



Cafeteria Mural at Bella Vista Elementary

Healthy Students Initiative Newsletter, Fall 2010

A publication about Bella Vista, Cypress, and Lassen View schools

Thanks for your interest!

The Healthy Students Initiative (HSI) is a seven-year Healthy Shasta project that addresses childhood obesity in Shasta County school communities. We are funded by The McConnell Foundation, Shasta Family YMCA, and Shasta County Public Health. Three schools are participating in the Healthy Students Initiative: Bella Vista Elementary, Cypress Elementary, and Lassen View Elementary. Our goal is to improve the health of students and to develop a roadmap for other local schools to do the same.

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Bella Vista Elementary

In the current epidemic of unhealthy eating and physical inactivity, schools play a key role in shaping how and what students eat and how much they exercise. Learn what Bella Vista did during the first two years of the Healthy Students Initiative to address childhood obesity.



New oven at Bella Vista Elementary, December '09

First Year (2008-09)

Bella Vista hired a full-time Physical Education (PE) instructor to improve the quality of physical education for students in kindergarten through fifth grade. They also made improvements to their school garden to allow more produce to be used in their cafeteria.

Second Year (2009-10)

Bella Vista updated their kitchen equipment and now can prepare additional fresh and "made from scratch" foods. The cafeteria staff is embracing healthful cooking techniques. For example, they add pureed vegetables into pizza sauce to enhance its nutritional quality.

Cypress Elementary

In California, public school students spend a majority of their daytime hours in school, and they eat at least one, and often two, of their meals at school. Cypress is working hard to integrate fresh fruits and vegetables into its menu with the help of the Healthy Students Initiative.



School garden at Cypress Elementary, March '10

First Year (2008-09)

Cypress expanded their school garden by building additional boxes for growing produce. They also installed a new blacktop area for Kindergarten and 1st grade students to play.

Second Year (2009-10)

Cypress is renovating the food service area to create a working kitchen. The kitchen will allow additional "made from scratch" items, more whole grains, and greater control over the nutritional quality of school meals. Cypress's Afterschool Program has adopted the Girls on the Run program which trains girls in healthy eating and positive body image.

Quick Stats

Here are some baseline statistics of students at the three HSI schools (taken during the 2008-09 school year).

- Over 33% of students in the HSI schools were overweight (16.5%) or obese (17%).
- One in three students at the HSI schools carry more body weight than is healthy for their age and height.
- Fourteen percent of 2nd-4th graders had not had dinner the night before the survey.
- More than half of fifth graders had eaten at a fast food restaurant during the week previous to the survey.

Lassen View Elementary

Since students are in school for a large portion of each day, it's important for kids to have opportunities to be physically active. Research shows that children who regularly eat healthy meals and get adequate exercise do better academically and socially than their less healthy peers. Here's how Lassen View is helping kids eat healthier and be active.



Walking path at Lassen View Elementary, July '09

First Year (2008-09)

Lassen View began serving a free, healthy breakfast to all students and installed a walking path around the school playground to encourage students to be more active.

Second Year (2009-10)

Lassen View continued their "Breakfast for All" program and added a daily salad bar to the lunch menu. Several teachers were trained in the S'cool Moves curriculum that uses movement to help students refocus and concentrate.

For more information about the Healthy Students Initiative, visit www.healthyshasta.org

