



Heritage Elementary School of the Month

Fuel Up to Play 60 (FUTP60) has evolved into one of the main cultures at Heritage Elementary since starting the program 10 years ago. The team has a yearly challenge based on a FUTP60 Theme each year and put on an assembly that introduces the challenge to the student body. Props and costumes help add to the excitement. We have tossed healthy snacks into a shark mouth for our "Snack Attack" theme using the baby shark song and introduced the FUTP60 Snack Cart. Another theme involved the [Fitness](#) and [Food Group](#) super heroes complete with capes, costumes and original raps. Dairing Dairy even had their own [comic story](#)! The Whoa, Slow, Go theme got students thinking about different food, activity and behavior choices. This theme encouraged students to include others with their "GO" behavior. The "Wellness Factory" had Oompa Loompas delivering the messages of eating healthy, being active, including others and not wasting food. This year we have introduced the FUTP60 Share Cart & Fridge and are focusing on students drinking all their milk and not wasting it. Tabletop tents with positive dairy messages and milk waste measurements are part of the challenge. Grade levels that improve on their milk consumption win a dairy snack delivered on the FUTP60 Snack cart.

The FUTP60 influence can be seen both outside and inside of Heritage. Outside the FUTP60 Buddy Benches and painted blacktop areas the team helped design and paint, send the message of being active and including others. The team even has made videos on how to play the games and use the Buddy Benches. Inside the team has painted the pillars in the cafeteria with the Food Groups, painted a huge MY Plate banner, displayed Eat a Rainbow pictures of Fruits and Vegetables and has hung large mobiles promoting eating "GO" foods and "GO" activities. There is a designated FUTP60 wall where our "Healthy Snack MVP's" are posted. These are students who have brought in a healthy snack to share with their classmates. The FUTP60 "Pledge" poster and challenge information are also displayed on this wall.

Some of our challenges have been:

Heart To Heart Food & Snack drive-class that brings in the most nonperishable healthy food wins an open gym.

Healthy Snack MVP-4th grade class with the most participation wins a trip to a Dairy Farm and the Kdg-3rd grade class with the most participation wins an open gym and smoothie party.

LegenDairy Snack Recipe contest-winners received a FUTP60 apron, and one winner had their recipe served at a parent night on our “Snack Cart.” The team loved having a taste test of the recipes!

Healthy Snack Cart-each grade level was served a healthy dairy snack and did a survey to choose which snack they like best (3 different cheeses, 3 different yogurts, 2 different smoothies, 3 different milks) The snack cart is used at parent nights, cheese tastings at school and delivering healthy snacks to winning classes for different FUTP60 challenges.

Brain Break Baskets-the team put together baskets with brain break ideas.

FUTP60 Kick Off in PE-this tradition includes 5 stations, a football throw, Lambeau Leap, Agility run, MY Plate sort, and the Make a Difference station where students sign the pledge poster and cards made by the FUTP60 team to thank people in our school such as the lunch ladies, custodians, secretaries.

Crosby Cow Challenge-K-1 students brought home a bag that included a Packer Cow puppet and a class log. Students sent in a picture of themselves eating a healthy snack or being active with the puppet and completed their entry into the class log. They needed to record what their healthy snack was and the number of dairy servings they had. Students then handed the bag to the next student on the class list to take home.

Fuel Up & Play-Nutrition games in PE-Food beanbags, milk carton squishes, MY Plate posters were all obtained through FUTP60 funds. Games developed because of FUTP60 include:

- **Toss Your Salad**-Students toss and catch fruit and veggie beanbags working on distinguishing between fruit and vegetables.
- **Fuel Up & Play**-Students either play with equipment (jump rope, bouncy ball, ball to catch) from their “garage” while their partner drives their car (scooter) to the grocery store to fuel up on healthy foods, fruits, veggies, and dairy. The shopper returns to the “Garage” sorts the food and then students switch jobs. Students work on the concepts of being active and eating healthy to maintain a healthy lifestyle.
- **Eat & Move O’Matic**-Students use an app that compares activity and the amount of time it takes to burn off the food. For every 10 minutes of activity students must do one rep of an exercise as listed on the exercise chart. Students use their math skills as they learn that Energy In = Energy Out.
- **Whoa, Slow, GO**- Students grab a card that indicates if a food is in the Whoa, Slow, or GO category. If a student grabs a Whoa card, they run to a predetermined number of red dots spread out at the outer edge of the gym. The number of dots is determined by the amount of sugar or fat content of the food. When a Slow card is drawn students run to a predetermined number of yellow dots that are spread out in the middle of the gym and green GO dots are close to the center of the gym.
- **MY Plate**-K-1 students roll a ball to a Food beanbag to capture the food. They try to get one food from each of the 5 food groups to earn one MY Plate point. 2-4 students run to the center of the gym to grab a Food Model Card. Students are trying to be the first team to fill up their MY Plate with the correct number of servings suggested for the day.