

# Varsity *Team* Champions

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## All Star Physical Activity Equipment Manager

### Nine Square in the Air Gets Students Moving

**Morgan Parady, PE Teacher at Mesquite Elementary, found a fun and creative way to get her students active with Nine Square in the Air** -- a fast paced game that combines volleyball with four square. Best of all this activity offers a large number of students the chance to get in on the action due to the constant rotation of players.



"I used the Fuel Up To Play 60 funding to buy one kit to remain permanently on the playground by cementing the PVC poles into buckets and another to assemble indoors in the event of weather."

- Morgan Parady,  
Mesquite Elementary School  
Gilbert Public Schools, Gilbert, AZ



## Meet the Ambassadors

**Zhela S., Cheyenne Elementary  
Peoria Unified School District, Peoria, AZ  
Most Likely to Inspire Tomorrow's Leaders**

### How it all Began

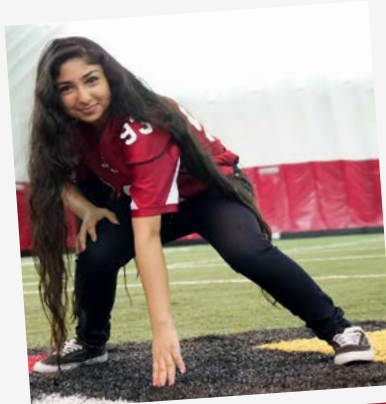
The story of my journey began a couple years ago when I was in 5th grade. After hearing a student's life changing stories about her amazing adventures participating in Fuel Up To Play 60 events and the student ambassador summit, I decided to join our S.W.A.T (School Wellness Action Team) and become more involved in the program. Throughout this journey, I participated in many fun, exciting activities such as motivational assemblies, fitness events, taste tests, making healthy smoothies, leading the 100 Mile Play, performing "Let's Dance" at assemblies and so much more.

### My Growth Chart

Motivating people to live a healthier lifestyle has been a great opportunity. Without Fuel Up To Play 60, I wouldn't be who I am today! **This program has given me many opportunities and has changed me into a strong, confident, energetic leader.** In addition, Fuel Up to Play 60 offers a world of fitness, dignity, pride, leadership, inspiration and happiness. For the past 3 years, I have learned so many skills about sustaining a healthier life.

### My High Five

This wonderful program is an inspiration to all students. It has inspired me to become an active, dedicated, courageous person. Looking back at the past, I have improved so much. I have inspired tomorrow's leaders to take action, to impact their lives and the lives of many individuals. Together we can do wonders!



*Thank you Zhela for helping youth create a better future and an improved lifestyle. Innovating today's world for a brighter and healthier future.*



# Smarter Snacks Make the Grade

Everyone knows it is hard to concentrate on an empty stomach, especially during testing! To help students do their best on testing week while also promoting the Fuel Up to Play 60 program, **the student team at Frontier Elementary used their funds to assemble bags of healthy snacks which they distributed to classrooms.**

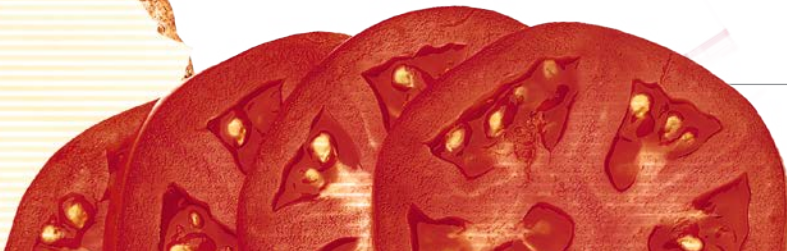
"The teachers and students were very appreciative and it's a great way to continue to get the word out that healthy snacks not only build healthy bodies, but also healthy minds!"

- Cory Underhill, Program Advisor,  
Frontier Elementary  
Peoria Unified School District, Peoria, AZ



# Kids Shape Up With AZMerit Bootcamp

Some classes at Frontier Elementary School also implemented "AZMerit Bootcamp" where the kids did fun, active exercises in class each day to keep their minds and bodies in shape.







## Taking it Outside with Breakfast in the Courtyard

The idea of Breakfast in the Courtyard was sparked for **Food Service Manager Tina Quezada, Deer Valley Middle School, Phoenix** when she noticed students congregating in the newly renovated courtyard each morning.

Deer Valley Middle School's Breakfast in the Courtyard program helped increase the number of students eating breakfast from 40 to over 200!

- Tina Quezada  
Deer Valley Middle School,  
Deer Valley Unified School District in Phoenix, AZ





“I started bringing out samples from our kitchen and interviewing students, asking if they would eat breakfast if we had a cart available outside. Next, I met with administration and our district office staff to gain approval. **After an enthusiastic response from students and district approval, Breakfast in The Courtyard was launched!**



**Some of the funding from Fuel Up To Play 60 went toward purchasing ingredients to serve smoothies,** as well as small prizes that were awarded by drawing names of participating students. This has been an especially awesome program because it is reaching out to middle school students that would not normally eat breakfast or come in the cafeteria due to peer pressure.

- Tina Quezda



# MVPs of Nutrition Plays

## Shumway Gets the Edge With a Pregame Warmup

To get their students off to a good start on state testing day, **Shumway Elementary served fresh fruit in the morning before school.** Thanks to teamwork, the event was easy to plan and implement. Staff from district food services ordered the food, a parent advertised the event on social media, the kitchen manager helped prep and organize the morning of the breakfast and members of the Fuel Up To Play 60 student team made signs, helped serve, and spread the word on the importance of a healthy breakfast. **"The end result... students were energized, happy, and prepared for a day of testing!"** said Bill Tuttle

"This Play was quite easy and went off without a hitch. The students love these events."

-Bill Tuttle, PE teacher,  
Shumway Elementary  
Chandler Unified  
School District, Chandler, AZ



## Feeling Great Starts With the Plate

The Sunset Heights SWAT (Student Wellness Advocacy Team) coordinated with cafeteria staff when planning their healthy eating Play, resulting in a contest named **"What's on Your Plate?"** During the month of April, all students were encouraged to creatively decorate a lunch tray depicting their idea of a healthy lunch. The SWAT team made posters, created examples of trays and presented contest information to each grade level during lunch. Winners were chosen by the SWAT team and received prizes to incite physical activity such as playground balls and movement-themed games.

"Because of these types of Plays, we've seen an increase in students bringing healthier lunches to school and discussing their healthy food choices with one another."

- Staci Ramirez, PE Teacher,  
Sunset Heights Elementary  
Peoria Unified School District, Peoria, AZ





# Lights, Camera, Fuel Up!

**Brenda Connelly, Program Advisor and PE instructor at Nevitt Elementary (Tempe Elementary School District in Phoenix, AZ) involved her Fuel Up To Play 60 student team in a fun and creative idea to Get the Word Out by performing a Fuel Up to Play 60 commercial at the school's talent show.**

Students walked out on stage performing various activities: a group of boys were throwing a Fuel Up To Play 60 football around, girls were jumping rope and hula hooping and another group was passing a soccer ball back and forth. Then two boys walked on stage eating chips and drinking soda, stopping to watch the other kids playing.



## **Student Ambassador (to the two boys):**

"Are you new to the neighborhood?"

**Boys:** "No. We just don't get out much, we usually stay inside and play video games. What's going on out here?"

**SA:** "Playing dude! Have you ever heard of Fuel Up to Play 60?"

**Boys:** "No. Tell us about it."

**SA:** "Basically it is all about eating healthy and being active for at least 60 minutes a day. Are you in?!"

**Boys:** "We are SO in!"

## **The boys threw out their chips and soda and joined in playing football.**

Next all the students on the stage picked up a healthy food and held it out while yelling "FUEL UP!" Then they crossed their arms, leaned sideways and said "PLAY 60!" while holding up their sports equipment or a Fuel Up To Play 60 sign.

Brenda then came out on stage and talked about Fuel Up To Play 60, displayed the equipment purchased with grant funding awarded to the school for use at recess and informed the student audience about the Healthy Food Samples Play that was planned for the next morning in the courtyard.





## SWAT Students Go the Distance

The SWAT (Student Wellness Advocacy Team) students at Flowing Wells High School organized a Wellness Week that combined a variety of activities centered around nutrition, being active and breast cancer awareness.

Some of the events featured included a taste test of four different types of apples followed by a survey regarding the taster's favorite, smoothie tasting, "Dance the Weight Away" theme day and lunch time Zumba. **"Many students who don't eat fruit have begun to try different fruits, particularly apples. They have also begun to make smoothies at home with their families,"** says Terri Swaney, Flowing Wells High School PE/Health teacher.



**Students came up with all the different activities and made lists of needed supplies,** a schedule of events and who to go to for approval and support. They all contributed by making posters, talking to their teachers and

distributing flyers. Our principal read daily breast cancer and nutrition facts/ trivia over the morning announcements.

*The secret to their success for this event?  
"Planning, staying on task and getting organized is extremely important. Also having the support of your administration is a huge plus."*

*- Terri Swaney, Physical Education and Health Teacher,  
Flowing Wells High School, Tucson  
Flowing Wells Unified School District, Tucson, AZ*



# Breakfast in the Classroom Starting Lineup

## Cheatham Elementary



Starting Breakfast in the Classroom at Cheatham Elementary (Laveen School District, Laveen, AZ) was truly **a collaborative effort involving administration, teachers, child nutrition services and maintenance.** Plans were set in motion when principal at the time, Rick Stephen, contacted Child Nutrition Coordinator Erin Bronner with his desire to make this program a reality.

Erin then reached out to PE Teacher Ashley Bodden who submitted a Fuel Up To Play 60 funding application, allocating the nutrition portion of financing to go toward insulated bags for milk and food item storage for Breakfast in the Classroom. **Additionally, administration at the school reached out to Valley of the Sun United Way to receive start-up funding, which went toward added equipment such as rolling carts, trash cans, colanders for classroom sinks and baker's trays.**

Once implemented, the process was streamlined by Child Nutrition Services staff preparing and assembling meals and delivering the bags to each classroom before the morning bell. Within 45 minutes of food service they collected the bags while maintenance emptied the trash.

*Breakfast participation at Cheatham has increased from serving approximately 250 to over 700 students per day!*





## Meet the Ambassadors

**Atziry P, Billy Lane Lauffer Middle School**  
Sunnyside Unified School District, Tucson, AZ  
Most Likely to Make Healthy Living FUN

### Hit the Ground Running

**Reaching the status of Student Ambassador was all about hard work and dedication.** In order to gain points, I tracked and entered my daily activity and meals and recorded our school Plays on the Fuel Up to Play 60 website. When I entered our Plays online I was able to discuss the events we did at our school and how I helped with the Play.

### Make it Fun!

During the 2014-2015 school year, we had many events that helped students and teachers become more excited about the program. One specific Play that **I really enjoyed being a part of was Fitness Move it in the Morning. This event took place before school started and students were able to play ping-pong, volleyball, basketball, Just Dance Wii and badminton.** As they walked in, we gave them a smoothie that we had prepared fresh. We had a football player cutout where students could stick their heads in and take a picture. Many students and teachers enjoyed this morning event, and Plays like this helped us get more students signed up to join our team. We also had four Wellness Weeks, which were filled with fun activities to do during school like food demonstrations or our Healthy Egg Hunt and Flag Football tournament.

### Lend a Helping Hand

I was able to help with these events by setting up, making posters and getting students involved. My participation in all these Plays and tracking online helped me become a student ambassador at my school.



Thanks Atziry for getting involved and helping make your school healthier for you and your friends. And most of all, showing that being healthy can be fun.



## Not Your Typical PBN'J

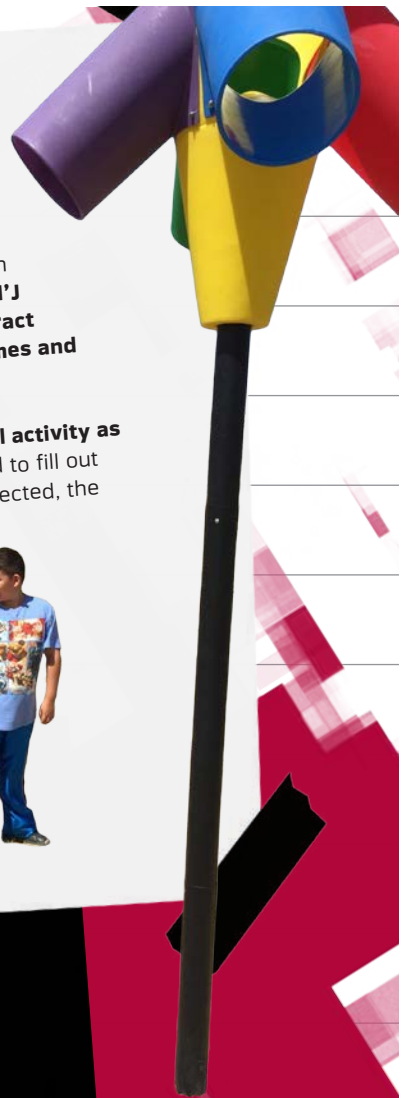
With funding received from Fuel Up to Play 60, Vickie Nissen, Physical Activity Leader at Twin Peaks Elementary was able to purchase playground and activity equipment for students to use in class and on the playground. **The school counselor created a PBN'J group (Peers Bringing Joy) as a means to allow students to interact with various grade levels during their lunch recess, leading games and encouraging participation.**

**Emphasis is placed on following directions and enjoying physical activity as a fun event!** Students interested in being a PBN'J leader are asked to fill out an application as well as obtain parent and teacher approval. If selected, the students attend a training session to review exactly what their job will be during lunch recess time. They are also responsible for checking the equipment out and returning it at the end of recess. This program provides a great leadership role for the students.



Our school Principal supports the PBN'J program and also encourages grade level teams to build in activity time during their school day so students can get up and move.

- Vickie Nissen, Physical Activity Leader,  
Twin Peaks Elementary  
Marana Unified School District, Marana, AZ





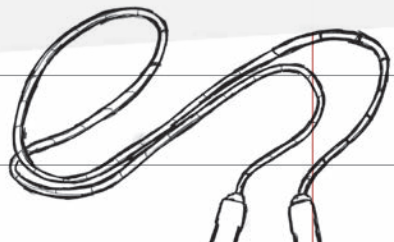
Parents and students dance to the beat of nutrition and healthy eating.

## A Team With a Theme: Throwing a Crowd Pleasing Kickoff!!



To help jumpstart their Fuel Up To Play 60 program, **Holdeman Elementary, Tempe Elementary School District in Tempe, AZ,** chose a **Halloween** themed event to offer families an opportunity to learn how physical activity could contribute to their health as well as have some fun. When families entered, they received information on nutrition and healthy eating, then went into the gym to view the decorated pumpkins from each classroom.

The students performed a flash mob to Thriller, encouraging their parents to do the dance as well. **"The energy from this event definitely had kids hungry to learn how they could get signed up and start earning points for the program.** It would be helpful to have laptops available so parents can easily sign up at the event," remarked Tim Roberts, PE teacher. Students assisted in handing out flyers with information about Fuel Up To Play 60 including how to sign up online.





## Meet the Ambassadors

**Megan T., Billy Lane Laufer Middle School**  
Most Likely to Ignite Positive Change

### Creating a Healthy School Environment

I have made many friends being a part of the Fuel Up To Play 60 team. **This school year we made some “healthy eating” videos, an anti-drug video, demonstrated how to make healthy snacks and educated students on the importance of eating breakfast.** And for the first time at our school, all of our students are now able to eat breakfast in the classroom.

### Bringing the Fun!

We also did Plays that were really fun, like the Tailgate party at the beginning of the school year. Over 800 students came to school in their favorite Jersey! **It's amazing to see how many students at our school came out to support us.** At our Play events, we set up tables to get other students signed up for Fuel Up To Play 60 because they want to have fun and promote health and wellness.

### My Personal Best

Every day I try to do my best to track my physical activity for volleyball and softball along with keeping track of what I eat. The program Fuel Up to Play 60 has helped me tremendously. **Through this program I have created and achieved healthy goals for myself and my school** and before I knew it, I was a Student Ambassador! I've been able to have so many opportunities and experiences through this program.



*Thank you Megan for igniting positive changes in those around you. You are a true example of how hard work, dedication, and teamwork can help our schools become healthier places.*



**NFLPA**

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