

Varsity *Team* Champions





Practice Makes for a Healthier You

**Debbie Garcia, PE Instructor, Picture Rocks Elementary,
Marana Unified School District, Marana, AZ**

"At our school we provide taste testing and food demonstrations at all events including family nights, field days and carnivals. This year we provided taste testing of a variety of healthy foods including fruit parfaits, carrot dip with whole grain crackers, fruit smoothies, veggies with ranch dip and Baja bean dip with baked tortilla chips. We also offered many free items such as grocery lists, collapsible bowls for grains, U of A Nutritional Network grocery bags, My Plate fliers and information, as well as recipes for families.

Parents have expressed their appreciation for our efforts in teaching their children about nutrition. Many parents have said their kids are more likely to try something new that is healthy than they were in the past due to our continued taste testing and food demonstrations."



"Sometimes it is a challenge to get the foods prepared for the school events. We found that planning ahead and getting more people involved in the preparation is very helpful."

Meet the Ambassadors

**Alyssa B., Payson High School,
Payson Unified District, Payson, AZ
Most Likely to Ignite Positive Change**

"The Dairy Council of Arizona offered me the chance to present on Fuel Up to Play 60 at a GENYOUth Town Hall meeting held at the Arizona Cardinals' training facility, and I just couldn't pass it up. I gave a speech to almost one hundred important people including a Senator, multiple CEOs, a pediatrician and the superintendent of a school district in Arizona! To some this may not seem like a big thing, but for me it was a huge accomplishment!

On that day, after hanging out with Cardinals' Defensive End Calais Campbell, I walked into a room full of strangers and spoke about something I'm passionate about: Fuel Up to Play 60. I talked about my own experiences, the importance of breakfast and the opportunities this program can provide. Later I got to record a short interview as well as a 30 and 60 second radio commercial. Fox 10 News was there to capture clips of the Fuel Up to Play 60 student ambassadors in action.

The event was a whirlwind of activity that I will never forget. I've done things I never dreamed I could thanks to Fuel Up to Play 60, and I'm not alone. Over the last few years I've seen students do things monumentally bigger than even giving speeches!

I am incredibly thankful to Fuel Up to Play 60, the Dairy Council of Arizona, GENYOUth and Cardinals' president, Michael Bidwill for giving me these memories!"

- Alyssa B.



Thank you Alyssa for sharing your passion for the Fuel Up to Play 60 program and inspiring others to follow in your footsteps!



Students Take the Lead

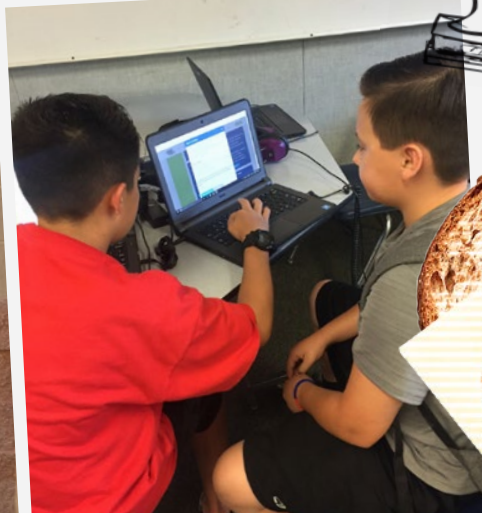
Candice Alvarez, Counselor and Heather Johnson, PE Instructor, Copper View Elementary, Sahuarita Unified School District, Sahuarita, AZ

Recess Takeover

The team at Copper View Elementary decided to change up their usual structured recess by allowing students to take charge of the activity zones. The Pima County Health Department trained Fuel Up to Play 60 student team leaders on how to run the zones and deal with conflicts that may occur. Ultimately **these students led the teaching of new recess games, which changes monthly, by visiting each classroom to explain the rules and requirements.** Team members were also responsible for setting up the equipment and working with recess aides and monitors in helping and engaging students in the games. At the end of the year, the current student leaders help train new leaders for the upcoming school year.

Getting Onboard to Go Online

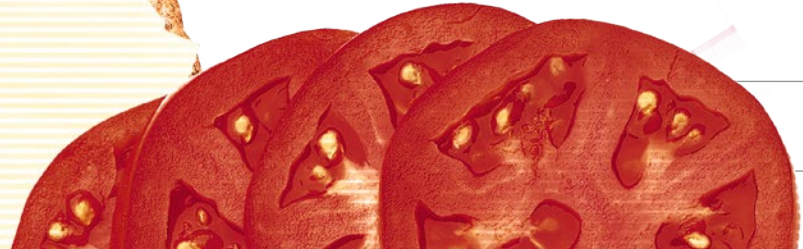
To help introduce families to the Fuel Up to Play 60 website, each teacher shared information on Fuel Up to Play 60 as part of their classroom presentations during parent-teacher conference night. **Students and parents were then invited to visit the computer lab** where Program Advisors Heather Johnson and Candice Alvarez were available to describe activities that had taken place at the school, answer questions and allow students to register and interact with the FuelUpToPlay60.com website.

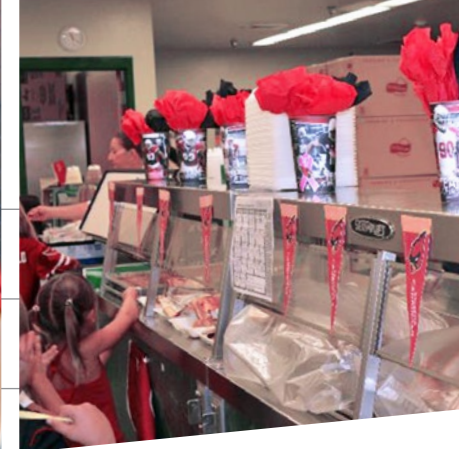


Say Cheese!

Staci Ramirez, PE Instructor, Sunset Heights Elementary, Peoria Elementary School District, Peoria, AZ

Offering a cheese tasting is a fun, simple, delicious Fuel Up to Play 60 Nutrition Play that is always a big hit with students. Kids enjoy socializing and sharing opinions on the samples, and as an added bonus, limited space and minimal materials are needed to pull off this activity! Program Advisor Staci Ramirez presented six different cheeses on a serving tray, offered toothpicks for tastings and small pieces of paper to place into bags labeled with the names of the cheeses for voting. Her **Fuel Up to Play 60 Student team advertised the event via morning announcements and by creating posters for the hallways.**





Kicking Off the Team Spirit

Cheyenne Elementary kicked off their Fuel Up to Play 60 activities with **Back to Football Friday** events including an assembly, student council hosted activities, introduction of Fall sports teams and custom designed Fuel Up to Play 60 shirts available for purchase.



"To get the entire school engaged in the event, I posted the Arizona Cardinals' roster and encouraged teachers to choose a class player and schedule activities based on the player"

- Erin Greiner, PE Instructor,
Cheyenne Elementary,
Peoria Unified School District, Peoria, AZ

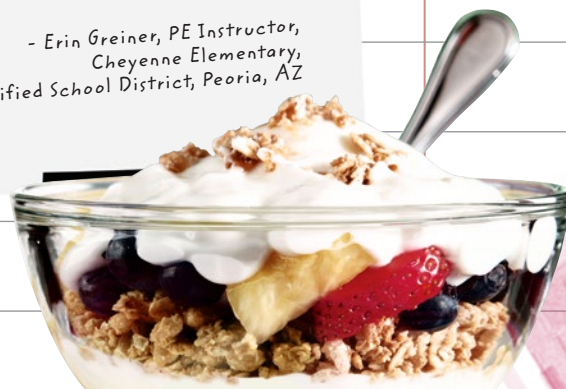


Suggested Healthy Eating Plays

- Breakfast or Lunch Picnic: allow students to bring in healthy foods to share with the class. Use blankets or beach towels on the floor for students to sit on. Invite parents!
- After breakfast or lunch, ask students to share healthy choices they made.
- Vote for Your Favorite Milk Flavor: designate a corner of the room for each flavor (chocolate, strawberry, plain); have students move to the corner that represents the flavor they like; tally the votes.
- Cookies and Milk Snack Break: use animal crackers or graham crackers.

Suggested Physical Activity Plays

- One Minute Challenge: how many (jumping jacks, arm circles, etc.) can you do in a minute?
- Activity Zones: signs are posted in the hallways listing exercises. While the class is transitioning, have students stop at a sign and perform the exercise or activity on the sign.
- Pre-Class Lap Run: before bringing the class into the building each morning, have them walk, run or jog to a designated spot and back.
- Instead of using the same hallway, take the class around the building to add some extra steps to the journey.
- In-Class Activity Breaks: play some music and have students dance for one minute.





Making Fitness Fun with a Football Theme

Mesquite Elementary Rolls Out a New Event

In honor of the Super Bowl, Mesquite Elementary held a special game of football played on scooters and named it: **The Scooter Bowl!** Leading up to the big day, fifth and sixth graders at the school created teams and played several games of scooter football during their lunch recess. **Just like a real NFL game day, the student-centered event had third and fourth graders singing the National Anthem, teacher referees, a half-time show and a student commentator.**

"The top teams made it to the playoffs, with the winning team earning the honor of playing in The Scooter Bowl against a group of teachers."

-Morgan Pardy, PE Instructor,
Mesquite Elementary,
Gilbert Public Schools, Gilbert, AZ



Teamwork MVPs

Peoria High School was the lucky recipient of former State Ambassador, Zhela, who helped activate Fuel Up to Play 60 at her new school. For their first Nutrition Play, Zhela, plus **fifteen other students, promoted healthy snacks by offering smoothie samples during lunch periods.** "The students really enjoyed the smoothies and many inquired about joining our club!"

"We had several meetings before our event to recruit teammates, decide on a Play and held a practice run to make sure our smoothies were taste worthy for our student population!"

-Teresa Fuller, PE Instructor,
Peoria High School,
Peoria Unified School District, Peoria, AZ

"The cafeteria manager ordered supplies needed, such as juice, fruit, yogurt and serving cups. Our culinary arts program let us borrow their blenders to make smoothies and our sports medicine program let us borrow coolers and ice. All of these people and groups helped us to be successful, but **the students themselves were the ones who made it happen. They are the true MVPs of our Play.**"



Students Hit the Field to Learn About Dairy

Morgan Pardy, PE Instructor, Mesquite Elementary, Gilbert Public Schools, Gilbert, AZ

In an effort to learn about the work of dairy and other farmers in producing nutritious foods, students at Mesquite Elementary went straight to the source by visiting both Rovey and Boyle dairy farms. As part of their Farm to School Play students learned the process of getting milk from the farm to the table including cow care, nutrition, transportation and processing; not to mention having the opportunity to get up close and personal with the very adorable source of their daily dairy deliciousness!





Kicking Off School Breakfast

**Rachele Gondos, Front Office Secretary,
Phoenix Hebrew Academy, Phoenix, AZ**



"After a long process of getting our school qualified and participating in the National School Lunch Program last year, we decided to offer breakfast this year. **Receiving a milk cooler, insulated bags and a stove through Fuel Up to Play 60 has been so helpful in running our program, it has been a huge success!** The kids are super excited every morning to get their breakfast and be able to make a choice on their own about what they get to eat. The joy we get is to know that as they choose what they want, we get the satisfaction of knowing that it is always a healthy choice and feel that it **helps them be more focused in class when they have good food in their tummies. It has been our greatest accomplishment to be able to provide healthy breakfast and lunches to our children.**"

Jingle Jog'n All the Way

"We held a super successful school-wide Jingle Jog. Students got decked out in bells and ran laps around the school. To celebrate completing the jog, the kids got to enjoy some chocolate and plain milk! It was a huge hit with the kids and they got to exercise and enjoy a healthy post-race snack."

- Jen Barker, Parent, Chandler Traditional Academy,
Humphrey Campus, Chandler Unified School District,
Chandler, AZ

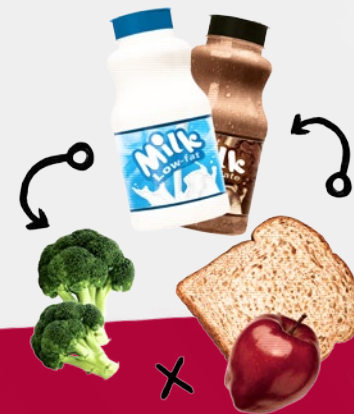


Craycroft Elementary Wellness Week Lineup

**Trace Farnum, PE Instructor, Craycroft Elementary,
Sunnyside Unified School District, Tucson, AZ**

Craycroft Elementary celebrated a wellness week filled with many fitness and nutrition activities. Each day began with a taste test of various healthy treats including strawberries, blackberries, apples, oranges, and bananas with peanut butter. Morning announcements provided information on Fuel Up to Play 60 events scheduled for each day and every afternoon the fifth grade students visited classrooms to lead brain break exercises. **A group of volunteers from the Davis-Monthan Air Force Base conducted a boot camp that included a variety of exercises for parents, teachers and students.**

Activities were recorded on Family Fitness Cards which students turned in once completed and signed. The class with the most cards received a prize! Students were also encouraged to log their activities on their Fuel Up to Play 60 website dashboard to earn points.



"Each student was offered a sample taste of string cheese. Of course they enjoyed it and the lunch staff later told me that the students were eating more string cheese at breakfast."

Meet the Ambassadors

**Aaliyah R., Billy Lane Lauffer Middle School,
Sunnyside Unified School District, Tucson, AZ**
Most Likely to Make Healthy Living FUN

Participating in Fuel Up to Play 60 has brought out the leader in Aaliyah! She has helped plan Nutrition and Physical Activity Plays at her school, attended student team meetings, made posters, attended PTO meetings to help promote Fuel Up to Play 60 to families and helped sort and distribute supplies for wellness week events.

Last year Aaliya and her student team decided on hosting a mystery salsa challenge where all students were able to vote for their favorite salsa while guessing the mystery vegetable or fruit ingredients. Aaliyah went shopping with the program advisors and helped organize the necessary supplies to make this successful Play happen! Also, to encourage physical activity on the weekends, **the Fuel Up to Play 60 team invited parents and partners in the community to volunteer to teach bike-riding to students and families.** Aaliya's participation, encouragement and effort in these Plays was contagious as proven by the marked increase in student participation.

"Fuel Up to Play 60 has been a part of what I do with my friends, family and members of our community. I am learning to live healthier because of Fuel Up to Play 60!"



**Ava M., Sunset Heights Elementary,
Peoria Elementary School District, Peoria, AZ**
Most Likely to Inspire Healthy Living

Me and my team were chosen by the Danimals crew to be in a photo shoot for a national commercial when I was attending the Fuel Up to Play 60 Student Summit in Chicago. The photo shoot was amazing! We were asked to do different activities like jumping rope, running, playing football, jumping in the air and hula hooping. I had a lot of fun with this experience and it's **definitely a special memory I have!**



Promoting a Healthy Lifestyle

The Tolson Thunderbird Student Wellness Advocacy Team held a kickoff assembly to introduce Fuel Up to Play 60, promote healthy student meal choices and demonstrate physical activity breaks to their school. **The student team shared tips for maintaining a healthy body and mind**, and invited football players from nearby Pima Community College to come and share their fitness routines and healthy lifestyle choices. The athletes even challenged students to a push-up contest! Students asked a lot of good questions about how they could achieve their health goals and in the end, over **300 students gained some serious health and wellness knowledge while having fun!**



"Students and adults worked together as a team, planning the kickoff event from start to finish. Students decided on the intro music and what information to share with their peers, while the adults focused on setting the stage for the video and music, allowing the Student Wellness Advocacy Team to do their thing!"

"Everyday students share fun facts and ask a question on the announcements so that their classmates can answer to win 'Tolson Bucks' for prizes."

- Crystal Montante, Counselor,
Tolson Elementary,
Tucson Unified School District, Tucson, AZ





Leadership in Action

**Fuel Up To Play Student Team,
Garden Lakes Elementary, Pendergast Elementary School District, Avondale, AZ**

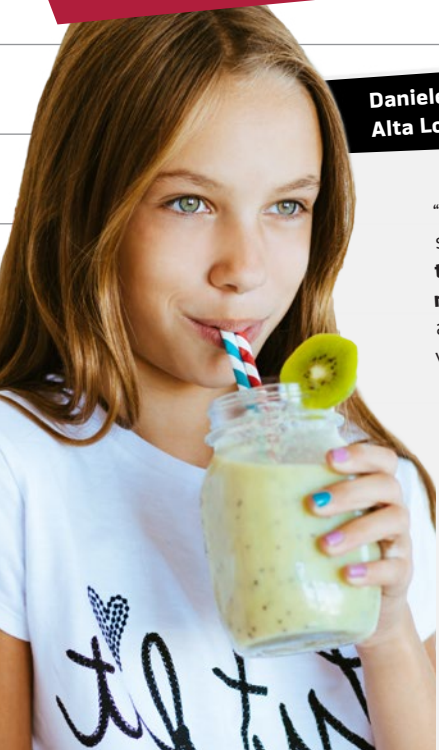
Fuel Up to Play 60 is all about nutrition, physical activity and leadership. Students at Garden Lakes Elementary put these elements into action when they planned and prepared a meeting with their school's food service provider to discuss some healthy and creative ideas to bring to the lunch menu. The group stayed focused and engaged for two full hours, discussing various options until they were completely satisfied with phase one of their proposal. New changes to the district menu will include grab and go options such as **smoothies and yogurt parfaits, green salads, veggie and fruit bowls as well as international themed entrees and the addition of strawberry milk.**

**Daniele Smith, PE Instructor,
Alta Loma Elementary, Peoria Elementary School District, Peoria, AZ**

"Our student leadership team was able to visit all first and second grade classrooms for a **Smoothie Party. They taught the students the importance of eating healthy and consuming more fruits, vegetables, and dairy.** The younger students were allowed to help make and taste their creations. They were all very excited and loved the taste."

"Students and adults worked together to plan the parties, gather the supplies, and create procedures to ensure the Smoothie Parties went 'smoothly.'"

-Daniele Smith, PE Instructor



Meet the Ambassadors

**BreElle M., Garden Lakes Elementary School,
Pendergast Elementary School District, Avondale, AZ
Most Likely to Inspire Tomorrow's Leaders**



BreElle has been a trailblazer with the Fuel Up to Play 60 program at her school. By participating in activities, challenges and team meetings, BreElle has been a key player in successfully achieving the nutrition and physical activity goals of Garden Lakes Elementary.

One of Garden Lake's proudest moments was when the Fuel Up to Play 60 student team lead the annual Walk to School event. **Families met at a nearby park and walked together to school, followed by a healthy breakfast with freshly cooked pancakes, fruit and milk.** To encourage daily activity, BreElle jump started in-class "brain breaks", which she named Project BreakGROUND. She selected one student each week and jointly created a fitness video for classes to use as an activity break.

"The healthier you get, the easier and more automatic healthy choices will become. I have come a long way from plugging my nose and closing my eyes when gulping my veggies down," says BreElle on the impact of bringing nutrition awareness to her school.





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