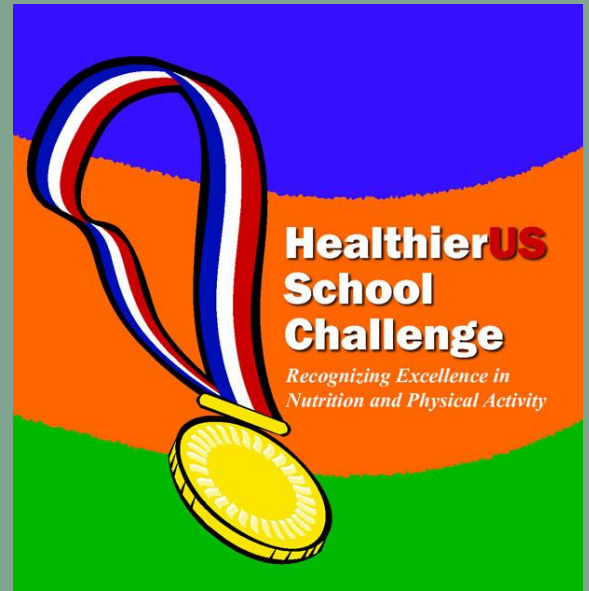




Award Winning Health in School

“Our wellness policy was there because it had to be. Since PartnerSHIP 4 Health, our policy has been strengthened. SHIP has kept us going and given us the resources we needed to make a change.”

Stephanie Beyer
Food Service Director/ Dietician
Breckenridge School District
Breckenridge, Minn.



Healthy Kids make a Healthy School

In world saturated in fast food restaurants that typically serve “unhealthy” foods a half mile away from schools, playgrounds and city parks, it’s not an easy effort to change the unhealthy environment we live in. However, Breckenridge School is getting it right, and officials are taking notice.

“We have added more physical activity opportunities and healthier nutritional options for students,” says Stephanie Beyer, Food Service Director and Dietician at Breckenridge School District.

Breckenridge Elementary/Middle School has become a gold award winner in the HealthierUS School Challenge, a voluntary certification initiative recognizing schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

“PartnerSHIP 4 Health has been an important part of our success. We were able to fund a fruit orchard for our school that included apples, pears, apricots, cherries and plums. We were also able to acquire a steamer used to prepare rice and vegetables to improve healthier food options we provide. PS4H helped us get the ball rolling,” added Beyer.

1According to the Center for Disease Control, The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, the media, and the food and beverage industries and entertainment industries.

1. Centers for Disease Control and Prevention. Adolescent and School Health, Childhood Obesity Facts. www.cdc.gov/healthyyouth

To be eligible for an award, schools have to pass a number of criteria, including offering reimbursable meals that meet USDA guidelines, meet nutrition standards for meals, provide nutrition education, have a baseline number of minutes for physical education and opportunities for physical education. Schools also have to prove they don’t use food as rewards and Beyer had to submit a month’s worth of school menus.

A 2006, Minnesota law requires schools to have a wellness policy on record. PartnerSHIP 4 Health serves as a resource to schools to help officials update policies that are more in line with today’s standards making their efforts more supportive of lifetime wellness.

“Before PS4H, our wellness policy was worded with “may” rather than the word “will”. Karen Nitzkorski really helped guide us through the whole process. She also encouraged me to apply for the HUSSC Gold Award. Since the original policy was established in June of 2006, we have made great strides to improve the health of our kids. From healthy school lunches to planting an orchard and implementing our JAWS (Jogging and Walking Students) program, we have and WILL continue to make positive change. The kids depend on us,” said Beyer.

By creating a school environment that is committed to wellness it in turn generates supports for students to achieve more academically while learning lifelong healthy behaviors. PartnerSHIP 4 Health remains dedicated to providing resources for schools to sustain these positive changes over time.

