

School Wellness * Newsletter



Mini Banana Splits

Serves 32 Students

Ingredients:

- 16 small bananas, peeled
- 16 cups low-fat vanilla yogurt
- 8 cups fresh or frozen berries
- 2 cups low-fat granola

Preparation:

1. Cut banana in half, share between 2 students.
2. Scoop ½ cup yogurt onto banana
3. Top with berries & granola.



Fruits & Veggie-More Matters

While research indicates that more than 50% of adult consumers know they need to eat five or more servings of fruits and vegetables per day, more than 90% of all Americans do not eat the recommended amount. To meet the new dietary guidelines, most people need to more than double the amount they currently eat.



Fall Celebration “Flavored with Health”

If the party includes food, choose healthy and tasty! Ask your school food service for help planning the menu. Some healthy options include:

- ***Party Muffins-low fat, whole grain, single serve muffins**
- ***Whole-grain bagel slices with peanut butter & jelly**
- ***Ice Cream-low fat, sugar free**
- ***Apple slices**
- ***Low-fat yogurt parfaits**
- ***Vegetable slices with dip**
- ***Water/flavored water**
- ***Low-fat or fat-free flavored milk**
- ***100% fruit juice**

Let's get Movin'!

Party with Physical Activity

A physical activity party can be lots of fun! It also provides an opportunity to help your students meet the state physical activity standards. Here are a few ideas for hosting a hoppin' celebration:



Dance Party. This movin' and groovin' party works for students of all ages. For young students, start the dance party by reviewing basic locomotor patterns such as galloping, sliding, leaping, skipping and starting and stopping on cue. The “dance” can then be made up of a series of patterns in various combinations done to music.



Sports Blast. Students rotate through a series of stations. Some fun ideas; jumping jacks, ball bounce, jump rope, hula hoop, balance beam, hoop shoot, yoga poses, and hackie sack. At the end of the sports blast, ask students to share their favorite activity and why.



Scavenger Hunt. Organize a scavenger hunt-indoor, outdoor or both. Team up with other staff to develop creative clues, and be sure the treasures being hunted for are readily available. Try a theme-based scavenger hunt, such as school supplies, healthy snacks, music or books.

Obstacle course. Let your students put creativity to the test! Ask them to design, build, and then “activate” an obstacle course.