

# NUTRITION NEWS

Education

School  
Meals

Health

December 2012

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## Highlights:

- **Searcy Receives HUSSC**
- **6 Cents Certification**
- **Farm to School Grant Winners**
- **Positivity in AR Schools**
- **Milestones**
- **Commissioner's Memos**

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## Searcy Schools Receive High Honors

In October, a presentation was held at Searcy School District to honor McRae Elementary, Sidney Deener Elementary, Westside Elementary, and Southwest Middle School. Each school received the Silver Award for the Healthier US School Challenge (HUSSC).

Ginger Beebe, First Lady of Arkansas, Jared Cleveland, Arkansas Department of Education (ADE) Assistant Commissioner of Fiscal and Administrative Services, Ellen Wahlberg-Carlisle, Food and Nutrition Services (FNS) Deputy

Regional Manager of Special Nutrition Programs, Bill Ludwig, FNS Southwest Regional Administrator, and Wanda Shockey, ADE, Child Nutrition Unit (CNU) Director coordinated to present these schools with the award.

The cafeteria was full of enthusiastic students and onlookers who were all present to congratulate the schools. A special visit by the "Eat Smart, Play Hard" Blue Bear concluded the event and students were dismissed to enjoy some physical activity outside.



*Ginger Beebe, Arkansas First Lady (left) joins in honoring the hardworking staff at Searcy's Sidney Deener Elementary School. (From left to right) Ginger Beebe, Donna Franks, Child Nutrition Manager; Kim Wilkerson, Principal and Charlotte Davis, Child Nutrition Director.*

ADE, CNU is very proud of Searcy's Child Nutrition program for this national recognition. Working towards the HUSSC has allowed students, teachers, and child nutrition personnel to transition to the new meal pattern with ease.

Many district employees played an important role in securing the award including:

- Charlotte Davis, Child Nutrition Director
- McRae Elementary – Christene Holt, CN Manager; Teresa Moore, Physical Education Teacher; Jim Gurchiek, Principal
- Sidney Deener Elementary – Donna Franks, CN Manager; Larry Stamps, Physical Education Teacher; Kim Wilkerson, Principal
- Westside Elementary – Kim Brown, CN Manager; Debby Villemez, Physical Education Teacher; Doug Langston, Principal
- Southwest Middle School – Eva Boyles, CN Manager; Kyle Hunt, Physical Education Teacher; Richard Denney, Principal

Each school received \$1,000 and a Silver Award Banner to display on campus for their hard work. For more information about the HUSSC, please contact your area specialist.



Many special guests joined in the celebration. (From left to right) Ginger Beebe, Arkansas First Lady, Jim Gurchiek, Principal, Christene Holt, Child Nutrition Manager, Charlotte Davis, Child Nutrition Director and Bill Ludwig, FNS Southwest Regional Administrator.



Other Arkansas schools that have received HUSSC awards include Lavaca Elementary, Harrisburg Elementary and four Springdale elementary schools. Springdale School District is the first in Arkansas to be awarded the Gold of Distinction awards and will be presented the awards in March 2013. ■

## Reminder: 6 Cents Certification

Beginning October 1, 2012, an additional reimbursement of six (6) cents per lunch became available for school districts certified to be in compliance with the new school meal patterns and nutrition standards.

Districts should be using the new meal pattern and nutrition standards for student lunches and the current meal pattern for student breakfasts in order to receive the new performance-based 6 cents reimbursement.

See Commissioner's Memos FIN-13-034 and FIN-13-036 for requirements related to certification at the district level.

Validation reviews will be conducted to affirm that certified districts are continuing to meet the updated lunch meal patterns and that the meal service at the time of the validation review is consistent with the submitted certification documentation. See the above memos for further details related to validation reviews. Contact your area specialist for additional information. ■

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## Arkansas Schools Receive Farm to School Grants

Fayetteville School District was awarded \$99,058 from USDA for continuing and expanding their existing Farm to School initiatives and partnerships. Their focus for students will be on educational events, experiential learning, and curriculum integration. Food service staff will enjoy culinary training to ensure the success of Farm to School goals. Additionally, the program plans to reach out to producers and provide education and networking opportunities.

Lawrence County School District was awarded \$45,000 for a county-wide Farm to School planning project. Schools and community members in the area have formed a partnership to develop a "Code Green" comprehensive long-term plan for Farm to School in their area.

USDA is able to provide grants and technical assistance for the Farm to School initiatives for the first time this year thanks to the Healthy Hunger-Free Kids Act of 2010.

Congratulations to these schools. Continue to watch for future funding opportunities. ■

## Positivity in Arkansas Schools

### *Fresh Options Well Received in Rogers*

Margie Bowers, Rogers School District Child Nutrition Director, stated; "The kids are loving the fresh choices and a lot less is going into the trash than I ever imagined!" She shared the following story.

"A student at Lingle Elementary tried the spinach side salad. She had never had spinach before; she liked it and encouraged her mom to buy spinach, strawberries and oranges so her mom could make it at home for her." ■

### *Celebrating Grandparents at Carver*

Carver Elementary in the Little Rock School District had many special visitors for a special lunch to celebrate Grandparents Day.



Ms. Wanda Shockey, Arkansas Department of Education, Child Nutrition Unit Director, had the opportunity to participate. She was "grandma for the day" for Maddie Mae and Vincent, children of Child Nutrition Unit's Executive Secretary, Teresa DeLuca. It was a very special day for all those in attendance. ■

*Wanda and Vincent share a hug at the Carver Grandparents Luncheon*

### *School Gardens at Bismarck*

Bismarck High School received a \$1000.00 grant from Whole Foods for a garden this school year. Ms. Porter's Food and Nutrition class and Ms. Filipek's Special Education class put the garden together and planted a fall garden of herbs, lettuce, collards, cabbage, carrots and radishes. The hot fall weather made slow progress, but the radishes, and lettuce are now ready to harvest.

The classes have stayed organic by making their own bug spray and are happy with the results. They look forward to their labs on cooking and nutrition. There is enough money left in the grant to start a spring garden, and the classes plan to start seedlings to get the crops started early enough to hopefully harvest before school is out at the end of May. ■

### *Smiles at Poyen*

It was just another day at Poyen Elementary School. The kitchen staff was busy creating the students' fuel.

The peppers were washed and ready to slice, When Mrs. Wilson and her staff found something quite nice!

Believe it or not, the peppers shared a smile with the staff that laughed for a while!

Then, they shared their new friends during lunch with the kids coming through the line for a munch!

Written by: Stephanie Alsbrook



Alicia Wilson and the staff at Poyen Elementary School found these faces in the peppers – they were not drawn by anyone! They made an arrangement out of the peppers and displayed it during lunch. ■

### *Forrest City Welcomes Parents*

The Forrest City Child Nutrition staff took the opportunity, during the annual parent orientation, to display some of the fresh products the students would be receiving during the school year.

Ms. Evelyn Rayford, Child Nutrition Director, explained the new meal pattern and requirements. Ms. Rayford stated, "The parents were very responsive. We have received quite a few compliments on the abundance of fresh fruit and vegetables on the lunch tray." ■



*(Left to right) Jackie Crumbly and Nena Hines were among the staff who helped with preparation.*

# Positivity in Arkansas Schools

## Booneville Back to School Celebration

In August, Booneville Elementary hosted a "Back to School Celebration" for the students. They utilized resources, including the Fresh Fruit and Vegetable Program, to welcome the students back in a big way.

The festivities included a watermelon seed spitting contest, a banana eating contest and an apple relay. This back to school activity was thoroughly enjoyed by the students at Booneville Elementary. ■



*Students enjoy outdoor fun with a watermelon seed spitting contest.*

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## White Hall High School Recognized

The White Hall High School and Child Nutrition Director, Patsy Garner, were recognized by their local paper the *White Hall Journal* for their determination to change attitudes about the new Meal Pattern Requirements.

The White Hall School Board and Ms. Garner worked together to add a salad bar to the High School Cafeteria in an effort to provide more choices for students during lunch. Meeting the new guidelines, the salad bar provides students with the opportunity to make food choices, enjoy a variety of fruits and vegetables, and decrease their food waste.

The cafeteria is enjoying happy students and increased participation. The Journal reports this as "A true success story..." Congratulations to the School Board, Ms. Garner and her staff. The Child Nutrition Unit would like to thank all of the Directors, Managers, and Staff across the state for their creativity in managing and implementing the new Meal Pattern! ■

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## Breakfast with Grandparents at Pangburn



At Pangburn, grandparents were welcomed for breakfast by beautiful fruit bowls, prepared by the child nutrition staff.

This extra effort really made this day special for students and their grandparents.

## Fouke Elementary Leads the Way

Ken Endris, Principal at Fouke Elementary School, recently spoke to the Executive Director for the official SPARK Blog about his commitment to improving the health and performance of the students in his school. His interview was posted on the SPARK Blog at <http://www.sparkpe.org/blog/success-story-showcase-qa-with-ken-endris-of-fouke-elementary/>.

SPARK is an organization that started in 1989 with the goal of countering childhood obesity. The organization recognized Fouke Elementary School and Principal Ken Endris for reducing the obesity of the students by 9 percent.

To improve the health of students, Mr. Endris encourages physical activity within the curriculum, during free-play, and within extracurricular activities, and he is an advocate for nutrition classes for all students. He has seen the change in obesity, but also improvements in test scores, behavior, and discipline.

Principal Endris says, "If a school or program offers a wide variety of games, sports related activities or just organized free play the school will witness an increase in academic performance in various ways, including: burning off pent-up energy and allowing kids to pay attention better and focus on their work; boosting self-esteem and mood; and increasing blood flow to the brain which helps with memory and concentration."

Ken Endris also represented Fouke Elementary School and Arkansas to the plenary assembly in Alaska on October 30 by speaking about "Going Beyond the Norm: Creating Healthier Schools Makes Kids Smarter!" ■

*Nutrition News appreciates these schools for sharing their stories and applauds their commitment to child nutrition.*

## MILESTONES

*Please join the Child Nutrition Unit in welcoming the following new staff members...*

Gayle Walton joined the Child Nutrition team in June as part of the administrative support staff. She was born and raised in Arkansas. She has lived in Michigan, Texas and Georgia and has had a variety of work experiences. She will have her Bachelor's Degree in Management completed in April and plans to pursue a Master's, shortly after, in Public Administration.



*Gayle Walton*

Gayle comes from a large family, as one of ten, and has a twin brother. She has two children, two grandchildren and two canine grandchildren. In her spare time, Gayle enjoys reading, crocheting and camping. She loves working in child nutrition and all of her experiences have proved to be most beneficial for our programs.

Stephanie Alsbrook is back at home with child nutrition. She started back with CNU in October, working with the Fresh Fruit and Vegetable Program. Over the past couple years, Stephanie worked as a Program Leader for the Diabetes Education Department for Baptist Health. During that time she obtained her Certified Diabetes Educator certificate.



*Stephanie Alsbrook*

Stephanie lives in Mayflower with her husband, Scott, and four year old son, Andrew. Stephanie is pregnant with baby number two, who will join their family around June 2013!

Needless to say, Stephanie has been welcomed back with open arms. She expresses her excitement to be back and says she came back because, "She missed everyone in child nutrition too much."

In September, the Child Nutrition Unit welcomed Laura Jill Richmond. Laura lives in Little Rock but was raised in East Arkansas. She is working as an Area Specialist for the central part of the state.

Having worked in Child Nutrition Programs for Texarkana Independent School District in Texarkana, Texas, Laura has firm knowledge of program regulations. She obtained her undergraduate degree from the University of Arkansas in 2008 and a Master's of Science in Clinical Nutrition from the University of Arkansas for Medical Sciences in 2011. Her dietetic internship was a distance program through Utah State University.

Laura's hobbies include cooking, traveling, working out and spending time with her dog, Tinkerbell. She is happy to be working in child nutrition because of the importance in educating future generations on how to be healthy and physically active.



*Laura Jill Richmond*

***Reminder:***  
**Verification Summary  
Reports Due  
Monday, December 17, 2012**

**If questions, contact the  
district's assigned Child  
Nutrition Unit Area Specialist  
at 501-324-9502**

## ADE COMMISSIONER'S COMMUNICATION MEMOS

The following Arkansas Department of Education Commissioner's Communication Memos relate to Child Nutrition Programs. A complete list can be accessed on the Child Nutrition Web page at <http://www.arkansaschildnutrition.org>.

NUMBER	DATE	SUBJECT
FIN-13-041	10/25/12	Child Nutrition Unit 2013 Nutrition Education Poster Contest
FIN-13-036	10/5/12	Change to Six Cents Certification Process for School Lunches
FIN-13-034	09/13/12	Additional Six Cents Performance Based Reimbursement for School Lunches
FIN-13-031	09/11/12	Procurement of Food Service Management Company Services
FIN-13-029	08/24/12	Oct. 1 Pre-School Reports for Enrollment & F/R Price Eligibles
FIN-13-028	08/24/12	APSCN Cycle 2 Report: October 1, 2012 Enrollment & F/R Price Eligibles
FIN-13-027	08/27/12	2012 Required Verification Summary Report-District Verification Results- Free & Reduced Price Applications
FIN-13-026	08/23/12	Food Crediting Change for Formulated Grain Fruit Products in the School Breakfast Program- Effective SY 2012-13
FIN-13-025	09/11/12	Registration of Food Service Management Companies
FIN-13-024	08/23/12	Crediting of Fruit Smoothies in USDA Reimbursable Meals
FIN-13-019	08/23/12	Grain Requirements for the National School Lunch and School Breakfast Programs- Additional Information on New Meal Pattern Implementation- SY 2012-13
COM-13-019	08/28/12	Division Approval of School District Facility Master Plans 2012
FIN-13-018	08/09/12	New 2012 Eligibility Manual for School Meals
COM-13-017	08/22/12	Arkansas Department of Education Rules Governing Physical Activity and Nutrition and Body
FIN-13-010	08/06/12	2012-13 Child Nutrition Reimbursement Rates
FIN-13-001	07/12/12	Frozen Fruit Products for School Meals

## NUTRITION NEWS

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## *Distance Learning Schedule SY 2012-2013*

**February 7:** Fresh Fruit and Vegetable Program, Severe Need and Seamless Summer

**March 7:** Dietary Allergens

**April 4:** Policy and Agreement Statements

**May 2:** To be determined