



## Indoor Recess: Strategies for Success!

Winter provides many opportunities for outdoor fun, however sometimes the weather is too severe for students to play outdoors safely. The January 2009 and September 2009 issues of the *Health and Nutrition Flash* provided readers with activity ideas for indoor recess and classroom activities (<http://publichealth.columbus.gov/cardiovascular-health.aspx> click on "Forms and Publications"). With the help of retired physical education teacher, Lois Carnes from the Solon City School District in Ohio and her Zone Playground/Indoor Physical Activity Model, this month's Health and Nutrition Flash provides tips to teachers and playground monitors to make indoor recess a success!

**Find the Best Location for Indoor Recess:** Use a school facilities chart to determine what areas of the building are available for use. The space available will often determine the day's activity choices. The gymnasium or a hallway are often good spaces to use.

**Sound Barriers:** Create sound barriers by rolling bulletin boards in front of open doorways or by closing appropriate doors.

**Play Carts:** Create a play cart stocked with equipment that matches the indoor needs and an outdoor cart to accommodate outdoor needs. Ideas for equipment to put on the indoor cart include agility ladders, jump bands, Chinese jump ropes, beachballs, hop scotch carpets, bean bags, limbo poles, and Dance Dance Revolution pads. Frisbees, jump ropes, playground balls, set of cones, sleds, sand buckets, footballs, basketballs, beachballs, hoola hoops are excellent additions to an outdoor cart.

**Inventory Recess Activities:** Develop two card activity boxes, one for indoors and one for outdoors. Add indoor and outdoor activity ideas to the appropriate box as they are found. The indoor box can be kept with the indoor cart and the outdoor box can be kept with the outdoor cart. It is a good idea to laminate cards and add new activities to the boxes regularly. Use the activity below as the first card for the indoor recess box:

### Indoor Zone Activity: Agility Ladders

Grades: K-6

**Equipment:** Agility Ladders. These can be purchased for about \$25 from any sport equipment company or <http://www.amazon.com>. Creative recess monitors can also use masking tape to create a ladder on the floor!

**Formation:** The children should line up at one end of the agility ladders and repeat a pattern from one end of the ladder to the other. When they are done, they can either travel to another agility ladder or return to the line.

**Activity:** A child can start the pattern when the person in front is halfway through the ladder

- Kangaroo Jump: Jump with both feet in each ladder space.
- Flamingo Hop: Hop on the same foot though the ladder.
- Hip Hop: Hop on one foot into the first ladders pace, hop on the other into the next space. Alternate feet.
- Slide- Facing sideways, move leading foot into a space, the second foot follows into the same space, then move the leading foot into the next space.
- Create your own pattern.



## News You Can Use

### 2009 School Team Nutrition Mini-Grant Guidelines Deadline to Apply: January 22, 2009

The Office for Safety, Health and Nutrition (OSHN) of the Ohio Department of Education (ODE) is requesting proposals from Ohio elementary schools to apply for a \$2,000 mini-grant to host an ODE-developed Parent Academy on nutrition entitled *Power Up Moves and Food*. Parent Academies are free, two-hour workshops for parents on topics that will help them support their children's learning and development. **See separate attachment included with this email for more information.**



### Mid Ohio Regional Planning Commission (MORPC) will promote Safe Routes to School (SRTS)

MORPC will kick-off its first Safe Routes to School workshop for 2010 on **Tuesday, February 23, 2010 from 10am – 12pm** at MORPC, 111 Liberty Street, Suite 100, Columbus, OH 43215. Julie Walcoff from Ohio Department of Transportation will provide an overview of SRTS and highlight examples of funded projects. **For more information and to RSVP contact Amanda McEldowney at: [amceldowney@morpc.org](mailto:amceldowney@morpc.org) by Tuesday, February 16, 2010.**

**Save the Date! Ohio Department of Transportation presents: Healthy Communities, Active Transportation.** On March 30th, federal, state and local safety advocates are planning a one-day conference, in Columbus, on creating healthier communities across Ohio. The keynote speaker will be former editor-at-large of WALKING magazine, Mark Fenton. The conference is **free** of charge and will cover many topics related to promoting walking and biking. More information is available at: <http://www.dot.state.oh.us/hcat>.

### Save the Date! Healthy Kids, Healthy Schools: Wellness Policies in Action Conference

Action for Healthy Kids, Zone 8 is pleased to announce its annual conference on **March 3, 2010 from 8:00-3:30PM** at the Educational Service Center of Central Ohio, 2080 Citygate Drive Columbus, Ohio 43219. Cynthia Symons will be back by popular demand to speak about Coordinated School Health: The Real Education Reform. There will also be special break out sessions for school administrators, nurses, parents, and physical education teachers. More information regarding this event will follow in the February 2010 Health and Nutrition Flash.

## Legislative Briefing

### Ohio House Bill 60 to Eliminate or Restrict Snack Foods in Schools.

On December 16, the Ohio House of Representatives voted to pass HB60, which would establish nutritional standards for food and beverages sold in vending machines and school stores in school districts, community schools, and STEM schools. These nutrition standards would apply to food sold during school hours, as well as before and after school hours if access is provided for a school sponsored function. This legislation has similar provisions as those addressed by National Parent Teacher Association. For more information, visit [http://www.legislature.state.oh.us/bills.cfm?ID=128\\_HB\\_60](http://www.legislature.state.oh.us/bills.cfm?ID=128_HB_60).

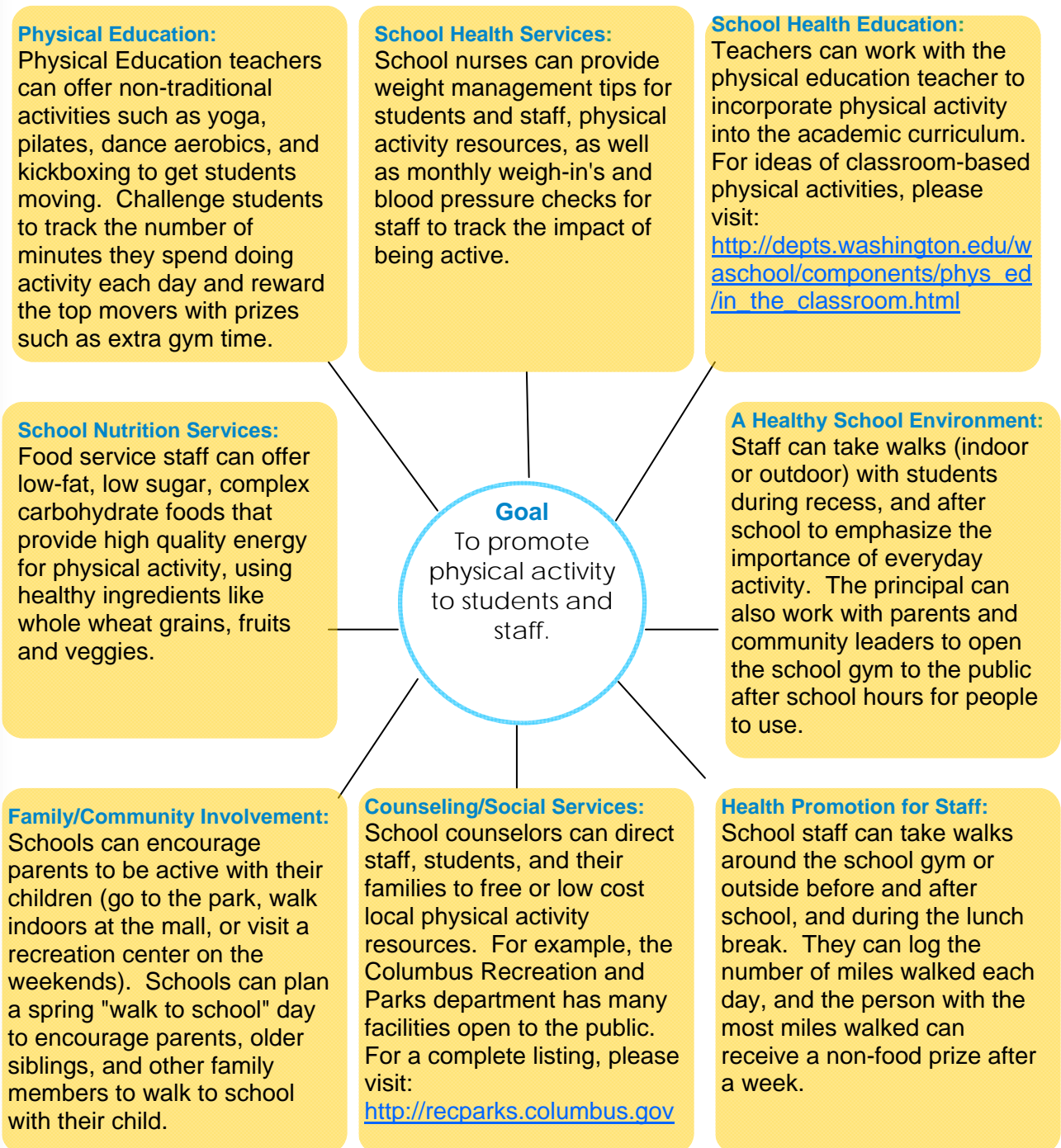


## Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This issue focuses on ideas to promote physical activity to students and staff to help them stay active when the weather turns cold.

### It Takes a Coordinated Approach

#### Addressing School Health Goals Using the Coordinated School Health Model





## Staff Wellness

### Resolve to Eat More Whole Grains in 2010!

Whole grains, or grains that haven't been refined provide more health benefits than refined grains, such as white flour or rice. Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium, all key nutrients and vitamins that are vital for the health and maintenance of the body. Below are some tips to help you incorporate more whole grains into your diet.

#### At Meals:

- Substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.

#### At Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

#### What to Look for on the Food Label:

- Choose foods that name one of the following whole grain ingredients *first* on the label's ingredient list:

brown rice

bulgur

graham flour

oatmeal

whole-grain corn

whole oats

whole rye

whole wheat

wild rice



Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually *not* whole-grain products.

Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Source: United States Department of Agriculture: Inside the Pyramid. <http://www.mypyramid.gov>.

