Supporting Student Health during Virtual Schooling

Project Healthy Schools
Today’s Speaker

Ben Ransier, M.ED.
Curriculum and Training Coordinator, Project Healthy Schools

<table>
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<th>Degrees:</th>
<th>Professional Experience:</th>
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<tr>
<td>B.S Health Sciences</td>
<td>Physical Education Teacher</td>
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<tr>
<td>Post-Bac in Physical Education/Health Education</td>
<td>Middle School Dean</td>
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<tr>
<td>M.ED. in Educational Leadership</td>
<td>Curriculum and Training Coordinator, PHS</td>
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Session Objectives:

- Understand the connection between nutrition, physical activity and emotional wellness and academic achievement.
- Identify tips and strategies to support proper nutrition, physical activity and emotional wellness throughout the virtual school day.
- Recognize resources to support wellness efforts.
What is Project Healthy Schools (PHS)?

• A unique community-University of Michigan collaborative project, started in 2004.

• Designed to increase physical activity and healthier food choices to reduce childhood obesity and long term cardiovascular disease risk.

• Targets students in the transition grade (5th or 6th) into middle school.

• To date:
  — 100+ participating schools
  — Over 86,000 students reached
Poll

What ages are the students in your home?

- Pre-Kinder (0-4yrs)
- Elementary (5-11yrs)
- Middle School (12-14)
- High School (15-18)
Maslow’s Hierarchy of Needs

- **Physiological needs:** food, water, warmth, rest
- **Safety needs:** security, safety
- **Belongingness and love needs:** intimate relationships, friends
- **Esteem needs:** prestige and feeling of accomplishment
- **Self-actualization:** achieving one’s full potential, including creative activities

- Self-fulfillment needs
- Psychological needs
- Basic needs
Supporting Social, Emotional, & Mental Well-Being

Youth Challenges:
1. Change in routines
2. Break in continuity of learning
3. Break in continuity of health care
4. Lost safety and security
Supporting Well-being

• Maintain a normal routine

• Recognize and address behavior changes

• Support social connectivity

• Teach simple steps to stay healthy
Resources

- https://hr.umich.edu/benefits-wellness/health-well-being/well-being-u-m
- www.phsonlineresources.org
Student Nutrition

Students spend about 6 hours a day in school and will consume about half of their daily calories during this time.

Although the brain only accounts for about 2% of our body weight, it consumes about 25% of the body’s oxygen and 25% of the blood glucose.

Therefore, healthy school nutrition should provide students with nutritious and appealing foods and beverages.
Childhood Nutrition & Academics

• Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood.

• Adequate hydration may also improve cognitive function.

• Hunger due to insufficient food intake is associated with lower grades, higher rates of absenteeism, repeating a grade, and an inability to focus among students.

• Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.

• Deficits of specific nutrients (i.e., vitamins A, B6, B12, C, folate, iron, zinc, and calcium) are associated with lower grades and higher rates of absenteeism and tardiness among students.
Childhood Nutrition Facts

Dietary Guidelines for Americans recommend eating patterns that include:

• Variety of fruits and vegetables
• Whole grains
• Fat-free and low-fat dairy products
• A variety of protein foods
• Oils

While limiting calories from solid fats, added sugars, and reducing sodium intake.
Poll

What is considered to be the primary source of added sugar for Children (and adults)?

- Sweetened beverages (soda)
- Yogurt
- Cereals
- Sweets (bakery products, candy)
Take Action

Choose MyPlate.gov
Parent Tips

2. Create a schedule for meals and snacks.
3. Drink calories count.
4. Choose praise over foods to recognize positive behaviors.
5. Limit screen time.
6. Focus on the perimeter.
Nutrition Resources

- [https://www.cdc.gov/healthyschools/index.htm](https://www.cdc.gov/healthyschools/index.htm)
- [https://www.fda.gov/media/128913/download](https://www.fda.gov/media/128913/download)
- [http://www.smarterlunchrooms.org/](http://www.smarterlunchrooms.org/)
- [www.phsonlineresources.org](http://www.phsonlineresources.org/)
- [https://hr.umich.edu/benefits-wellness/health-well-being/mhealthy/faculty-staff-well-being/nutrition-weight-management/nutrition](https://hr.umich.edu/benefits-wellness/health-well-being/mhealthy/faculty-staff-well-being/nutrition-weight-management/nutrition)
Physical Activity
What are we seeing here?
Physical Activity and the Brain

BRAIN AFTER SITTING QUIETLY

BRAIN AFTER 20 MINUTE WALK

Research/scan compliments of Dr. Chuck Hillman University of Illinois
Students who are active:

1. score higher on tests that measure long-term memory, reasoning, attention, and problem-solving skill.
2. perform better on tasks which require the ability to reason quickly, think abstractly, and improvise off previously learned material in solving a new problem.
3. allocate more cognitive resources to a task and do so for longer periods of time.
4. feel less stress and anxiety, two known factors to decrease the probability of learning.
5. score better on standardized tests, and
6. exhibit more on-task behavior

Planning for Physical Activity in the Home

1. Rearrange furniture to be more conducive to physical movement.
2. Consider student skill level when selecting or encouraging activities.
3. Create predictable routines and schedules for activity that empower students to manage themselves appropriately within the time and space.
4. Maintain consideration for other students/workers in the home.
5. Keep it Interesting! - change pace, utilize different resources, use themes.
6. Engage students in planning of activities.
7. Get creative.
Comprehensive Physical Activity Plan

https://schoolspringboard.org/the-framework/
Resources:

- www.gonoodle.com
- https://essi.umich.edu/active-schools-communities/
- www.phsonlinereresources.org
Q & A

Jean DuRussel-Weston, Program Manager, Project Healthy Schools
jdurusse@med.umich.edu

Ben Ransier, Curriculum and Training Coordinator
bransier@umich.edu