

# Play Nice! Newsletter

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Melinda Bossenmeyer, Ed.D. ph 877-444-9888

## School Talk

*Each student should have at least 30 minutes of physical activity as an integral part of the school day.*

*Michigan's Council on Physical Fitness*

## Stopping Childhood Obesity

A recent opinion survey from the Robert Wood Johnson Foundation and the National Education Association found remarkable agreement between parents and teachers on what schools should do to help stop the epidemic of obesity:

1. Require students to take P.E. daily at every grade level (81% teachers & 85% parents).
2. Develop a lifestyle approach to P.E. (94% of teachers & 89% parents).
3. Convert selection in vending machines to healthy foods and beverages (92% parents & 91% teachers).
4. Oppose allowing vending machines with unhealthy snacks and candy in elementary schools (86% teachers & 83% parents).
5. School Boards should not eliminate P.E. for budgetary reasons (87% teachers & 88% parents).
6. Curb food commercialism in public and community situations.

Information from Department of Health Services, Nancy Gelbard, M.S., R.D., Chief California Obesity Prevention Initiative.

**Just Play! Do It Today!**

Do you know that a sure way to increase children's physical activity is to increase recess minutes?



## Nutrition and Schools

Food Consumption by School Age Children.

The percentages of children meeting the minimum number of daily food group servings specified in the Food Guide Pyramid are: 35% for fruit, 46% for meat, 45% for vegetables, 65% grains, and 60% for milk. US Dept. Agriculture, 2001.

Only 2% of school-age children meet the recommended minimum number of servings for five major food groups in the Food Guide Pyramid.

Children age nine and older are heavy consumers of sodas. By the time they are 14 years of age or older, 32% of young women and 52% of young men are consuming three or more servings of soda a day.

## Time to Replenish your Playground Equipment Package?

<http://www.peacefulplaygrounds.com/order.htm>



The SPARK Programs host fantastic and fun workshops for teachers -- one in each area of focus: Early Childhood, Elementary PE, Middle School PE, and After School. See their website: [www.sparkpe.org](http://www.sparkpe.org)