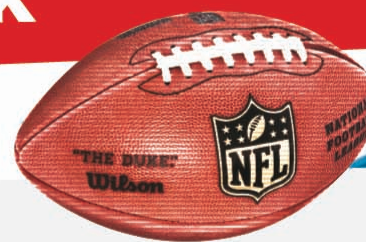


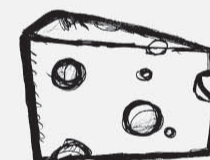


## 2014-15 Fuel Up to Play 60 Playbook



The 2014-15 Playbook features 10 school-tested strategies for creating a healthy, high-achieving school that meets its wellness goals. Each Play includes “what,” “why” and “how” guidance and tips for involving students, staff, administrators and community members. New this year are callouts with ideas for how parents can get involved – both at school and at home – and a “Did You Know?” section that shares priority-related facts about the Plays.

### Healthy Eating Plays



#### 1 Grab and Go – Anytime!

Grab and Go is not just for breakfast anymore! Addressing research that shows students need more time to eat their healthy lunch options, this Play is aimed at helping boost schools' meal participation with easy-to-grab meals for students on their way in to school or between morning classes. The Play also helps schools speed up cafeteria lines during lunch and provides ideas for after-school pick-me-ups or take-home nutrient-rich meals.

#### 2 Breakfast in the Classroom

Students plan and implement a nutritious breakfast program with help from school nutrition professionals by delivering reimbursable meals to classrooms for student consumption before or after class. This Play incorporates new research about successful implementation articulated by principals and teachers.

#### 3 Healthy Breakfast, Healthy Lunch – BAR NONE!

Working with school nutrition staff and administrators to create salad-bar-style breakfast and lunch meals, students help select delicious, healthy options for their bar. Incorporating popular taste tests, this Play is focused on creating sustainable change to school menus and the importance adhering to funding guidelines.

#### 4 Promoting Healthful Choices

Increase participation in healthy eating choices at school meals like breakfast and lunch! This Play is based on Cornell University Food and Brand Lab and the Smarter Lunchrooms Movement studies that demonstrate how simple techniques can change and improve students' behavior when it comes to making food choices.

#### 5 Snack Smarter at School

Students form a team of “Snack Smart Student Investigators” and utilize a “School Snacking Investigation” to identify snack and a la carte foods offered in school – such as in school stores and vending machines, and snacks sold at school-sponsored events and fundraisers – and then work with adults to make sure they are the most nutritious offerings possible.

Turn over for Physical Activity Plays





## Physical Activity Plays

### 6 Let's Dance!

A blend of two popular dance Plays – Dance Around the World and All the Right Moves – this Let's Dance! Play keeps the club aspect as well as the cultural and on-trend elements of dance. The Play encourages students to set up a series of dance activities, start a dance club at their school and create their own touchdown dances.

### 7 Walk for Wellness Club

Based on its popularity and the opportunities it presents for creating sustainable change, this Play has been updated to incorporate some key strategies and ideas including ways to extend reach in the community and ideas for additional physical activity that can be incorporated with the walking club's primary pursuit. Funding suggestions focus on equipment and environment. Included are ideas for cross-promotion with breakfast opportunities to highlight the importance of both healthy eating and physical activity for learning.



### 8 In-Class Physical Activity Breaks

Co-branded with the NFL PLAY 60 Challenge, this Play is about adding brief, focused, in-class breaks for physical activity. Students help plan, lead and participate in as well as ramp up teacher enthusiasm for physical activity breaks that won't disrupt class. New this year, the Play illustrates through success stories how breaks "fit" into an instructional day to improve student motivation, concentration and performance.

### 9 Community Playtime – It's Good for Everyone

With a focus on active engagement of community – including students' families, local businesses and local sports teams/leagues – this Play encourages students to survey their peers about physical activity opportunities they would enjoy outside of regular school hours. Teams of students and adults then create targeted plans for opening the school and its recreational facilities to support specific activities. Information on shared use agreements is provided.



### 10 Ramp Up for Recess

Recess isn't just playtime – it's student time. With a focus on ways to make recess more engaging and active for students – while still maintaining the integrity of a "break" as recommended by the American Academy of Pediatrics – Ramp Up for Recess encourages students to work together to discover what they like best about recess and what could make it even better. Ideas include ways to improve the playground's physical environment as well as its social environment. This Play also highlights research that supports recess before lunch.



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