The annual running event is free for all 4th- and 5th-grade P-H-M students.



The P-H-M community has been participating in Project ACES to highlight the importance of physical activity since 2006. On **May 9th** we invite all students and staff to participate in a corporation wide exercise class that occurs around the world!

*Thanks to all
the great
teachers and
community
volunteers
who make
these events
such a great
success!*

Penn High School—March 27

3 v 3 Challenge -

Basketball Fundraiser for the Silver Mile

3 Divisions

Elite

Girls

Recreational



Resources–Links

To do your best and to have fun doing it is truly what is important.

Choose my plate

Choose My Plate helps us find a healthy eating style and build it throughout our lifetime to support us to be healthier now and in the future

<https://www.choosemyplate.gov/>



Go Noodle

GoNoodle helps teachers and parents get kids moving with short interactive activities to strengthen mind and body. <https://www.gonoodle.com/>



Other sites to check out! FuelUpToPlay60.com

www.humankinetics.com

Shapeamerica.org

OPENPhysEd.org

www.inschoolhealth.org

Www.inshapeindiana.org

DATES TO REMEMBER

- **March Madness 3 v 3 Challenge - Penn High School—Deadline to Register March 16, 2018
Event held on March 27, 2018**
- **RIE—Running is Elementary April 30**
- **Penn High School—Mini Silver Mile—PE 9 May 1 & 2**
- **Silver Mile - 5K Bubble Bash—May 5**
- **ACES—May 9**

FACULTY FITNESS

Beacon

BEACON HEALTH & FITNESS:

www.phm.k12.in.us

Great News!!!!!! Hopefully you saw over the summer Penn Harris Madison School Corp. finalized an agreement for our faculty and staff. We can become members and not pay the initial membership fees. Your monthly fee is your responsibility. They have single, couple, and family plans available. I have been a member since last spring and the facility is amazing. It has a health focus and many options for your health and wellness at all levels.

I encourage you to take a look and enjoy your fitness journey.

Beacon Event—Professional Development

Penn Staff K-12 Physical Education and Health Teachers were invited to participate at Beacon with their professional to learn new ways to train large groups with limited equipment on February 16. The learning was a great success and has been implemented at the high school already. Thanks to those who came and participated.

Penn Fitness Center Hours:

Starting June 10th: 5:45am—7:45am

3:00pm—9:00pm

Saturdays 8:00 am—Noon

New Weight Class taught by Rhea Trowbridge, PE Teacher,

Penn High School, Step-Yoga-Pilates-Weights, Lifetime Fitness Center

Tuesdays & Wednesdays, 5:30—6:20 p.m. FREE to all PHM Employees

Please let us know if you are doing some faculty events you wish to be highlighted here.

