

Healthy ZONE

a program of  United Way
of Metropolitan Dallas

 The Cooper Institute



OCTOBER 2017 NEWSLETTER

The Healthy Zone School Recognition Program[®] was created as a joint collaboration between The Cooper Institute & United Way of Metropolitan Dallas in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors.



60 MINUTES
PER DAY IS THE RECOMMENDED
PHYSICAL ACTIVITY TIME FOR
CHILDREN AND ADOLESCENTS.



37.4%
Only 37.4% of children
participate in daily
physical activity.



IMPORTANT DATES AND DEADLINES

Don't miss these important dates and deadlines!

DUE SEPT.

29TH

SCHOOL
INFORMATION
SHEET

DUE OCT.

31ST

DISTRIBUTE
PASSIVE CONSENT
& PARENT LETTER

DUE OCT.

31ST

FIRST YEAR
SCHOOLS
COMPLETE
THE BASELINE
TEACHERS SURVEY

NEEDS ASSESSMENT DUE
PRIOR TO SCHOOL VISIT

To access the surveys,
please login to your
Healthy Zone dashboard.

The passive consent and parent
letter can be found on your
Healthy Zone USB drive.

IMPLEMENTATION TIP: SCHOOL HEALTH ADVISORY COUNCIL (SHAC) TRAINING

For the 2017-2018 school, the Texas Action for Healthy Kids (TAHK) teamed up with AgriLife Extension, DairyMAX, the Department of State Health, It's Time Texas, Texas PTA, TAHPERD, and the YMCA in order

to support School Health Advisory Councils (SHAC) throughout the state.



**IT'S
TIME
TEXAS**

**MAKE
HEALTHY
EASIER**

TAHK has created a collection of tools, resources, webinars, online workshops, and best practices to help enhance and provide support to your district's SHAC.

Topics covered in webinars and available in downloadable resources include [Resources for Recruiting Parents](#), [Recess Policy](#), [Establishing Your Priorities](#), [Ten Key Things About SHACs](#), and much more.

Read on to access resources, view webinars or get more information.

[READ MORE](#)

THE TRUTH ABOUT CARBOHYDRATES

It's October and for many of us, we've got Halloween on the brain, and who can think of Halloween without thinking of candy?

Candy is primarily made of sugar, which is one type of carbohydrate. Many people have misconceptions regarding dietary carbohydrate. Rather than being the villain as portrayed in several off-the-wall popular diets, carbohydrate is actually essential for human survival, optimal bodily function, and disease prevention.

[Read on to learn more](#) about the types of carbohydrates and which ones you and your students should focus on for healthy living. Just a hint, it's not the type of carbohydrate found in Halloween candy! Everything in moderation.



[READ MORE](#)

YOUTH FIT TIP: CARDIO STRATEGIES (PART 1)

Circuit training is an extremely effective method that can lead to improvements in all components of fitness.



A circuit training session should be designed to alternate one minute of cardio exercise with one minute of strength exercise. While the strength training portion should target all major muscles groups, creating fun and innovative ways to include cardio can be a challenge.

Incorporate these cardio strategies to make your next circuit training workout a fun activity for kids of all ages.

[WATCH VIDEO](#)

GRANT RESOURCES

[Fuel Up to Play 60](#) is offering up to \$4,000 per year, per school to support healthy changes. Sponsored by the National Dairy Council, state and regional Dairy Councils, and other supporting organizations, schools that meet the following qualifications are eligible for funding.

TIPS FOR GETTING STARTED:

1. [Enroll in Fuel Up to Play 60](#)
2. [Have a registered Program Advisor](#)
3. [Participate in the National School Lunch Program](#)

What are you waiting for?

Use the new [2017-2018 Playbook](#) and start finding ways to lead efforts to impact health based on your school needs. [The Fuel Up to Play 60 grant application ends November 1, 2017.](#)



DATA DRIVES DECISIONS



DATA DRIVES DECISIONS

- Kenneth H. Cooper, MD, MPH

Too often, physical education teachers are faced with dwindling resources, limited time, and a lack of support. One of the most powerful tools PE teachers have at their disposal today is FitnessGram data.

Understanding how to use this data to garner support and yes, even funding, for your PE programming can make a substantial difference in how you teach physical education and most importantly, the impact you have on your students and their development of lifelong healthy habits.

Read on to learn more about maximizing success with fitness assessment data from Fort Worth ISD's Director of Health and PE, and FitnessGram Scientific Advisory Board member, Georgi Roberts.

[READ MORE](#)

HEALTHY ZONE SCHOOL ORIENTATION SUCCESS!



Thank You!

On behalf of The Cooper Institute® and United Way of Metropolitan Dallas, we thank you all for helping us kick off the Healthy Zone School Recognition Program® by attending our orientation event.

We had 150 educators in North Texas attend and we welcomed 20 new schools to the program. We hope you enjoyed yourself, found breakout sessions to be informative and valuable, and had the opportunity to connect with other Healthy Zone Schools.

Your participation and energy helped to make the event an incredible success.

ENGLISH VERSION



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