HST Coordinator: Kim Johnson • Kim.Johnson@ocps.net

**HST Meeting #2**

The second HST meeting of the year should be held by March 1, 2018

Once completed, please submit your meeting #2 notes via survey:

**Click → HST MEETING #2 NOTES**

Please submit your meeting #1 notes via survey:

**Click → HST MEETING #1 NOTES**

*Meeting notes will not be accepted via email and must be completed through the online survey*

**Coming Soon...**

The School Health Index (SHI) will go live on your Action for Healthy Kids (AFHK) school portal on April 16, 2018.

Your school will be required to complete the SHI by May 1, 2018. We will offer a webinar on April 11, 2018 with a refresher on how to access and complete the SHI. The webinar will be archived for viewing if you are unable to make it on April 11.

Visit the AFHK school portal: [https://afhkschoolportal.force.com](https://afhkschoolportal.force.com)

**Required Action – HUSSC Application**

OCPS has partnered with the Florida Department of Agriculture and Consumer Services (FDACS) to help recognize all OCPS schools through the USDA’s Healthier US School Challenge (HUSSC). HUSSC is a voluntary certification initiative recognizing schools that have created healthier school environments through promotion of nutrition and physical activity.

This year, your HST is required to submit information about your school to help OCPS complete a HUSSC application on your school’s behalf by March 15, 2018. We will provide a technical assistance webinar on Feb. 8, 2018 at 2:30 pm. If you are unable to participate on Feb. 8, the webinar will be archived for viewing at a later time. You must submit this information even if you applied for HUSSC in the past.

There is a monetary award for HUSSC recognition ranging from $500 - $1500. Additionally, OCPS is offering a mini-grant in the form of $500 in supplies for those schools that complete the following:

- Viewed Nov. 16 webinar (Missed it? You can [view it here](#))
- Viewed Feb. 8 webinar ([register here](#) – register even if you can’t make it so you’ll receive an email with a link to the recording after the webinar takes place.)
- Submit HST meeting notes for two meetings by Mar. 1 (see links above)
- Complete HUSSC submission by Mar. 15 (information available on Feb. 8 webinar)
- Learn more on the Feb. 8 webinar!
Healthy School Team “To Do” Checklist – Due March 15, 2018
- Submit HST Meeting #1 Notes
- Submit HST Meeting #2 Notes
- Listen to HST Webinar #2
- Listen to HST Webinar #1 (if you haven’t done so already)

February Observances
All Month: American Heart Month
All Month: National Children’s Dental Health Month
Feb. 2: School Crossing Guard Appreciation Day
Feb. 5-9: National School Counseling Week

March Observances:
All Month: National Nutrition Month
Mar. 6-10: National School Breakfast Week

Healthy School Team Resources – Available on Following Pages
✓ GridIron Cooking Challenge
  o Your students can win prizes through this fun & healthy cooking challenge
✓ Every Kid Healthy Week
  o Recognize your school’s wellness activities during the last week in April.
✓ School Garden Farmer’s Market
  o Show off your school’s harvest at this school only farmer’s market

Helpful Links:
OCPS Healthy School Team Website
OCPS Wellness Policy
OCPS Eat Smart Nutrition Standards
Join the Gridiron Cooking Challenge!

How to Join:

1. Build a team of 4 students (elementary and middle school) and one adult or Program Advisor.

2. Create a unique, healthy recipe that showcases dairy products (milk, cheese and/or yogurt) that can be prepared and cooked in 60 minutes. Recipes can be breakfast, lunch, dinner or snack recipes. Use creativity!

3. Recipe submissions will be accepted beginning on January 9, 2017 through March 3, 2017. We encourage schools to do their own cook-off to determine which recipes to submit.

4. Finalists will compete by recreating their recipe at a local NFL facility in April or May 2017.

WINNING GRIDIRON TEAM WILL WIN A $2500 SCHOOL EQUIPMENT PRIZE PACK & 4 TABLETS
(1 tablet per competing student along with other cool prizes)

For entry form and official rules, visit: Floridamilk.com or email fueluptoplay60@floridamilk.com
Every Kid Healthy Week

Launched by Action for Healthy Kids (AFHK) in 2013, Every Kid Healthy Week is an annual observance on the calendar of National Health Observances that celebrates school wellness achievements. Observed the last week of April each year, this special week shines spotlight on the link between nutrition, physical activity, and learning and the great efforts schools are making to improve the health and wellness of students—because healthy kids are better prepared to learn!

How can my school join the celebration?

Every Kid Healthy Week is all about celebrating your school’s wellness initiatives and inspiring new ideas to promote healthy eating, nutrition education and physical activity. Schools can show their commitment to wellness by hosting an event that focuses on healthy kids and families. Parents and family members can volunteer to help their kids’ schools host an event, then keep the celebration going at home. Check out some event ideas below and visit EveryKidHealthyWeek.org to get started. There, you’ll find our planning toolkit and checklist, inspirational success stories from past events and tons more resources to help you plan the best Every Kid Healthy Week event yet — all free!

Every Kid Healthy Week Event Ideas

- Host a healthy foods taste test featuring fruits, vegetables, whole grains or low-fat dairy products.
- Invite a local fitness instructor to volunteer to lead a family Zumba or yoga class.
- Create a school garden or refresh an existing one, and invite parent volunteers to help.
- Plan a school-wide Field Day, Walk-a-Thon or Fun Run and engage parent volunteers to help.
- Combine these ideas and work with community partners for a full health & wellness fair!

Still not sure how to get started? Visit ActionforHealthyKids.org/GameOn for more activity ideas, resources and tips — including ways to engage volunteers to support your needs!

Put Your School on the Map

Demonstrate your commitment to healthy kids and healthy families! Join the national movement for school wellness by registering your event at EveryKidHealthyWeek.org.
Gardens have become a fixture in many of our elementary schools and for good reason. Kids gravitate to gardens like worms to soil, and bees to honey. Author D.S. Venetta would like to expand that reach with the First Annual School Garden Farmer’s Market event where students can come together and share what they’ve grown, what they’ve learned and inspire a new wave of school gardens throughout Central Florida.

It’s a fact. Kids that grow their own fruits and vegetables will eat them. And they’re eager to share the bounty of produce and knowledge their friends. What better way than with a harvest party? No harvest? No problem! All are encouraged to participate.

Join us for the First Annual School Garden Farmer’s Market
March 10, 2018
Whole Foods, Winter Park, FL
12:30pm—3:00pm

- Food prep demonstrations during event by students/chefs.
- Tastings, plus take-home recipe cards kids can use at home.
- Handouts including activity sheets, craft cards, trivia & more.
- Hebni Nutrition “Fresh Stop” bus tour and “Blender Bike” fun.

Join the fun as award-winning author D.S. Venetta brings the organic garden to life for elementary-aged readers in her new series of chapter books, Wild Tales and Garden Thrills. Each book includes vocabulary words, fresh recipes, and organic gardening lessons in the back. Coloring books are also available. Additionally, she contributes gardening advice to various websites, publications, and schools, including the new cookbook, Earth Eats: Real Food, Green Living. Passionate about organic gardening, her dream is to see a garden in every school, library and community square!