

# SHAPE Up!

## 10 Essential Tips To Make Snack Time Fun & Healthy

### Cereal.

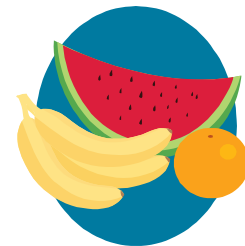
Think raisin bran, shredded wheat, and other unprocessed cereals that are high in fiber and nutrients, and low in added sugar and candy flavoring.

### Yogurt.

Plain or mixed with fruit or nuts, it's a great source of protein and the base for yummy and filling fruit smoothies.

### Cut-up veggies and fruit.

Bring portable, vitamin-rich snacks such as carrots, grapes, and berries with you when you go on an outing.



### Peanut butter.

PB is a fine source of protein and energy. Combine with celery and raisins to make "ants on a log."

### Tortillas.

Keep some whole-wheat tortillas on hand for easy-to-handle meals that will feel restaurant special, like scrambled-eggs-cheese-and-black-bean breakfast burritos, lunch time quesadillas, or dinnertime chicken wraps.

### Oatmeal cookies.

Make a batch with the kids and let them decorate the cookies with raisins.

### Mini-pizzas.

On mini-bagels or English muffins, mini-pizzas will get kids excited about helping you "cook."

### Bendy straws.

They make any drink more enjoyable.



### Popcorn.

Fun to make, fun to eat, healthy (if not drenched in butter), and high in fiber.

### Whole wheat crackers.

Seek low-salt varieties to give cheese or peanut-butter snacks a satisfying crunch.

## A Message from the Program Director

It is exciting to see the progress that we have made in implementing our SHAPE Up! Grant through the Carol M. White Physical Education Program Grant. In December, I attended a required meeting for all Carol M. White grantees. I received valuable information at the conference and was very pleased to see that our school district is progressing as it needs to be with the implementation of the grant.

We have purchased the SPARK physical education curriculum and equipment to be used at the elementary and middle schools. We are currently in the process of arranging for our teachers to be trained with that curriculum. We look forward seeing our students' excitement as they are introduced to SPARK this spring.

One of our primary responsibilities with this grant is a reporting process, requiring us to collect physical education and fitness data throughout the year. The main type of data collection will be determining the number of minutes our students spend doing physical activity both at school and outside of school.

We completed two data collection periods during the first semester and are in the process of completing our January data collection. We will have two additional data collection periods this school year and will continue to collect this same type of data throughout the three-year grant process.

I continue to work with the staff of New Albany School District to purchase necessary equipment, implement programming, and schedule and attend training as we work through this grant process. It is the hope of New Albany School District that our physical and health education programs will lead to healthy, active lifestyles for our students and their families.

If you have questions concerning this grant, please contact me at 534-1800.

Lecia Stubblefield

Director of Federal Programs,  
Curriculum, & Transportation

## Data Collection

The purpose of the data collection is to determine the number of minutes our students are active at school and outside of school. Middle and high school students keep a log of their activity during the week, while an inventory is sent home with elementary students so that their parents can assist them with filling out the information. Data collections for this semester will be in January, March, and May. This information is completely confidential.

## Health Curriculum

Our Instructional Specialist Dr. Sean King, along with a group of elementary school teachers, have developed a health education curriculum to be used in the elementary classrooms. More than thirty lessons have been developed for each grade level. Teachers will be trained to use these lessons in their classrooms next year to help them get the required minutes of health education. Dr. King also compiled health lessons that can be used during the health and character education rotations.

## Family Fitness: Getting Active Indoors

Tips and strategies for getting families active indoors without going to the gym.

Source *Disney FamilyFun* [www.familyfun.go.com](http://www.familyfun.go.com)

What to Use	How to Use It	How You Benefit
Instead of weights: <b>plastic jugs</b> with handles, partially filled with sand	Lift them from the ground, away from your sides, overhead, and out in front of you. Careful—don't drop them on your toes!	Great for strengthening young chests, arms and shoulders
Instead of a step device: the <b>bottom step</b> of stairs	Use it like step exercising equipment, stepping up and down, leading with one foot. Bottom step only!	Works kids' leg muscles and cardiovascular systems
Instead of an exercise video: a <b>favorite music CD</b>	Shake those booties to songs that last 3 to 4 minutes; encourage crazy moves that get kids twisting, bending, jumping, and lunging!	Another fun way to exercise young hearts and legs
Instead of resistance bands: an old pair of <b>panty hose</b>	Step on the waistband, pull on the panty hose legs, and watch the panty hose stretch and stretch!	Strengthens biceps, triceps, and shoulders

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