



## 2006 Montana Action for Healthy Kids (MTAFHK) Team Action Plan

**Background/Mission Statement:** MTAFHK is a committee of the Eat Right Montana Coalition made up of public and private organizations interested in the health of children. It is a forum for sharing information, resources and collaborations directed toward improving children's health. *The mission of Montana Action for Healthy Kids Team is dedicated to improving the health and wellness of our children in schools and communities through nutrition and physical activity where children learn, participate in, and enjoy healthy lifestyle behaviors.*

### Montana Goal # 1

Promote and support age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.

**Objective 1:** By June 30, 2007, 50% of elementary level school health education curriculum administrators or will have an increased awareness of age appropriate, culturally sensitive health education resources for school-aged children.

#### Tactics:

Through Team Nutrition Program & Montana Nutrition and Physical Activity Program, conduct nutrition education and physical activity training sessions or host an exhibit for school staff at statewide, regional or district-level conferences or workshops.

Through Montana Association of Health, PE Recreation and Dance, School Administrators of Montana, and Montana PTA, and MT Small School Alliance provide training opportunities on nutrition, health and physical activity at their annual training conferences.

Through collaborating th Montana Behavioral Initiative of OPI, provide nutrition education to youth at MBI youth days.

Educate state team members or education partners on education activities provided to elementary (1,3 & 5 grades) students by Food Stamp Nutrition Education Program to Title I schools throughout Montana.

Through team membership, share new resources to support nutrition/health education and physical activity ideas for school aged children at school or before/after school activities.

Through local teams such as Billings and Great Falls Action for Healthy Kids, support education of school staff on nutrition education and physical activity opportunities and resources for working with school aged children.

Through statewide or regional educational curriculum consulting services, conduct training sessions or distribute information on accurate and up to date resources.

**Objective 2:** By June 30, 2007, 50 % of School District Wellness Coordinators will have an increased understanding of the benefits of and strategies to engage students in physical activity opportunities during the school day.

**Tactics:**

Promote and market the Big Sky Fit Kids Wellness Program to school staff and youth programs as a easy way to motivate youth to be physically active.

Promote AFHK Ultimate Wellness Challenge to team members, partnering organizations, and school administrators and food service personnel as a great back to school kickoff on the implementation of the Wellness policy.

Assist Office of Public Instruction in spreading the word that House Bill Resolution 17 was passed. This resolution supports physical education through the 12<sup>th</sup> grade in high school.

Assist the Montana Nutrition and Physical Activity Program in the distribution of the resource, *10 Ways to Increase Physical Activity Opportunities at School*.

Distribute information on Heading to Safer Routes to Schools to school administrators, board members, parent groups and community partners as it comes available to encourage more children to walk or bike to school.

Assist MSU Extension Service in disseminating information on an adult wellness program, *Steps to a New You*, to school administrators and school wellness coordinators.

Assist Eat Right Montana Coalition in disseminating the *Eat Local, Play Local and Live Healthy* monthly newsletter to school personnel.

**Montana Goal 2**

Promote and support policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.

**Objective 1:** By June 30, 2007, 50% of school district Wellness Coordinators' will have a greater knowledge about strategies that support healthful eating and physical activity opportunities for youth.

**Tactics:**

Team members will share information on strategies to implement the USDA School Wellness Policy and Montana resolutions (2. & 17) with members of their organizations.

Team Nutrition will share resources available from states and USDA to support schools in developing nutrition standards for all foods being offered throughout the school environment.

Team will write and distribute Nutrition/Physical Activity Advocacy letters to school boards encouraging policies and strategies that support healthful nutrition/physical activity opportunities.

Local teams, such as Billings and Great Falls Action For Healthy Kids, will be advocates at the community level for implementation of policies that support healthy eating and physical activity opportunities at school.

Through development and distribution of the Parents Taking Action for Healthy Kids in Montana Schools booklet, successful ideas for improving nutritional offerings will be shared with parent organizations across the state.

**Objective 2:** By June 30, 2007, 80% of team members and 50% of School Food Authority Directors will have a greater knowledge of the criteria and benefits of taking the USDA's HealthierUS School Challenge or Montana's Healthier School Challenge as a method for ensuring school meals, a la carte programs are consistent with the Dietary Guidelines for Americans.

**Tactics:**

School Nutrition/Team Nutrition will update team members on HealthierUS School Challenge so they can share information with their organizations.

Team Nutrition will provide training and technical assistance to school food service programs in applying for a HealthierUS School or Montana Healthier School Challenge award. Recognition of national and state award recipients will be provided by team members.

**Montana Goal 3**

Encourage the use of school facilities for physical activity programs offered by the school and/or community based organizations outside of school hours.

**Objective 1:** By June 30, 2007, fifteen after school programs will have an increased capacity to include nutrition education, regular physical activity and healthful snacks for students through utilization of the AFHK ReCHARGE curriculum.

**Tactics:**

Steering committee member will communicate with the Montana After School Program Network members to provide them with information on the availability of the ReCHARGE curriculum.

Team members will provide training and distribute ReCHARGE curriculums to at least ten after school programs.

Invite the Afterschool Program Network Director, OPI Director for the 21<sup>st</sup> Century Community Learning Center Grants to attend a meeting and join the state team.

Collaborate with afterschool program partners to provide training on the use of the ReCHARGE curriculum in after school programs.

Team members will provide technical assistance on the use of the ReCHARGE curriculum in after school programs as well as a tool for health education teachers for grades 3-6 students.

Share information with after school program administrators on Big Sky Fit Kids Wellness Program and AFHK Ultimate Wellness Challenge as methods to incorporate regular physical activity with students in after school programs.

**Objective 2:** By June 30, 2007, 50% of team members of state team as well as from local teams in Billings and Great Falls have an increased understanding of strategies to create healthier school environments.

**Tactics:**

Steering committee members and team members will share national and state resources with team members.

Invite members to attend statewide and national training sessions that occur throughout the year.

Encourage members to visit the AFHK national website as well as other websites like OPI's school wellness link or USDA's Team Nutrition site.

July 2006—Developed by State Team steering committee members  
Sept 2006 ---Reviewed and adopted by State Team (9-6-06 meeting)

