

School District of Beloit

Beloit School District approached the mini-grant project as an opportunity to educate both the students and the parents on the importance of physical activity in daily life through a health fair and upper elementary track meet. Each student received a health tote provided by the Wellness Committee Grant that included bottled water, a book marker with the a health statement on the front and the new policy on the back, a bracelet stating "Exercise Keeps Me Healthy," along with several other donated health snacks and trinkets. Each student was given a "Tote Bag of Health" the day before the track meet. The tote bags were donated by the district AODA office, and were filled by student volunteers.

The upper elementary track meet was held in May 2007. All 4th and 5th grade students were eligible to participate (approximately 1,000 students) in the events. Many parents attended and walked through the community agency booths set up for the health fair on the way to the track meet. This was a perfect time to communicate the district wellness policy to parents.

The Beloit School District food service department donated yogurt smoothie samples to be served to the parents during health fair. Fresh fruit and bottled water was also donated and available at the food service booth. Blood pressure checks were available to the parents and provided by the district nurses. The City Leisure Recreation Department, Community Health Service, Boys and Girls Club, YMCA, and the Merrill Community Center provided hours of service and types of summer activities available for the students.

The Beloit School District contact writes: "The project was exciting and many people were happy to be involved. The measurement of success of the project considered the number of people who stopped by the booth. The blood pressure check booth was continuously full of people and the smoothie booth used up all the donated yogurt and apples. Parents either signed up for the summer activities or took the pamphlets with them to review as they passed the community agency booths."

Beloit School District was appreciative of the WisLine Web sessions, and looks forward to establishing nutrition standard policy rules and other considerations regarding changes to the current snack options offered to the students. The wellness committee provided copies of the Webinar handouts to all committee members, and the committee also is pleased to have the strong support of the district food service agency.