

Prairie View Middle School, Sun Prairie Area School District

An active team of students formed the Health Awareness Program (H.A.P.) at Prairie View Middle School. Facilitated by a local registered dietitian, the H.A.P. team promotes healthy eating and activity through several activities. Colorful nutrition and activity posters were posted in the cafeteria. These posters were made in art classes, and served as a classroom connection to the wellness policy.

A display window in the hallway featured a new nutrition message each month. Nutrition messages included a "Savor the Spectrum" display with fruit and vegetable posters and fruit and vegetable balloons. The display featured prizes for students to win (pens, pencils and school supplies) as part of an upcoming H.A.P. activity. The H.A.P. logo and messages were prominent in the displays. The displays include pictures of students and positive messages, such as "B- VIBRANT," "catch the vibe," "EAT HEALTHY LIVE WELL," "Be the Best You Can Be," "Choice Matters," "Power of Choice," and "My Health, My Future." The displays had questions for students to think about, such as "What is health?" and featured pictures of fruits and vegetables with jokes and riddles on them, such as "How do you make soup gold?" (Answer: Add 14 carrots!) Prizes for guessing the riddle answers included fruit and veggie beanies and a "B-Vibrant" t-shirt.

A Nutrition Smarts question and answer food I.Q. game was played in the cafeteria once a month. Admission to the game was through a ticket. Tickets were given out as classroom rewards. Questions covered a range of nutrition topics and food trivia.

A school fitness fair was held for the students, parents and the community. The H.A.P. students provided an information snack sheet for parents. Posters with H.A.P. messages were displayed at the fair, and H.A.P. team members wore their fluorescent green "B-VIBRANT" t-shirts to the event and gave away book markers with H.A.P. healthy eating messages.

The H.A.P. students carried out a peer-to-peer marketing project on healthy eating. They interviewed and video-taped other students on health awareness questions. The video was later shown on the school's closed circuit television as an info-commercial and shared with the Prairie View School Community Organization parent group. Information on the mini-grant projects and the wellness policy was shared with the parents at this time, which added parent members to the team.

At an all-staff meeting, the H.A.P. team shared their messages, and information on the grant and wellness policy was provided. It was at this meeting that staff support for the nutrition smarts game was obtained. The H.A.P. team leader also presented information to the school board to increase awareness of program.