

# Spooner School District

The Spooner School District had eight main activities for their Team Nutrition Mini-Grant project.

1. A SPIN (Students Participating in Nutrition) group was formed to increase the student input to Team Nutrition's advisory group.
2. We partnered with Lakeland Family Resource Agency and offered two "Dad and Me Tortilla Nights" in February 2007 and two Gardening Nights in April 2007. These events required pre-registration by families. All programs were held in the High School FACE classroom, and were filled to capacity. Each event involved making whole grain tortillas, and participants include over 100 children and fathers or adult male care giver. Nutrition education and a fun activity or games were presented at all programs under the guidance of a UW-Extension Dietitian. VISTA volunteers also helped facilitate the events. The Gardening Nights for families were also full to capacity. Both nights included planting information from the High School Agriculture teacher. Over 50 participants were in each session, and the participants selected garden seeds, decorated planters and planted their choice of seeds. All were treated to tastes of salads before taking their planters home to watch them grow. Adults helping with the event were Lakeland Family Resource coordinator, UW-Extension Nutritionist, School District Nurse, Team Nutrition volunteers, VISTA volunteers, and FFA students
3. Fruit/Vegetable of the month presentations were continued at the elementary school for the third year. A grand finale in May recognized all program volunteers and included a performance by the Vicars of Vegetables radio guys. The *Spooner Advocate*, the local newspaper, reported on the event, and took many pictures of the program and the students.
4. The District Food Service director worked with the after school programs' snack menu to meet the wellness policy. The after school program coordinator was part of the Team Nutrition Advisory Group.
5. Student input in menu planning was obtained through the installation of a suggestion box, offering student taste-testing and surveying students.
6. Students participated in activities with Lakeland Family Resource such as the Family Swim Night.
7. Movin' and Munchin' program completed at the Elementary with near 100% participation including staff. The final field day used a Rodeo theme with eight activity stations. Stations included line dancing, finding animals in straw, and an obstacle course, putting a saddle on, racing on mop horses around barrels, pennant race, and calf roping.
8. The required WisLine webcasts were attended. The topics were very timely as our Wellness policy was implemented. The presentations by other schools gave our group additional tools to help our students and community. The Spooner Wellness Coordinator wrote, "The WisLine webcasts were excellent. I hope the Webcast system is used in the future for in-service. It saves time and mileage expenses!"

The Spooner Wellness team realized that the implementation of their Wellness Policy will be a process over time. From the WisLine Webinars, they realized their policy is incomplete, lacking some goals and evaluation specifics. The wellness committee plans to continue to meet after the mini-grant is complete to revise the policy and discuss revisions with the district superintendent.

Here is a picture of the Vicars of Vegetables and the *Spooner Advocate* story:



Spring Fling shines spotlight on kids

BY BILL THORNLEY

Spooner Advocate

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*SPOONER-- Spooner Middle School's seventh annual Spring Fling will take place today (Thursday) from 3 to 8 p.m. Spring Fling spotlights the accomplishments of the fifth- through eighth-grade students in arts, music, science, math, English, and much, much more.*

*In keeping with the healthy atmosphere that most schools across the country are aiming for, a special appearance by the Vicars of Vegetables will be featured with a 6 p.m. reception in the fifth-grade wing and a 7 p.m. performance in the cafeteria.*

*The Spooner-Trego Lions Club also will serve tacos and assorted fruits and veggies in the Spooner Middle School cafeteria. Better known as Jim Niehuis and Irwin Goldman, they have been featured on Wisconsin Public Radio on Larry Meiller's garden advice show, "Garden Talk." The Vicars use humor, jokes, and songs to turn vegetables into a hilarious topic, while more importantly getting young minds to want to learn more about vegetables.*

*Niehuis and Goldman are professors of horticulture at the University of Wisconsin in Madison. Their academic interests revolve around breeding and genetics of vegetable crops.*

*They are being sponsored by Team Nutrition and SPIN (Students Participating in Nutrition, a middle school club), and they help create an awareness of healthy eating habits. Kind of makes one want to munch on a carrot!*