How Do You Fuel Up to Play 60?

A practical guide to successfully implement the nation's largest free in-school wellness program

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SHAPE America – Society of Health and Physical Educators®

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Presenter Introduction

Hugh Brockway

Elementary Physical Education Teacher

Lovettsville Elementary School

Loudoun County, Virginia

Fuel Up to Play 60 Hall of Fame member

Has attended 3 National Summits

Agenda

- What is Fuel Up to Play 60?
- Why should you and your students implement this program?
- How does it work?
  - What to do, Who is involved, How to?
- Examples of implementation
- Website
  - Sign Up, Six Steps, Resources, Tools
- Rewards, Summit, and other benefits
  - https://www.fueluptoplay60.com/about/faqs#tab_what-opportunities-are-available-through-fuel-up-to-play-60
- Resources to support

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Learning Objectives for this webinar

- **Learning Objective #1** - To learn what the Fuel Up to Play 60 in-school wellness program is.
- **Learning Objective #2** - To learn how to successfully implement this program into any school
- **Learning Objective #3** - Learn best practices of using the "healthy eating" and "physical activity" plays provided by Fuel Up to Play 60
- **Learning Objective #4** - Gain confidence in starting this program or deepen its engagement at your school.
- **Learning Objective #5** - Discover resources and tools that are provided for free to help you implement Fuel Up to Play 60.

Fuel Up to Play 60 is…

a nutrition and fitness initiative founded by the National Dairy Council, local dairy councils such as American Dairy Association North East, in partnership with the NFL and in collaboration with the USDA.

Do you have an existing Fuel Up to Play 60 program at your school now?

If yes, how for how many years?
What are your struggles/road blocks?

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https://youtu.be/rSXYBiT9y6k

What would encourage students at your school to get involved with helping make themselves and their classmates healthier?

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Why should your school become a Fuel Up to Play 60 school?

- Empower Students
- Create a healthy impact at your school
- Involving students in the process of the solving the obesity crisis will have better effects
- Meet health and nutritional goals
- Improve school morale
- Apply for funding
- Win some fun prizes

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Why Fuel Up to Play 60?

- FUTP 60 encourages youth to:
  - consume nutrient-rich foods such as dairy, fruits, vegetables and whole grains
  - achieve at least 60 minutes of physical activity every day.

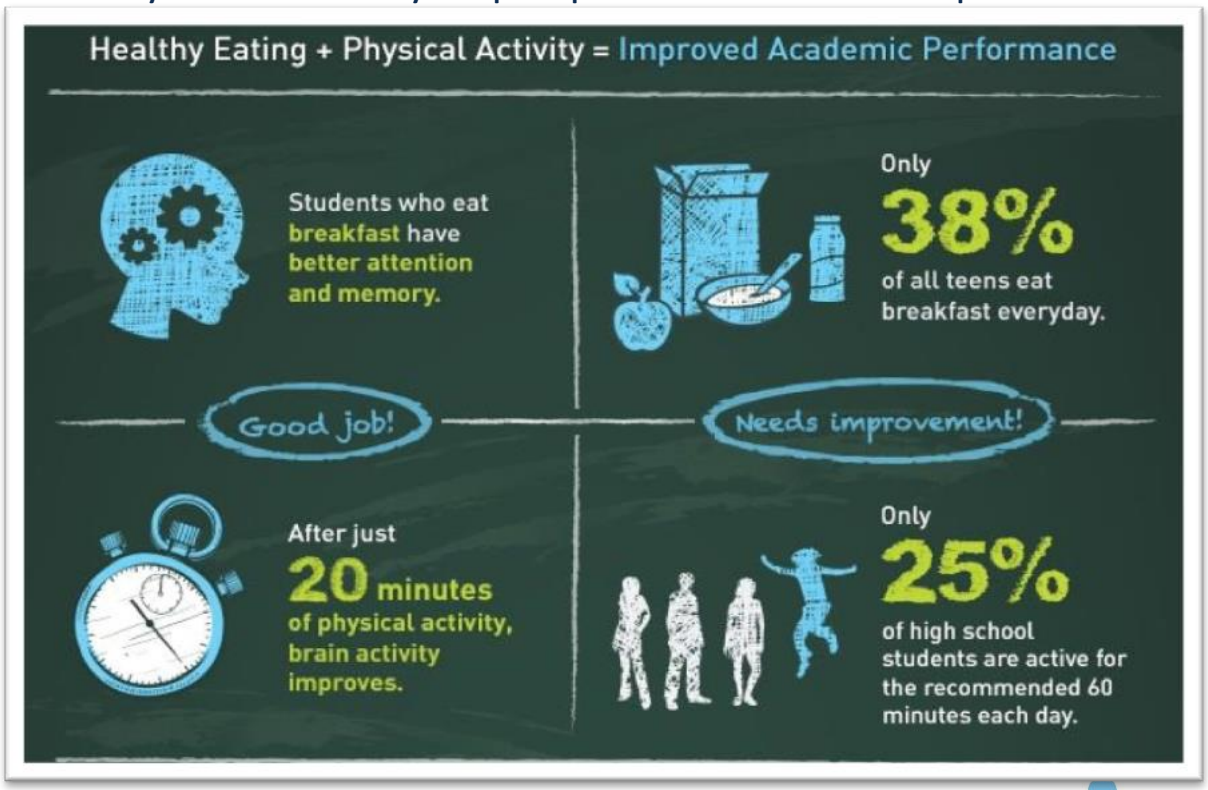
- FUTP 60 is:
  - customizable and non-prescriptive
  - grounded in research with youth

- FUTP 60 provides:
  - access to tools, resources, and in-school promotional materials

Why Fuel Up to Play 60?

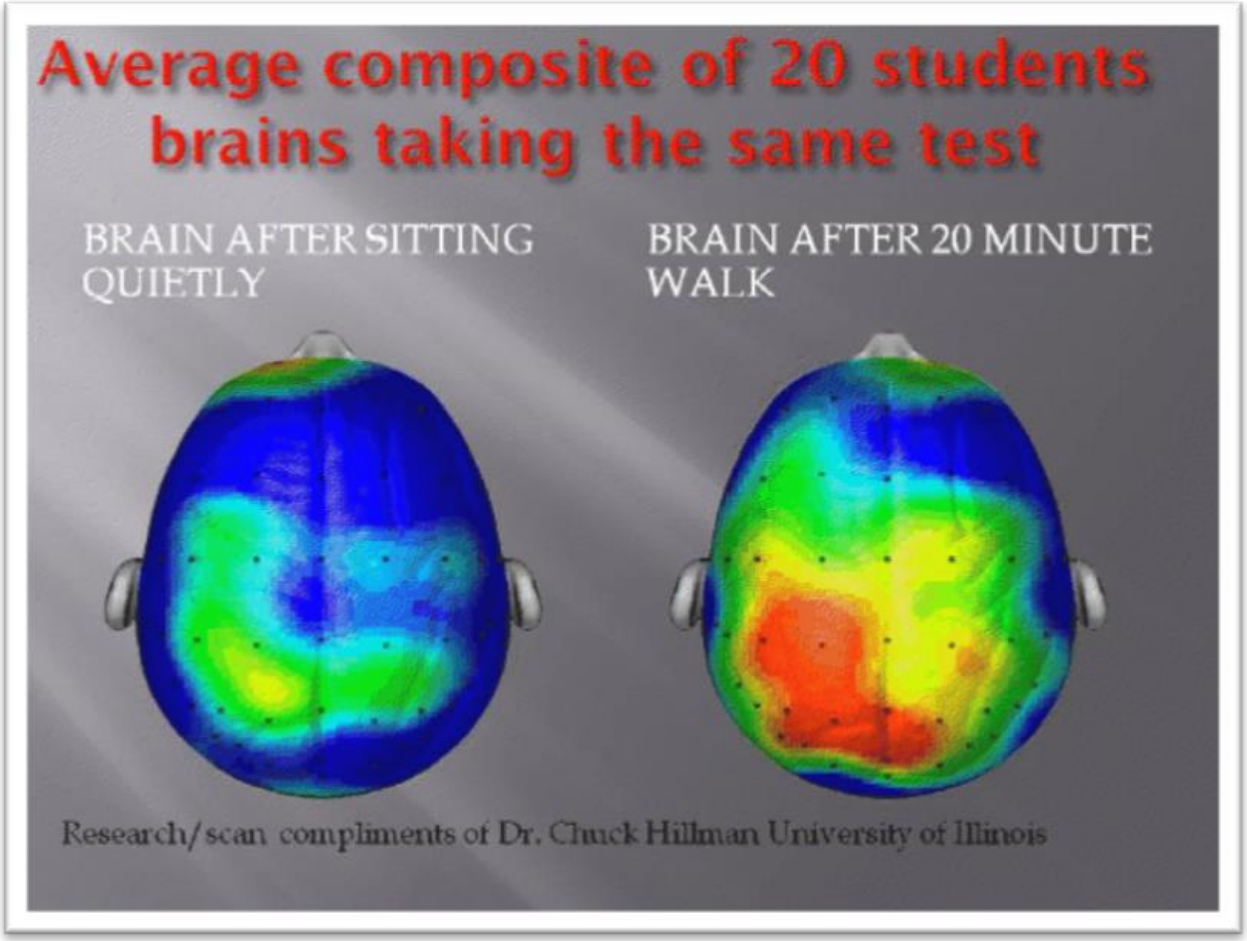
The Learning Connection

- Better nutrition, including eating a healthy breakfast each day, helps students get the nutrients they need and may help improve their academic performance.



Physical Activity

- Being physically active may help students improve self-esteem, cognitive function and test scores.



How does Fuel Up to Play 60 work?

- Students have opportunities to help create & implement activities that will help others make healthy choices.
- Students can participate in healthy challenges, campaigns, and learn leadership skills while working with an adult at their school to implement suggested “plays” from the Fuel Up to Play 60 website.
- Adults or “Program Advisors” help facilitate the program and guide the students towards successful goals of implementation. Program Advisors can also apply for grants and have access to useful online tools and resources.

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How to get started…

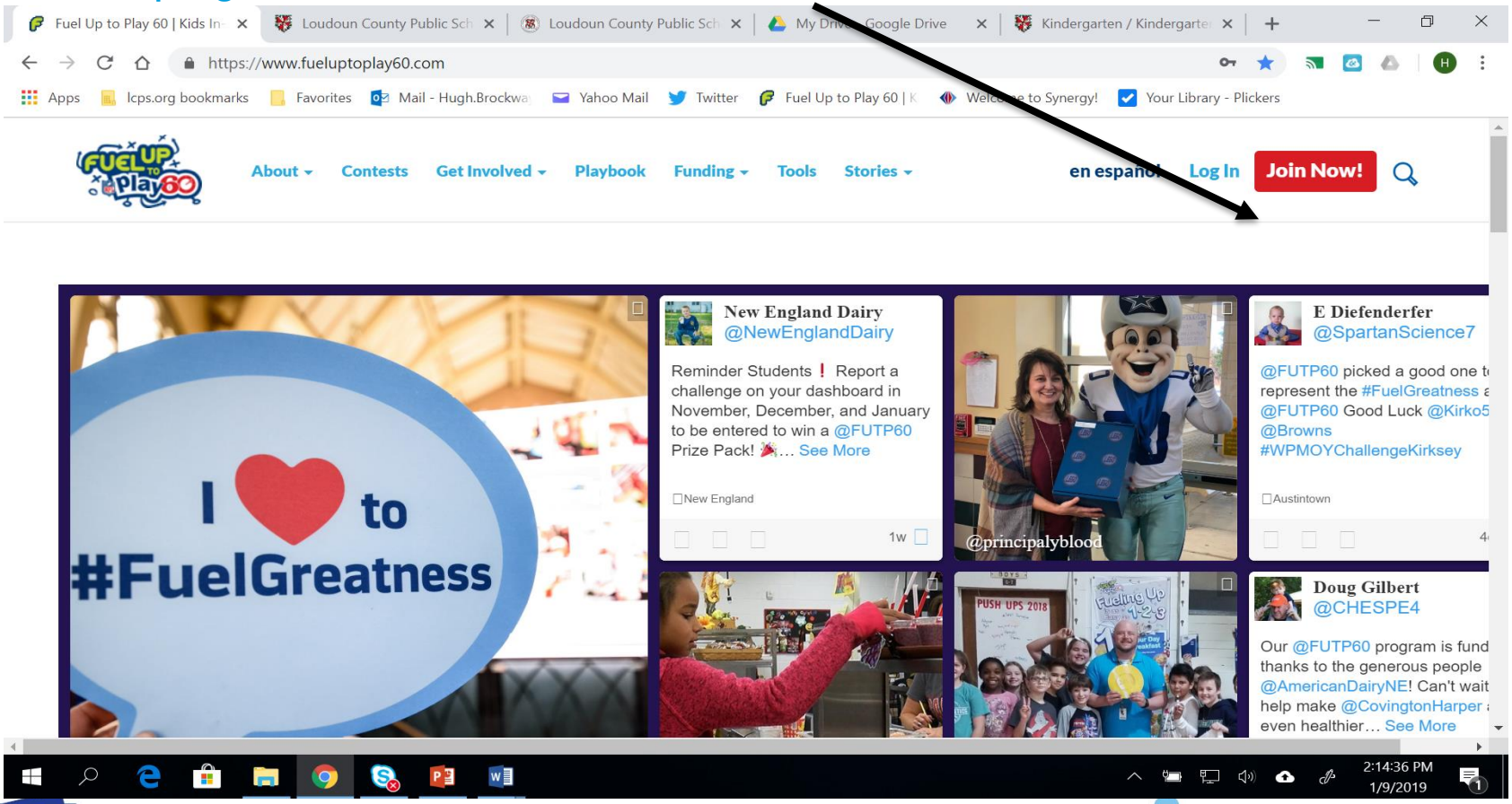
https://youtu.be/AqennVuyPmY

- Visit www.fueluptoplay60.com and sign up as a program advisor
- Access the tools and resources that will help you
- Identify motivated students
  - Everyone can help, but you will need a small group of student leaders.
  - Create a team or use an existing club as a starting point.
- Meet regularly
- Communicate with:
  - Staff
  - Admin
  - Parents
  - Your Dairy Association

Registering as a Program Advisor:

Visit www.Fueluptoplay60.Com

In the top right-hand corner, click on JOIN NOW



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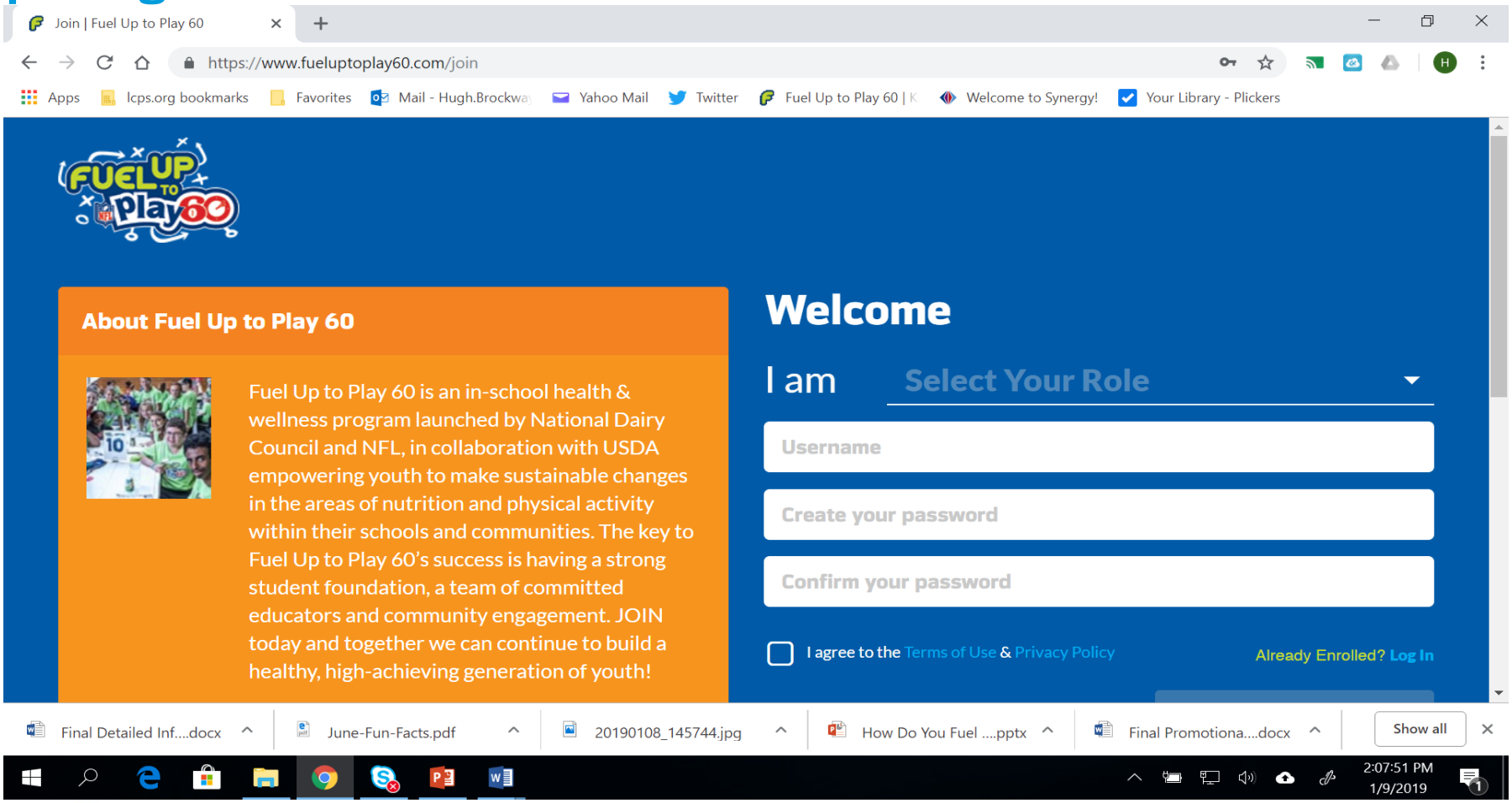
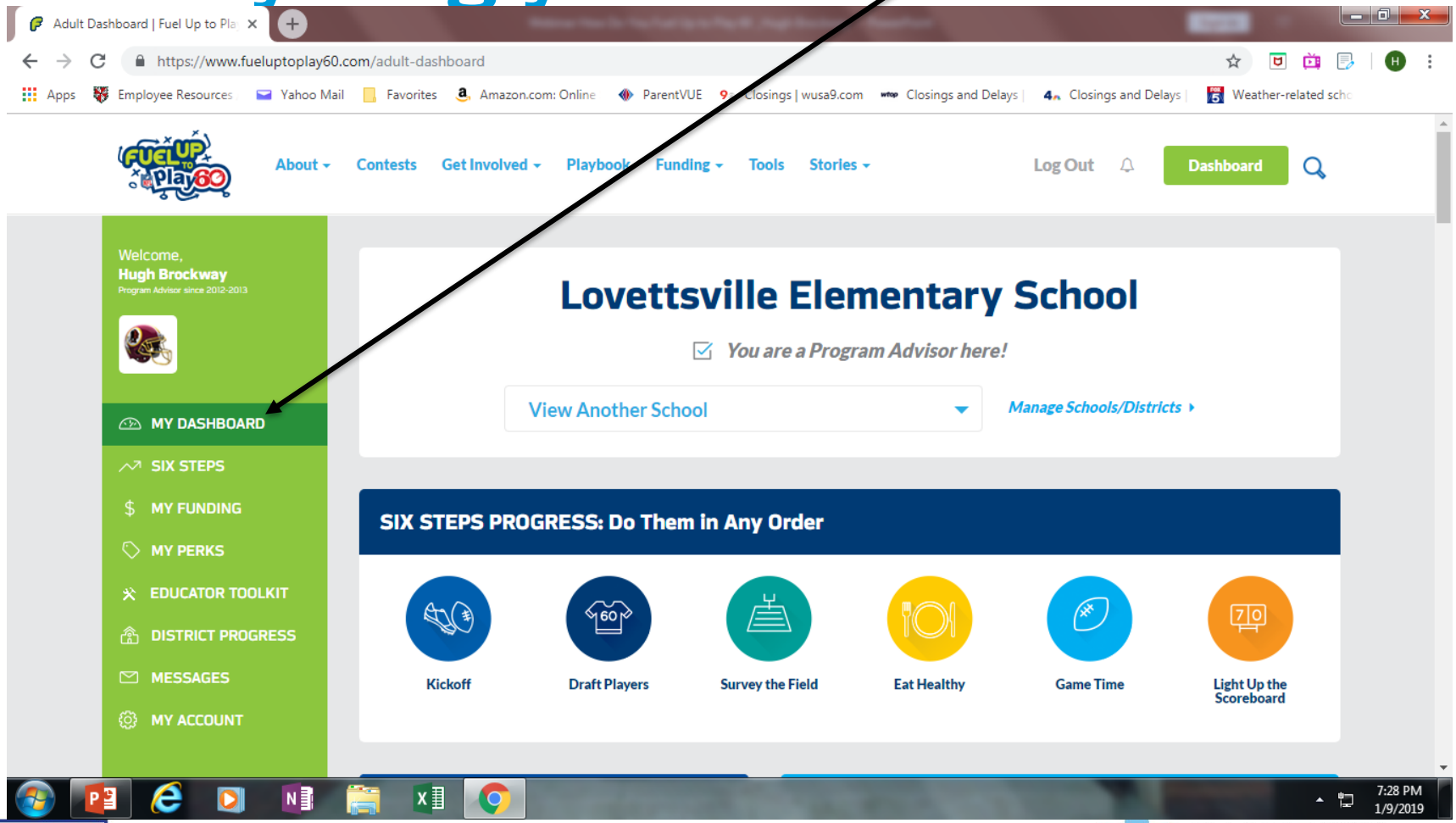
Complete the required fields.

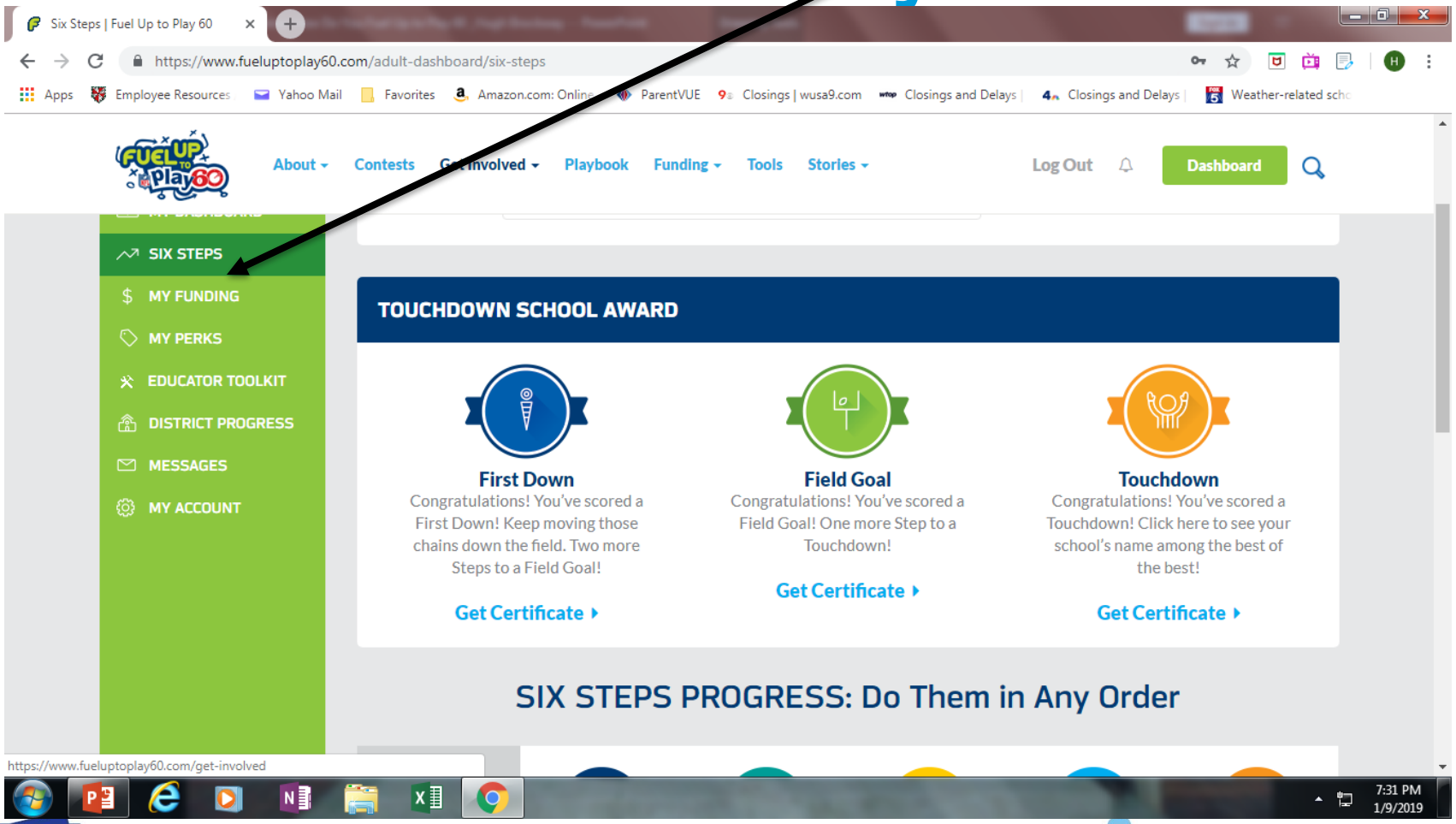
Be sure to select to be a *program advisor*. This will give you more privileges and access to more resources.



Visit your dashboard for everything you need.



Complete the 6 STEPS to earn a touchdown award for your school!



The 3 Steps:

- Step 1 – Kickoff
  - This is typically held at the beginning of the year.
  - Do something big or small to spread the word that this school year will be the best and healthiest yet because we are now a Fuel Up to lay 60 school!
  - Send a newsletter home, hold a school assembly, make morning announcements, hold a 5K race. Ask your students what would work.
- Step 2 – Eat Healthy Play
  - Choose from the playbook.
  - Suggestions and examples are also given.
- Step 3 – Game Time
  - Choose a physical activity play from the play book.
  - Suggestions and ideas are given here, too.

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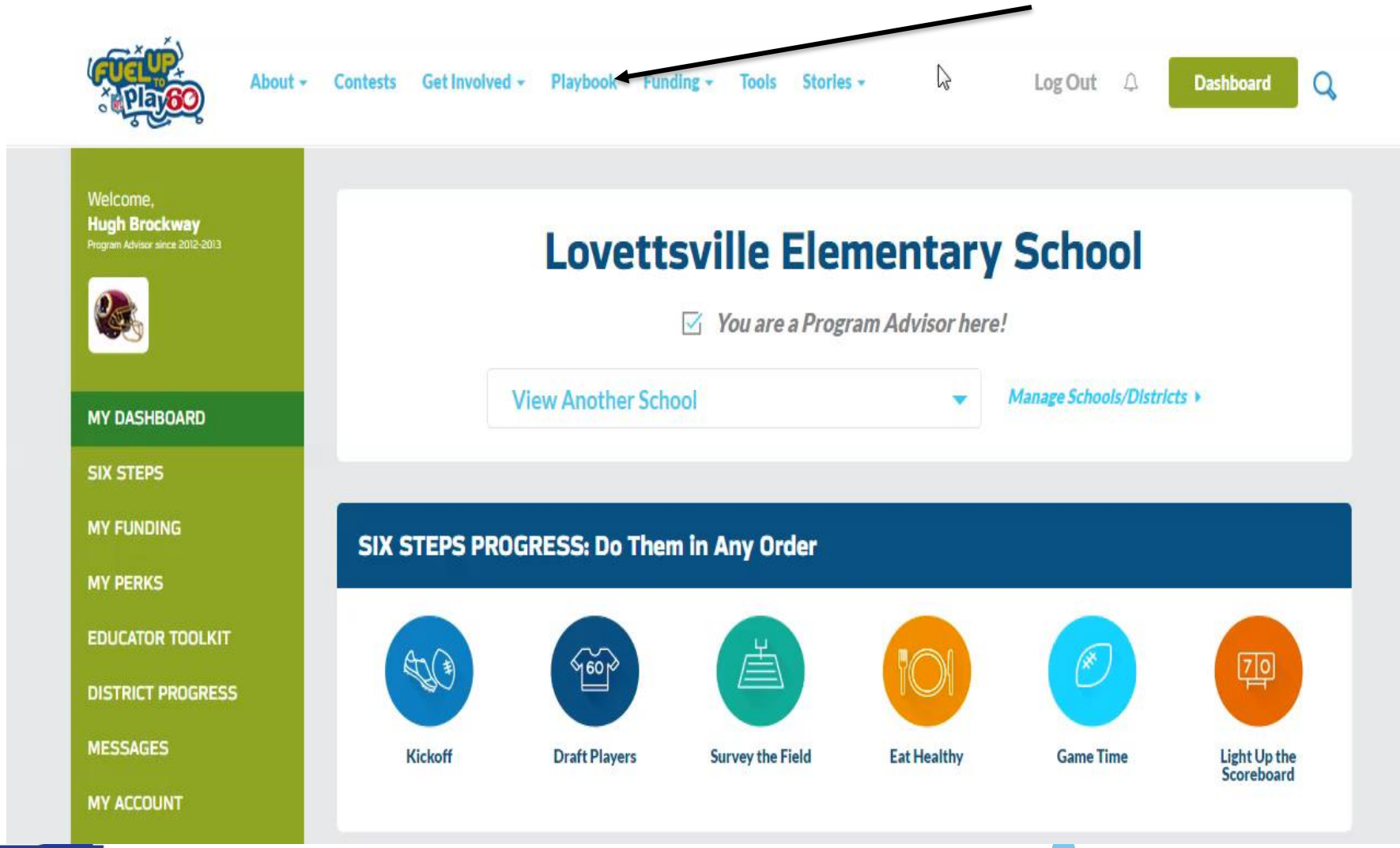
Visit the Playbook



Visit the Playbook:

- To have the greatest impact, students should play a role in the process of implementing the play.
- Start with a play that you feel could benefit your whole school.

Meet with students, either as a PE class or as a special club, and present the idea to them.

  - Consider using google classroom to communicate more efficiently

- Let them brainstorm ideas. You will be amazed!!
- You, as the program advisor, guide them in the right directions or to resources that will help them accomplish the goal.

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Visit the Playbook (cont.):

- Completing a play does NOT have to be a new idea!
  - For new program advisors, I would suggest starting with an existing idea or program that is already in place.

Example: Host a walk to school event once each month.

- At the beginning:
  - Have students make flyers, do morning announcements, create a newsletter
- During the event:
  - Students could lead the students into the school, handout participation trinkets, etc…
- After:
  - How many people participated?
  - Take pictures, post them on a bulletin board
  - How can we get more participation in the future?

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Choose a Healthy Eating Play:

Current Playbook | Fuel Up to Pla

https://www.fueluptoplay60.com/playbooks/current-seasons-playbook

Apps | Employee Resources | Yahoo Mail | Favorites | Amazon.com: Online | ParentVUE | Closings | wusa9.com | Closings and Delays | Closings and Delays | Weather-related sch

FUEL UP to play 60

About | Contests | Get Involved | Playbook | Funding | Tools | Stories | Log Out | Dashboard

Snack Smarter Schoolwide

Healthy Eating

Eating smart isn't only important at meal-time. Snacking smart is important, too! This Play will help you and your schoolmates learn how to make the best of the already nutritious options available from your school's snack choices.

It's All About Your Choices - Go Nutritious

Healthy Eating

Who doesn't love great food? How do you and your friends make choices? Make your school's cafeteria and snack areas inviting and fun - and find ways to highlight foods that are nutritious and delicious!

Food: Waste Less and Enjoy! It's Good for All of Us

Healthy Eating

How much food goes to waste at your school or in our home? Did you know if we could reduce food waste by just 20% it could double recovered food donations to nonprofits, which would provide 1.8 billion meals each year to help nourish our food-insecure neighbors? Use this Play to work with your friends and help make a difference in your school and

Fight Hunger - Nourish Your Community

Healthy Eating

Having access to nutrient-rich foods isn't only important for you. It's also important for everyone in your community - and some kids don't always have enough to eat. This Play will help you make a difference in your community. for everyone in your community.

Six-Steps-Guide.pdf

Show all

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Examples of Healthy Eating Plays implemented at Lovettsville Elementary

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Students decorated a simple grab and go breakfast bag or lunch tray. This simple act caused participation to increase!

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Students in upper grades visited lower grades and taught them how to play a MYPLATE nutrition board game. This has become an activity to play during indoor recess.

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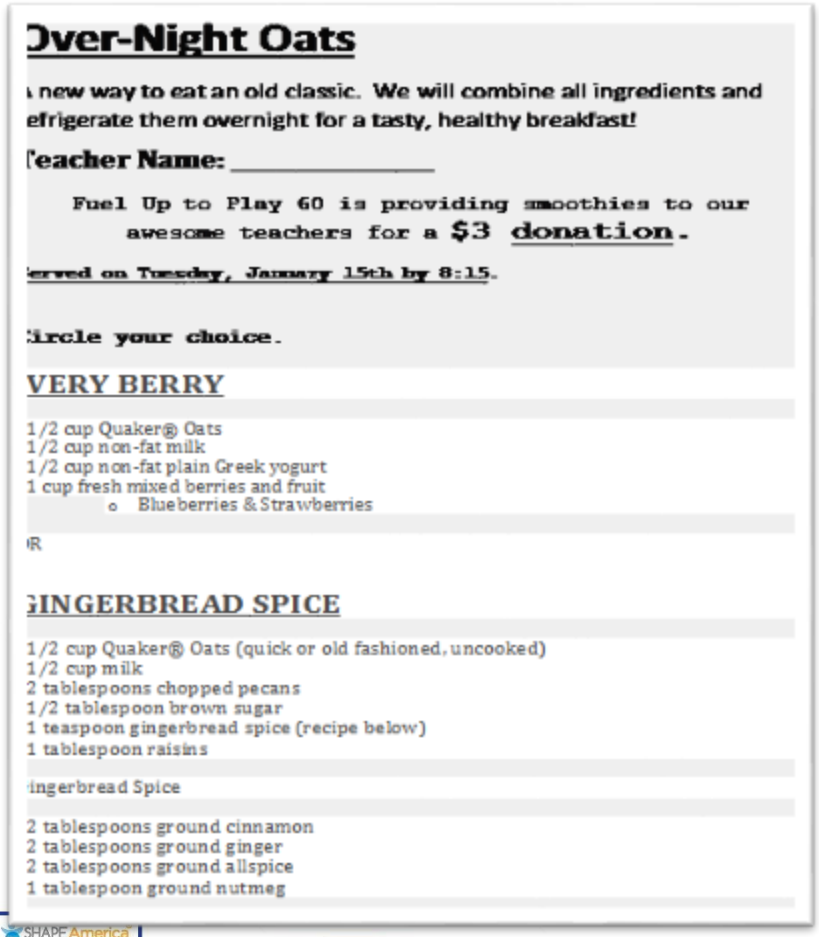
Keeping Teachers Healthy and Fueled up too!

Students helped prep everything the day before. We made, served and collected the money all before first block! This was a simple mini fundraiser too!



Over-Night Oats

new way to eat an old classic. We will combine all ingredients and efrigerate them overnight for a tasty, healthy breakfast!

Teacher Name: _____

Fuel Up to Play 60 is providing smoothies to our awesome teachers for a $3 donation.

Served on Tuesday, January 15th by 8:15.

Circle your choice.

VERY BERRY

1/2 cup Quaker® Oats
1/2 cup non-fat milk
1/2 cup non-fat plain Greek yogurt
1 cup fresh mixed berries and fruit
- Blueberries & Strawberries

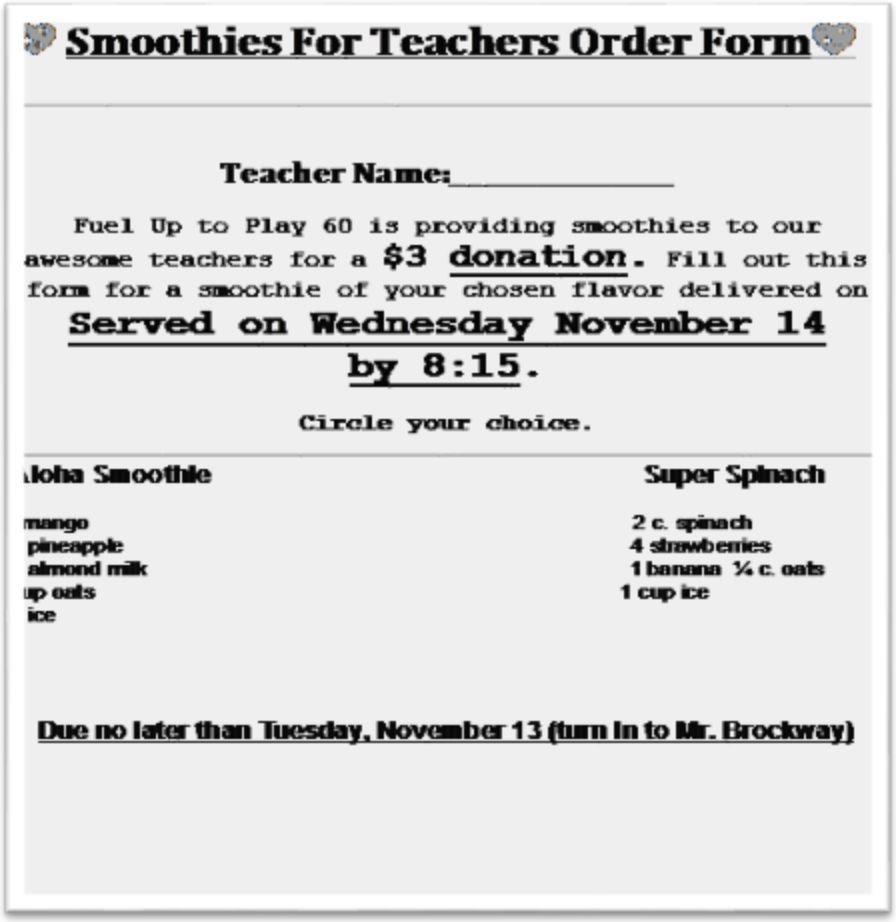
OR

GINGERBREAD SPICE

1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
1/2 cup milk
2 tablespoons chopped pecans
1/2 tablespoon brown sugar
1 teaspoon gingerbread spice (recipe below)
1 tablespoon raisins

ingerbread Spice

2 tablespoons ground cinnamon
2 tablespoons ground ginger
2 tablespoons ground allspice
1 tablespoon ground nutmeg



Smoothies For Teachers Order Form

Teacher Name:_____

Fuel Up to Play 60 is providing smoothies to our awesome teachers for a $3 donation. Fill out this form for a smoothie of your chosen flavor delivered on

Served on Wednesday November 14 by 8:15.

Circle your choice.

loha Smoothie

mango
pineapple
almond milk
up oats
ice

Super Spinach

2 c. spinach
4 strawberries
1 banana ¼ c. oats
1 cup ice

Due no later than Tuesday, November 13 (turn in to Mr. Brockway)

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Veggie Plant Sale

- <u>Plant Vegetables</u>
- • Have students plant seeds and grow in class
- • Donate to families in need
- • Create your own fundraiser by selling them, then use the money to do more good things

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Bike Safety
Rodeo
Wednesday
3:00-5:00

Families sent in photos of themselves eating healthy foods and being physically active.
The students collected and maintained the bulletin board.

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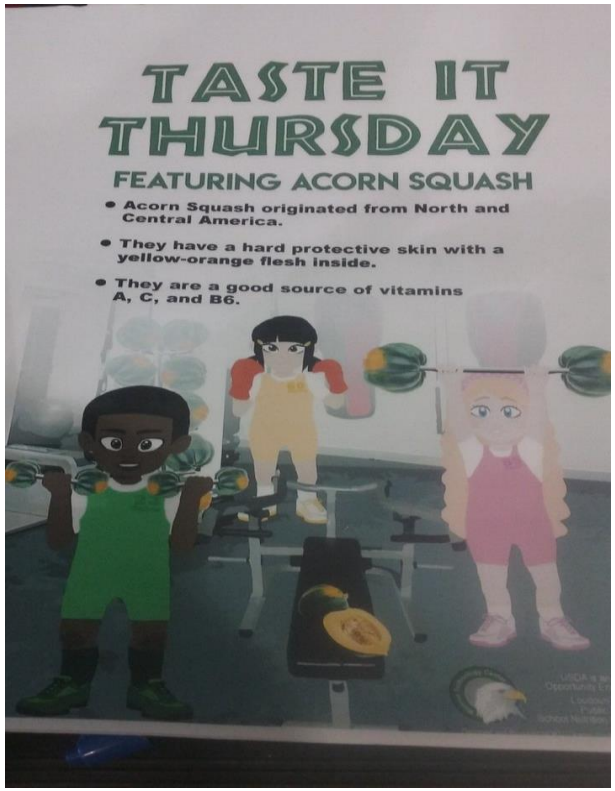
Students designed a bulletin board that asked families to share how they "fuel up" and "play 60"

Our district conducts free monthly taste tests.
Our students make promotional flyers and help serve the items directly to their schoolmates.



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Smoothie Recipe Challenge

- Students research or create their own smoothie recipe.
- Collect and combine in a document to be distributed
  - Have a taste test event to share at an event that is already in place/happening

Plant Vegetables

- Have students plant seeds and grow in class
- Donate to families in need
- Create your own fundraiser by selling them, then use the money to do more good things

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Students plant, maintain and harvest vegetable plants in our school garden.

Items are collected and donated to our local food pantry.

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Student-led nutrition games created by students for students

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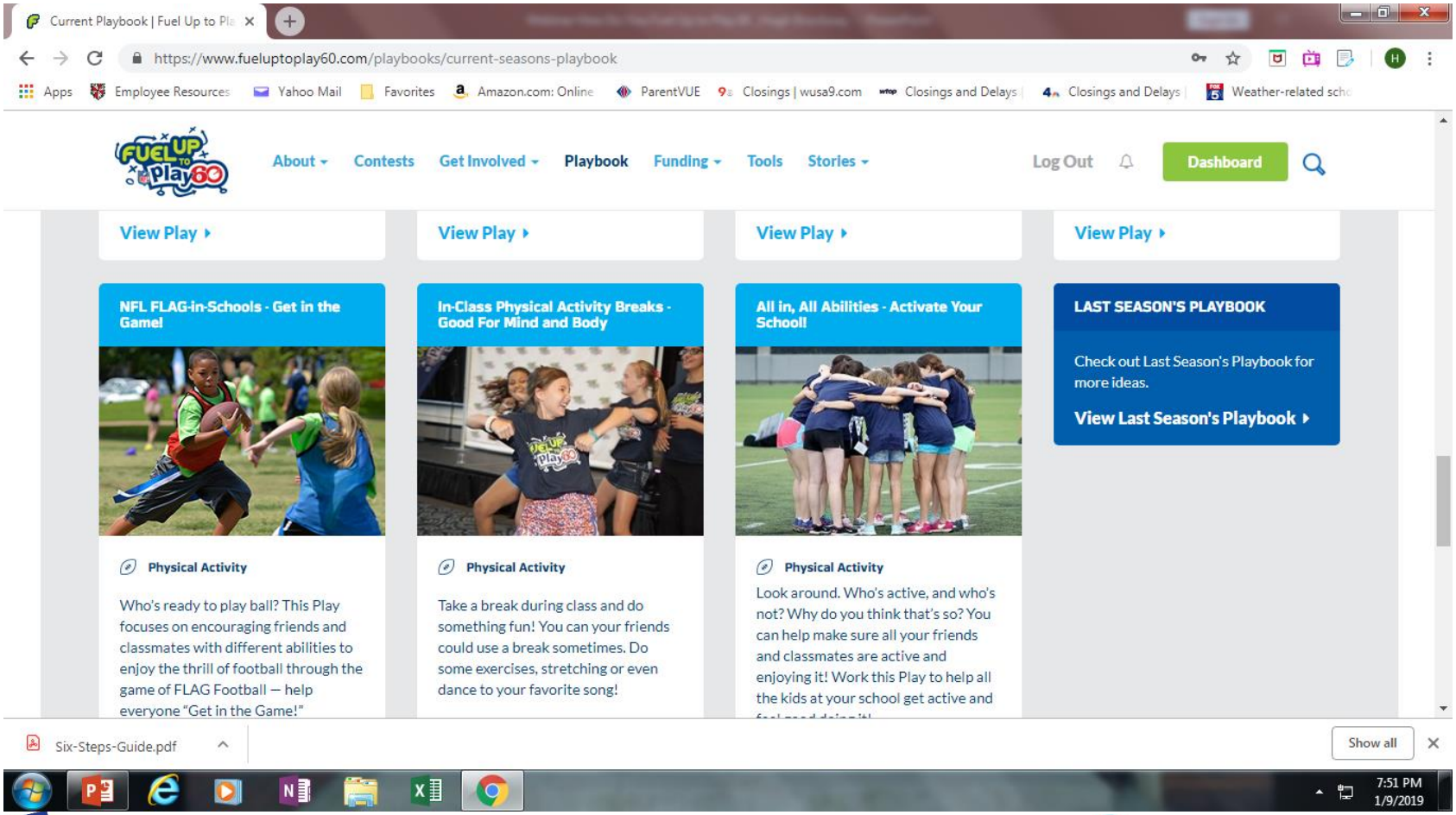
Choose a physical activity play from the playbook:



Examples of Physical Activity Plays implemented at Lovettsville Elementary

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Whole-school PA break during a long assembly

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Student created video on how conduct an in-class physical activity break:

- https://youtu.be/9bHJ-ZPTqQY

Eat Breakfast Campaign

- <u>Eat More Breakfast Promotion</u>
- **Goal: Get more students to eat breakfast everyday**
  - Create a just for fun or competitive contest to get students and teachers to eat breakfast everyday (at school or home)
  - Talk with your teachers about ways to get started and what the reward might be (see below for examples)
- Put a small jar and lots of marble or something similar in each classroom. Each day, students in that class will add 1 marble to the jar if they ate breakfast that day. When the jar is full, they return it to the FUTP60 team for recognition or reward. All classes win, some will do it faster than others.

<u>**Kid created rewards**</u> – Extra Recess, No homework, Extra Recess equipment, Class certificate, silly trophy

Ramp Up Recess:

Fuel Up to Play 60 students were asked to submit ideas for what they would like to see painted on our school's blacktop for play at recess.

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Student Ideas:	Teacher Ideas:
base paths	numbers
shuffle board	letters
colorful 4 square boxes	states
bulls-eye targets	regions
twister board	skipping patterns
rainbows	shapes
soccer field boundaries	

Indoor Recess Playbook:

- Students write out directions for their favorite indoor recess games that involve movement.
- Directions are collected and then bundled to be re-distributed to all classroom teachers as a resource.

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Craft Stick Physical Activity for classrooms

- Goal: Create a simple Physical Activity break for every classroom to use any time
- Write an exercise or movement that students can do at their desk or behind their chair. (Moving all over the classroom may not work well).
  - Use good hand writing so we can read it!
- Make at least 10 sticks for every classroom at your school.
- Have the FUTP60 students show the classes and teacher how it works.
- How it works: When the classroom teacher feels that the class has been sitting for a while or just needs a little break, they pick a student to come draw a craft stick. Read what is say out loud. Class performs it for 30 seconds. Choose another student to draw. Repeat. Draw again and repeat. Then put away and back to work.
- Good examples of what exercises to write on the sticks: Jog in place, Jumping jacks, Chair pushups, squats, Bounce and twist, Hamstring stretch, Hype, Floss, opposite elbow to knee, high knees, Jump, sports poses, healthy food poses, etc…

Community involvement:

Students helped run a booth at a community street fair.

They handed out recipe books, flyers, book marks, etc. they created.

Visitors also played nutritional games that the students created.

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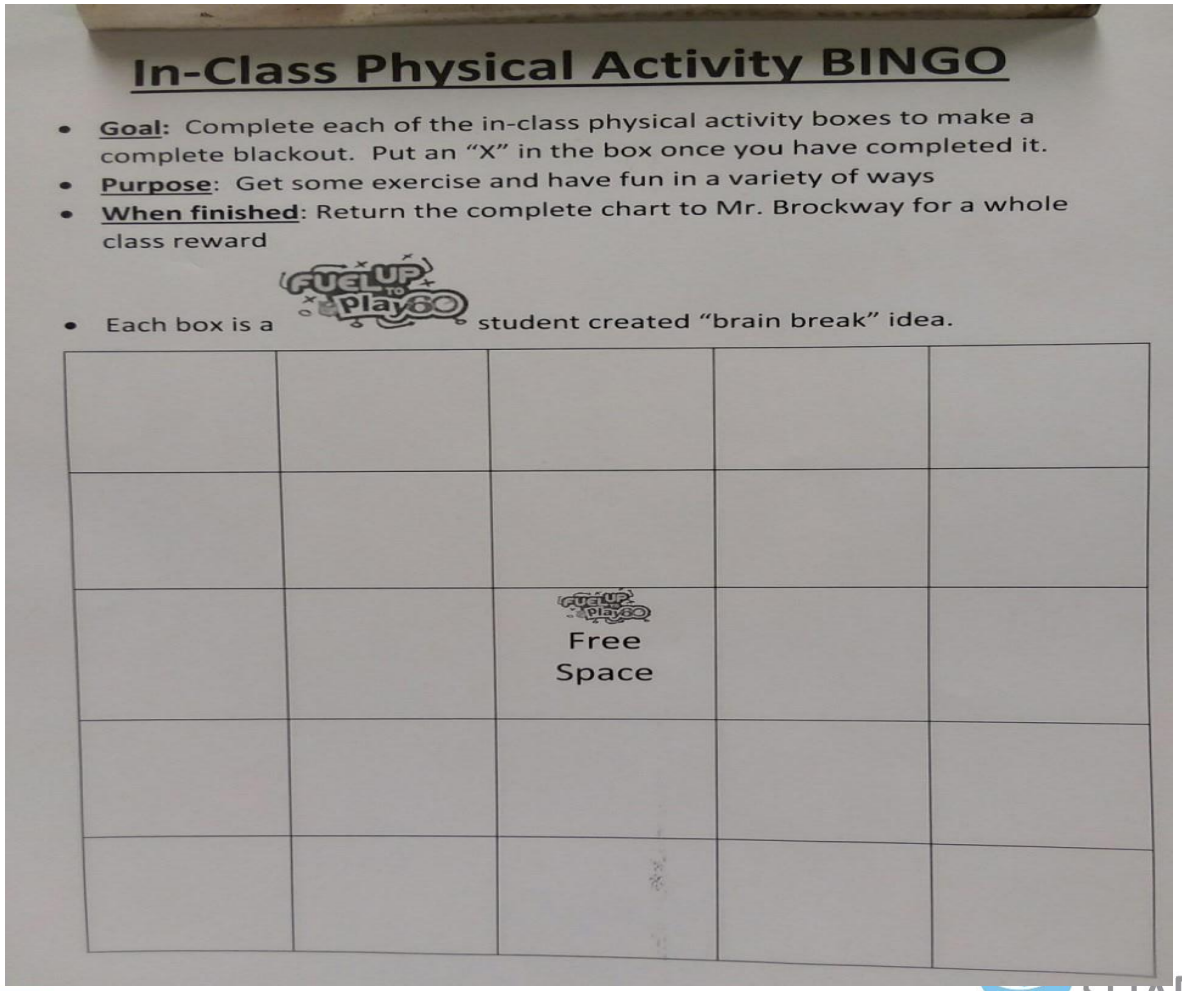
12 days of Fitness Whole-school

- Goal: Create a fun whole school movement break leading up to winter break
- Create a list of 12 exercises that the entire school will perform on the 12 days leading up to winter break
- Something that all students will be able to do at their desks/chair
- Perform it daily on the morning tv show.
- **Examples:**
- 1st day - FUTP60 students say: On the 1st day of Fitness, my PE teacher told me… 1 jumping jack.
- 2nd day – FUTP60 student says: On the 2nd day of Fitness, my PE teacher told me… 2 squats, and 1 jumping jack

In-Class PA Bingo



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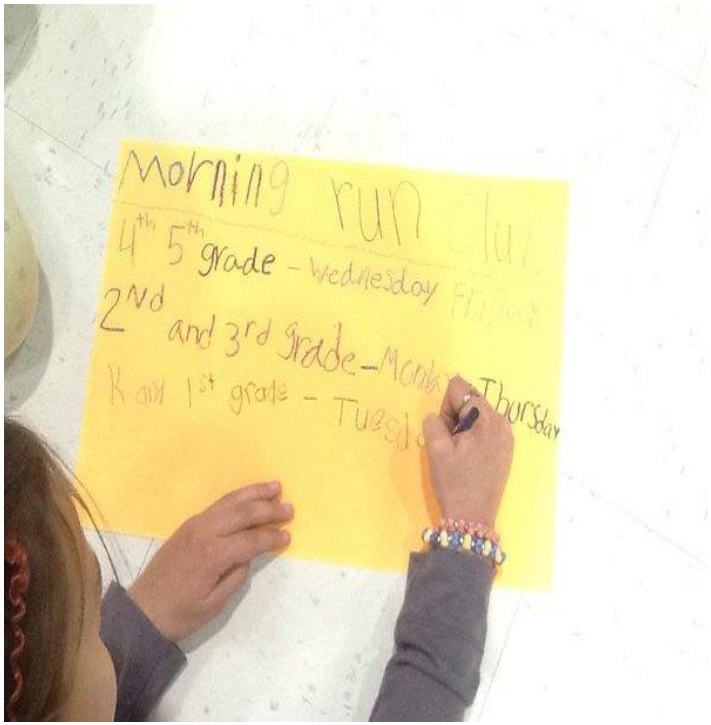
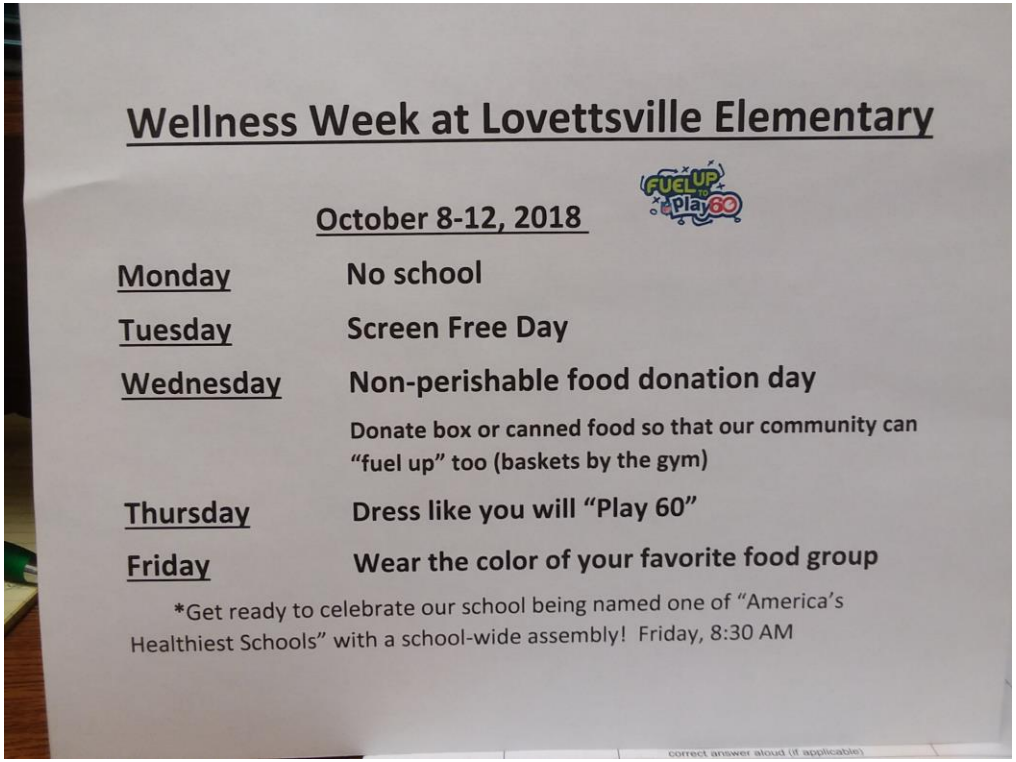
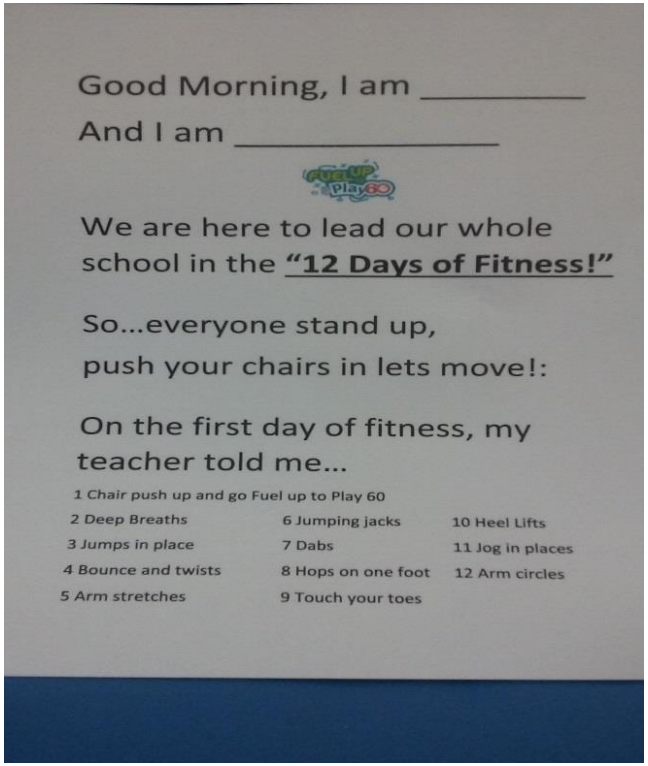
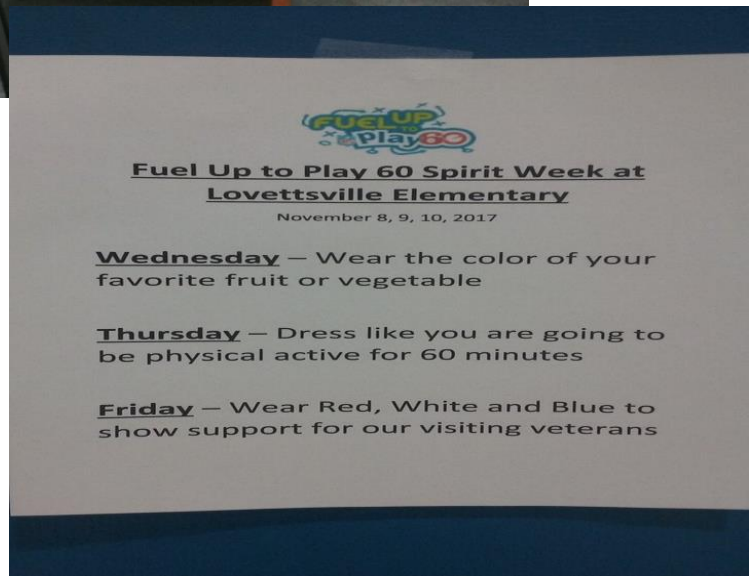
Involve your students by having them help make posters about upcoming events and opportunities.





Students created whole school physical activity opportunities on the morning announcements.





Students promising to do good things at our school:

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NOT SURE WHICH PLAY TO IMPLEMENT?

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Take the **School Wellness Investigation** on the Fuel Up to Play 60 website.

It might help guide you to a need at your school.

(Step #3 on your FUTP60 Dashboard)

Sample Questions on the Wellness Investigation:

- What is the ***average number*** of students who participated daily in ***breakfast*** for the most recent full school year?
  - ❖ Is there a way for you to help increase that number?
  - ❖ Can you create signs, menus, announcement, prizes?

- Does your school offer alternative approaches to breakfast such as breakfast in the classroom or grab-and-go breakfast service?
  - ❖ Could you apply for a grant that would allow this to happen?

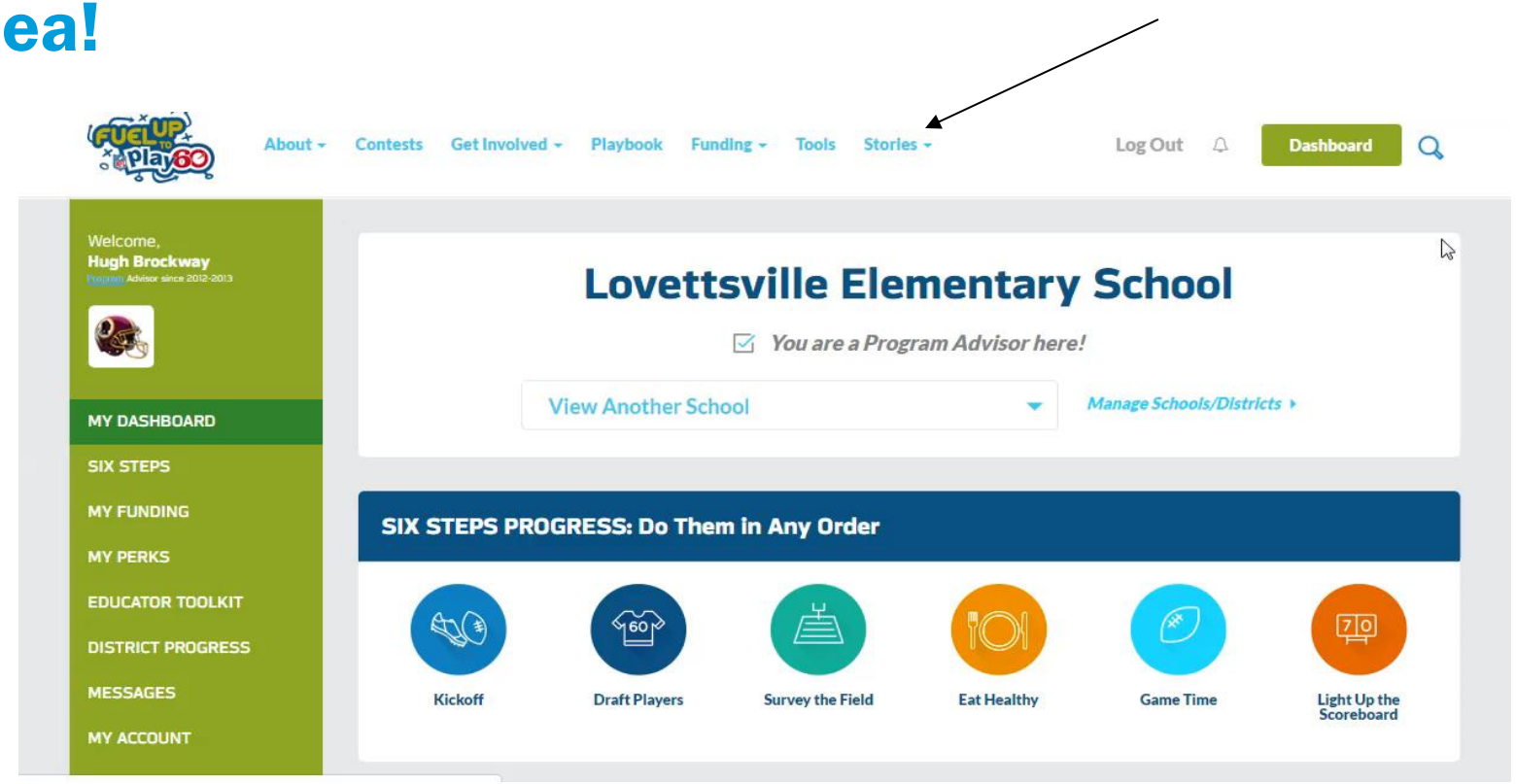
- Do students participate in taste tests (or other food tasting events) to help select youth-appealing foods and beverages for school meals?
  - ❖ Could you encourage your cafeteria manager/nutrition services department to consider this?

Sample Questions on the Wellness Investigation (CONT.):

- Do most classroom teachers provide opportunities for students to be physically active in the classroom at different times during the school day (e.g., physical activity breaks, subject-based movement activities, walk and shares, etc.)?
  - ❖ What are some ways to support/encourage this to happen more?
- Does your school offer physical activity opportunities in before- and after-school programs that are available to most/all students?
  - ❖ Is there a way to increase participation or start a new opportunity?
- Does your school provide access to school grounds for physical activity before and/or after school for parents, families and/or community members?

STILL NOT SURE?

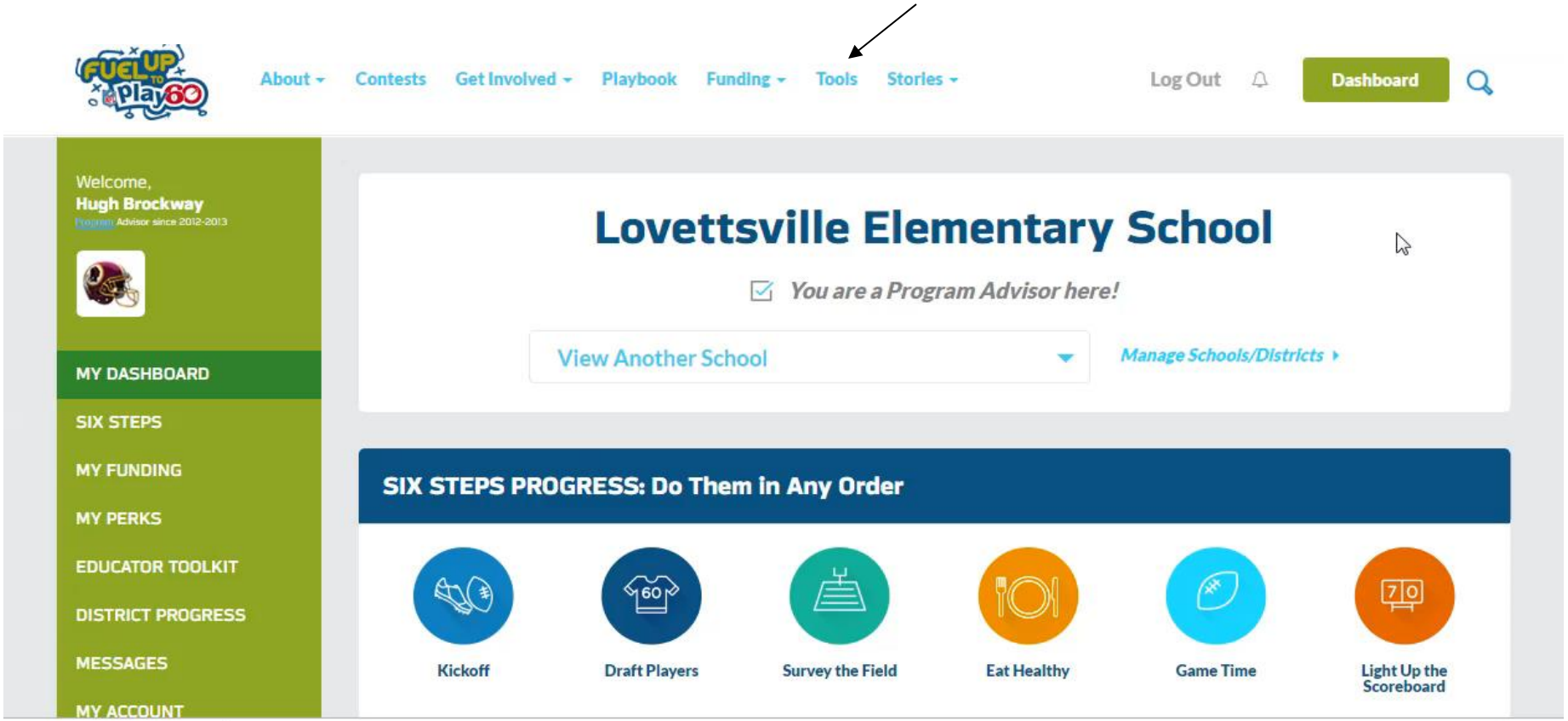
Check out the success stories tab to find out what other schools have done. Maybe this will spark an idea!



Thoughts to ponder…

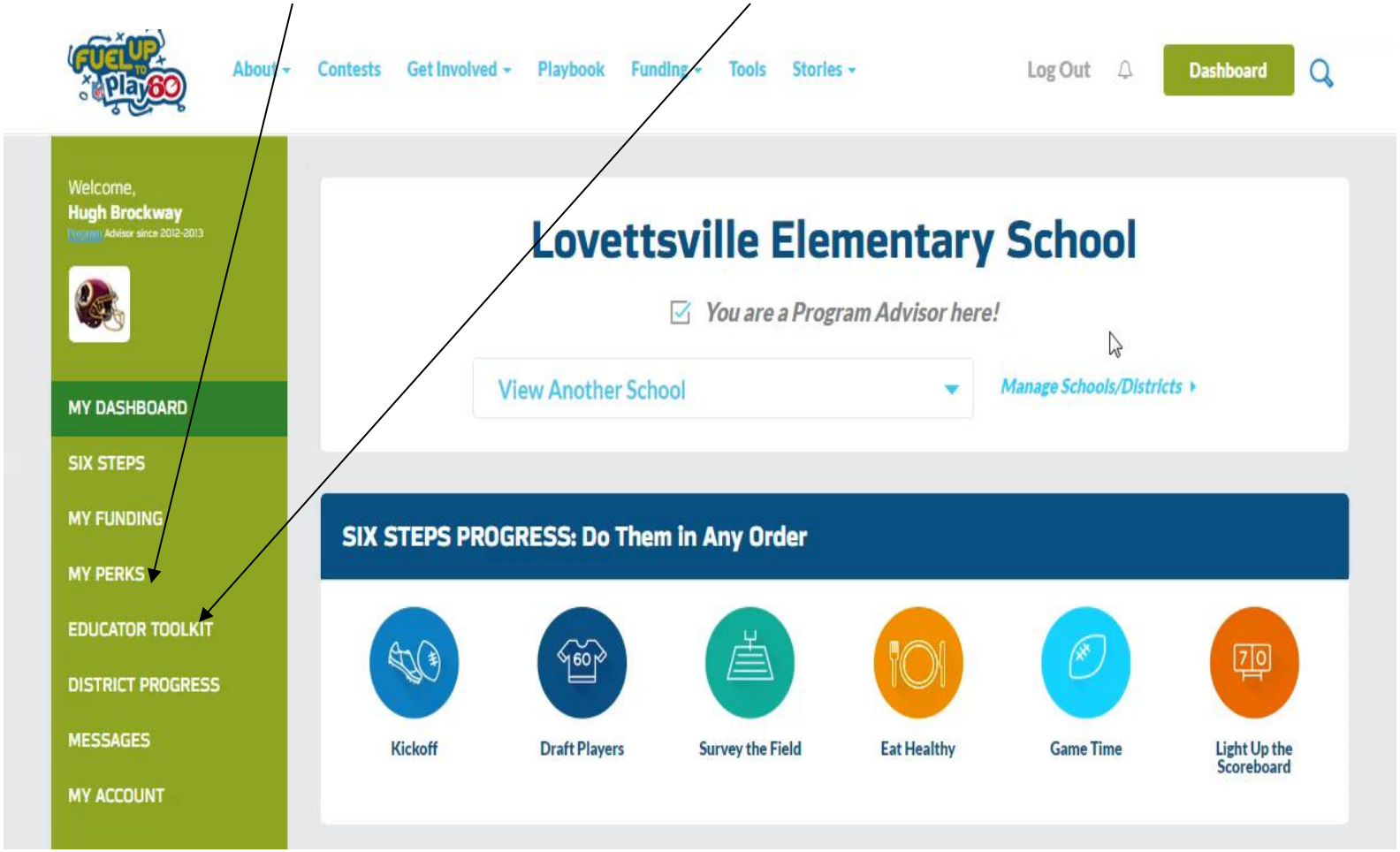
- What type of play do you want to implement?
- Who can help you decide?
- Who can help you implement?
- What road blocks can you foresee?

Useful resources on Fuel Up to Play 60 website: Tools



Useful resources on Fuel Up to Play 60 website:

MY PERKS & EDUCATOR'S TOOLKIT



Teamwork:

Find a colleague that shares the same passion as you about healthy initiatives.

It doesn't have to be a PE/health teacher.

Students, school and teachers get recognition for implementing healthy initiatives.

Great PR opportunities!

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Free NFL flag, football, equipment and curriculum opportunity!

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Provides opportunities to create priceless memories just by doing healthy things for our school, community, our families, and classmates.

Other amazing opportunities

Attend the National Student Ambassador Summit

- https://youtu.be/n5EAJ4PSJq0
  - Apply for a free NFL Flag Football kit
  - Apply for up to $4000 of funding to help your program
  - Win prizes or even an NFL player visit to your school!

SHAPE America 50 MILLION STRONG 2029
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More of a visual learner?

Try these "how to" videos:

- **Follow this link to learn how to sign up and become a Program Advisor at your school.**

  http://youtu.be/sGEf1taS4yg

- **Use this link to watch a short video on how to complete all 6 steps to becoming a "Touchdown School".**

  https://youtu.be/NcvbTZrtXPs

Video link showing how to create a student account for Fuel Up to Play 60.

https://youtu.be/7UNxDht9e1A

Check out the regional dairy council pages for more resources and ideas:

- www.eatsmart.org
- https://thedairyalliance.com/
- https://www.americandairy.com/dairy-in-schools/fuel-up-to-play-60/
- https://m.facebook.com/FuelUptoPlay60/
- https://www.genyouthnow.org/programs/fuel-up-to-play-60
- https://www.newenglanddairycouncil.org/schools/fuel-up-to-play-60/
- http://www.wisconsindairycouncil.com/fuel-up-to-play60
- https://thedairyalliance.com/fuel-up-to-play-60/
- https://www.midwestdairy.com/schools-and-communities/fuel-up-to-play-60/
- https://www.drink-milk.com/schools/fuel-up-to-play-60/
- https://www.drink-milk.com/schools/fuel-up-to-play-60/

Who is your Dairy Association?

- All of Virginia is:
- THE DAIRY ALLIANCE
- https://thedairyalliance.com/fuel-up-to-play-60/
- Rosann Liberatore – Go visit the booth here!

Loudoun, Fairfax, Prince William and Arlington are connected to American Dairy Association North East

Anthony Singleton. ASingleton@milk4u.org

Check out the regional dairy council pages for more resources and ideas:

- https://winnersdrinkmilk.com/fuel-up-to-play-60/
- http://www.californiadairypressroom.com/fuel-to-play-60
- https://www.nationaldairycouncil.org/fuel-up-to-play-60
- https://nutrition.eatsmart.org/pages/fuel-up-to-play-60
- https://www.dairymax.org/programs-overview
- http://drinkmainemilk.org/fuel-up-to-play-60/
- https://arizonamilk.org/for-schools/fuel-up-to-play-60/
- https://www.floridamilk.com/in-the-schools/school-programs/futp-60.stml
- https://odncouncil.org/category/fuel-up-to-play-60/
- https://dairywest.com/health-and-wellness/

What is your plan?

- Start with something that is already familiar.
- Enlist help
- Ask for help
- Allow the students to have a voice and guide the program
- Build on the successes
- Share your successes

Contact information:

Hugh.Brockway@lcps.org

Twitter: @LovettsvillePE

(540)751-2470

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