

Fridley PEP Newsletter

Healthy Snack Program Success Story at Stevenson Elementary

Did you know that Stevenson Elementary School has a fresh fruit and vegetable program (FFVP) for the students? All RLS students receive a free fruit or vegetable snack 3 days/week. This new snack can take the place of one brought in from home. The program gives the students fruits and vegetables more often, and a chance to try some that they might not have tasted before.

When Sophia Nguyen, 4th grade student at Stevenson, was asked about the new fruit and vegetable program she told us, "It's a great way to stay

healthy and a great way to get energy." Her favorite FFVP snack is strawberries. She also likes blueberries, kiwis, and tangerines - three foods she had never had before the FFVP. She didn't think she would like kiwis, but after trying them she liked them so much she asked her family to buy them to try at home.

Mary Mueller, Director of Nutrition Services at Fridley Schools adds, "This program is an effective and creative way to introduce fresh fruits and

vegetables as healthy snack options. We are very fortunate to be able to offer this FFVP to our students through federal grant funds available through the MN Department of Education."



World Walk in the Fridley Middle School Homerooms

This year Fridley Middle School (FMS) students began a walk around the world. Students wear pedometers for 1 week at a time, 4 weeks/year. Each day they log their individual steps in homeroom. Then the entire student body's steps are totaled and converted to miles. Each day that students wear their pedometers the school gets updated on where they walked to that day, and some fun facts about the country they have made it to.

Beginning in Fridley, MN, they traveled down to Argentina, back up to Brazil, Paddled across the Atlantic Ocean, around Africa, and just finished touring Europe. Their progress can be seen on an 8 X 13 foot world map in the FMS cafeteria. On the map there is an outline of the path that students have walked since the beginning of the World Walk project. On the side of the map there is a list of national facts that are updated based upon what country the students are currently "visiting."

This World Walk is being done through a health initiative where students use pedometers to track their steps.



After School Activity Offerings Help Students Stay Active

Did you know that the Physical Education Program (PEP) Grant has provided Fridley Public Schools with more than 25 free before and after school programs district-wide this year? PEP programs focus on getting Fridley Students up and moving. Some programs do this through traditional sports, like soccer club. This fall there were more than 150 elementary students playing soccer alone!

Other programs get students moving through other activities like skill toy club. This year the skill toy club taught elementary students hobbies they could do at home, such as juggling and yoyo. Mohamed Eltag, 4th grader Stevenson Elementary, took part from in the PEP after school basketball program. He tells us this has been his favorite after school activity this year.

Mohamed plans to continue playing basketball all summer long! The PEP program helps to get FPS students excited about being more active. Many tell us they have tried new activities that they never had chance to do before.



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High School Students Getting Fit!

The numbers are in, and it shows that high school students who participate in 60+ minutes of daily physical activity has gone up since the start of the PEP physical activity challenges.

At the start of the program only 30% of FHS students said they participated in 60+ minutes of daily physical activity.

By the second year this number went up to 38% of FHS students participating in 60+ minutes of

daily physical activity. This was measured by students wearing pedometers which helped record the number of steps they took.

Another measure of physical health is how many students show "cardiovascular fitness" for their age group, defined by the Department of Education. This is measured by a shuttle run activity in a pacer test. The students are measured by being able to run non-stop the 20

meters, back and forth at a certain pace, for a specific length of time. The amount of time a student needs to continue running the shuttle depends on the student's age and gender. At the start of the program, 35% of FHS students met this goal. But by the second year this number rose to 43%.



Summer Ideas for Enjoying the Outdoors Safely

With warmer weather finally here it's time to think about how to stay safe in the outdoors with a few tips from the Centers for Disease Control and Prevention.

Beware of bugs like ticks, fleas and mosquitoes since they can carry illness such as Lyme Disease and West Nile Virus. Protect yourself with a good bug repellent containing 20% DEET, or oil of lemon or eucalyptus. After coming indoors, shower as soon as possible and check your

body for ticks. Make sure that your children also bathe or shower and get checked for ticks. Wash and tumble dry your clothing and check your pets for ticks.

Gardening is a great outdoor activity for people of all ages. Stay safe and healthy as you grab your tools and head outside. Wear gloves, use safety gear when handling

equipment and chemicals, protect yourself from the sun, and use insect repellent. Also watch out for extreme heat and know your limitations.

Source: www.cdc.gov



Healthy Recipe Contest in Fridley Middle School

The FMS 6th grade students participated in a healthy recipe challenge in their health classes. The winning recipe was a healthy fruit pizza created by Hannah Bosak.



All 6th grade students were able to try this yummy snack during their school lunch on May 30th.

Ingredients:

Whole grain flat bread
Canola oil
Cinnamon sugar mixture
Yogurt of choice
Fresh or canned fruit

Directions:

1. Brush a piece of 6x6 flatbread with canola oil.
2. Sprinkle 2 tsp. of 2 parts-cinnamon, 1-part sugar mixture.
3. Bake at 350-degrees for 5 minutes.
4. Spread $\frac{1}{3}$ cup yogurt on flatbread.
5. Top with $\frac{1}{2}$ cup fruit.
6. Enjoy!

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The Fridley School District serves the central area of the City of Fridley with two elementary schools (K-4), a middle school (5-8), a high school (9-12) and a community center, with an area learning center. Fridley is known for a small-town atmosphere in the midst of a metro area. Fridley experiences unusually strong enrollment by nonresidents who cite high quality academics, positive school climate, and personalized attention to learning for each student, as their reasons for choosing the Fridley Schools.

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