

## **Roosevelt School, Stevens Point Area School District**

Roosevelt School wellness committee promoted physical activity and nutrition to K through 6<sup>th</sup> graders. Classroom parties were targeted, with an initial survey of the foods offered by the students. The students found that healthy food was not a typical option, and they made a commitment for healthier foods at the holiday and Valentine's day parties. The 1<sup>st</sup> and 2<sup>nd</sup> grade students, and their parents, organized a healthy holiday breakfast. A student food committee was established for 3<sup>rd</sup> through 6<sup>th</sup> grades, and they planned the party foods and activities for their class parties. These students also held a "clean up the snacks in your room" challenge, and then presented information to the PTO about classroom snacks.

The 4<sup>th</sup> grade students participated in a pedometer project to look at activity levels. Pedometers and t-shirts were provided by a local hospital, and the students designed the art on the t-shirts. The pedometer project fit very well into the math curriculum, and the students accumulated over 49 million steps! These students had such a great time walking that they participated in "Walk Wisconsin," a ¼ marathon event. The students were given the spirit award at the event, and local press recognized the students. In addition, family involvement in the project was more than anticipated. The 6<sup>th</sup> grade students logged their food intake for a week, and learned about MyPyramid from a local RD and UW Stevens Point nutrition students. The sixth graders also shared wellness related projects at the annual science fair with the community.

Roosevelt school students enjoyed taking ownership in their achievements and the projects will be continued next year. The wellness committee credits the Team Nutrition mini-grant projects in assisting the school district in obtaining a Wisconsin Sports Development Corporation Fit Cities grant.