



Community Connections

For our children, our community, our world, our future

Important dates:

Oct. 9

Snowdon Elementary School Dedication
6:00 p.m.
6323 S. Holly Rd.
Cheney

Nov. 1

CMS and WMS
End of Quarter

Nov. 11

Veterans' Day Celebrated—
No School

Friends of Cheney Public Schools,

We have some exciting news to share! You may know that the District, with the support of the Empire Health Foundation, has embarked on a Childhood Obesity Initiative. We have completely changed our nutrition services program to include back-to-scratch meals. Our nutrition services staffs prepare entrees from scratch and serve fresh fruits and vegetables daily. A recent study completed by Washington State University has been released and the results indicate that we are making a difference!

In fact, this research data from 476 students tracked over two years points to positive results, with the percentage of students classified as overweight or obese decreasing from 32.8 percent in Fall 2011 to 30.7 percent by Spring 2013. The Empire Health Foundation has supported our activities and interventions -- from scratch cooking to our school-based wellness coordinator and parent workshops.

Results not only show a decline in the percentage of children who are obese/overweight but also a significant decrease in the average BMI percentile (a measurement developed by the CDC that accounts for a child's weight/height/growth curve). The decline in obesity/overweight numbers was greatest among second and sixth graders, suggesting that our education and interventions can make a dramatic improvement in a relatively short time. A control group of students within the region, matched by gender and with similar economic and racial backgrounds, did not record any changes in obesity rates, offering statistically convincing evidence that the Childhood Obesity Initiative in our school district has produced the measured change.

We have implemented several changes and strategies over the past two years -- that not only include healthy cooking in our cafeterias but district-wide policies reducing access to unhealthy foods, while at the same time increasing nutrition education and physical activity for students.

Together we can make a difference in the health of our students.

For our children, our community, our world, our future ~

Debra J. Clemens, Ph.D.
Superintendent

Our essential foundations

- ★ High Expectations and Continuous Progress
- ★ Involvement and Engagement with School District Community
- ★ Stewardship and Planning

Cheney Middle School activities line: (509) 559-4488

Westwood Middle School activities line: (509) 559-4161

Cheney High School activities line: (509) 559-4120

Go to www.cheneyisd.org for current news and information about Cheney Public Schools. Like us on Facebook! Check us out at <https://www.facebook.com/CheneySD>.



**TOGETHER
WE CAN**

**PROVIDE HEALTHY
AND DELICIOUS
MEALS FOR KIDS**

September 2013

Cheney Public Schools complies with all federal and state rules and regulations and does not discriminate on the basis of race, color, religion, national origin, economic status, gender, sexual orientation including gender expression or identity, pregnancy, familial status, marital status, age, honorably discharged veteran or military status, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28A.640 Officer/ADA Coordinator or Section 504 Coordinator. Or inquiries may be directed to the Director of the Office of Civil Rights, Department of HEW, Washington, D.C.

Title IX/Chapter 28A.640 Officer/ADA Coordinator
Sean Dotson, Associate Superintendent
Cheney School District, 12414 S. Andrus Rd.
Cheney, WA 99004 Phone: (509) 559-4550

Section 504 Coordinator
Kristi Thurston, Director, Student Support Services
Cheney School District, 12414 S. Andrus Rd.
Cheney, WA 99004 Phone: (509) 559-4507

Requests for Disclosure of Public Records
Sharon Throop, Public Records Officer
Cheney School District, 520 Fourth Street
Cheney, WA 99004 Phone: (509) 559-4502



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Cheney, Washington 99004

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“Eat Real Food” Farm to School Program

Keep it real. Keep it healthy. Keep it local. These are the three basic rules of thumb followed when it comes to the food we serve our students. Our “Eat Real Food” Farm to School Program showcases Washington-grown fruit and vegetables on our school breakfast and lunch menus, teaching kids that fresh produce is not only good for them, it tastes great too.

Students develop a personal connection with their food and local farmers by participating in farm field trips, Chefs and Farmers in School Food Science events, and our Harvest of the Month program that allows students to sample a new Washington-grown fruit or vegetable each month and learn where and how it grows.

One of the priorities of the Harvest of the Month program is to link the cafeteria with the classroom. Each month cafeterias are provided with materials focusing on the featured local item which are posted on display boards. Nutrition educator packets incorporate hands-on activities, tools and ideas for open-ended exploration by students.



The Harvest of the Month for September is the plum! The plums served in our district are from the Yakima Valley. Did you know that a single plum tree can produce 300 pounds of plums in a year? Also, purple fruits and vegetables like plums can help improve your memory!



District Nutrition Services staff members continue to hone their craft—creating delicious and nutritious meals for students.

Importance of Farm to School

Across the nation there are over 2300 “farm to school” programs that are bringing more fresh, healthy, and locally-produced foods into school cafeterias, reinvigorating local and regional farm economies, and fostering lifelong healthy eating habits among children and their families.

With childhood obesity, diabetes, and other nutrition-related diseases on the rise, parents and educators want to see children eating more healthy foods. At the same time, small farms are struggling to survive. Farm to school programs address both of these community concerns.

Parents can help by talking about or serving Harvest of the Month foods at home and, if their student is not a regular lunch participant, by buying lunch for their student on that day.