



## Forest Glen Elementary Lawrence Township



### Quotes

**“At Forest Glen Elementary, we are experimenting with recess before lunch with two pilot class: one in Kindergarten and one in first grade. We are pleased with the results thus far and intend to do this building wide for the 2004-2005 school year. Our cafeteria manager attests to students in those two pilot classes eating more food now and cleaning their plates. Not only are they choosing healthier and more substantial choices in the food line, but they are more calm and relaxed as they sit and eat. As Assistant Principal, I handle most of the discipline in the building. As I look at our school’s discipline data for the first nine weeks, there has only been one office referral from those two pilot classes during lunch/recess time. There have been a total of 16 office referrals during lunch/recess from the rest of the building, the classes that eat first and then play. Although averages are difficult to apply to such small numbers, the average for “recess before lunch classes” is 0.5 referrals in the first nine weeks; the average for “lunch before recess classes” is 0.6 referrals in the first nine weeks. The cafeteria supervisors report that the students who eat before playing are much more boisterous and rowdy than those that play first and then eat. All in all, for the children in those two pilot classes who play before they eat, we see positive impacts both with their behavior and with healthy consumption of food.”**

**Gina Yoder, Assistant Principal**

**“I do know that after playing outside, my children do tell me that they are hungry when they come in from recess. “?Tienen hambre?” and they tell me “Si!” Because lunch is in the middle of the time that I have them, it splits the day up nicely. I have an hour and a half with them in the morning and an hour with them after lunch.**

**Shirley Payne, Kindergarten Teacher**

### Channel 13 Story

**Forest Glen was recently on Channel 13 to celebrate all those successes mentioned in the news release above. Learn more about their news debut at**

**<http://www.wthr.com/Global/story.asp?S=1522369&nav=9TahJ52V>**

### Lunch and Recess Schedule

<b>K</b>	<b>10:05 – 10:25 Recess / 10:25 – 10:55 Lunch</b>
<b>1<sup>st</sup></b>	<b>11:00 – 11:20 Recess / 11:20 – 11:50 Lunch</b>

## **News Release**

### **Forest Glen Elementary's Action for Healthy Kids Initiative:**

**Thanks to the outstanding leadership of our PE teacher, Jennifer Summers, our Cafeteria Manager, Charlotte Bixler, our nurse, Carolyn Gauen, our ATP Gina Yoder, our Principal, Nikki Woodson, and Sarah Titzer with Clarian Health Partners, Forest Glen is focusing on health, fitness, and wellness. We have implemented many positive and healthy changes this year, including the following:**

- ✓ **Daily breakfast offered to all students.**
- ✓ **Bottled water added to lunch line.**
- ✓ **No more cookies or Fruitopia on lunch line, instead healthier choices are being taste-tested by SUN students and will be offered as "extras".**
- ✓ **No soda in the machines by the gym, instead water and Minute Maid juice in machines.**
- ✓ **Use of pedometers in PE class by students. Many staff members are also wearing/using pedometers.**
- ✓ **Pilot program of Recess Before Lunch with 2 classes. Kids are eating healthier and eating more. They are also more calm.**
- ✓ **A new "Wellness" column in both the Ambassador, weekly parent newsletter, and the Friday Focus, weekly staff newsletter, with articles on nutrition, fitness, wellness, parent tips, recipes, etc.**

**Beginning in December of 2003, Clarian Health Partners will provide Forest Glen staff members with health risk assessments (including cholesterol screening, BMI measurements, and wellness information), after-school classes at the school twice a week for six-week periods (yoga, pilates, cross-training, nutrition, etc.), as well as an individually tailored health plan for each participant. Forest Glen's PFO, also in partnership with Clarian Health, will be offering a Family Wellness Night for Forest Glen parents on January 28, 2004 from 5:30-8:00pm. The evening will include health risk assessments for parents (cholesterol, BMI, etc.) as well as an hour-long class on family wellness. Please be looking for additional information in the new "Wellness" column in each edition of the Ambassador parent newsletter. We are excited to partner with Clarian Health and our PFO in guiding Forest Glen children, staff, and parents in leading healthier lives. We encourage you and your family to join us in being more active, eating healthier foods, getting proper amounts of sleep and taking care of our bodies.**