



nrg Outdoors Challenge Implementation Guide

It's that time of year...when the return of warm sunshine allows us to enjoy being healthy outdoors! An important part of being healthy – indoors and out – is achieving energy balance: eating and drinking (energy in) to provide the right amount of fuel our bodies need for healthy growth, everyday living and physical activity (energy out).

The Penn State Hershey Children's Hospital with sponsorship by the PA Department of Conservation and Natural Resources, is pleased to offer the **nrg Outdoors Challenge**. The two-week, turn-key program features school wide lessons and activities designed to teach students the five behaviors for achieving energy balance and promote active outdoor recreation. The five behaviors are part of a health education message promoted by the Children's Hospital and include:

1 or more hours of physical activity each day

Be active outdoors

2 or less hours of screen time each day

Find alternatives to screen time and conserve electricity

3 balanced meals each day

Pack balanced meals or snacks for outdoor adventures

4 or more cups of water or low/no-calorie beverages each day

Drink plenty of water and conserve it too

5 or more servings of fruits and veggies each day

Eat local fruits and veggies



The following provides a description of materials and resources provided in the nrg Outdoors Challenge Kit. This overview is designed to assist your school in the development and implementation of the nrg Outdoors Challenge.

What do the icons mean?



Instructions



Morning
Announcements



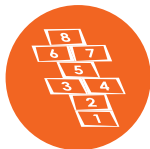
Classroom
Activity



Physical Education
Activity



Recess
Activity



Lunch Menu
Feature Ideas



Take Home
Recipes





Program Components:



Morning Announcements

Week 1: Daily morning announcement templates feature one of the five energy balance behaviors and asks the students to vote for their favorite activity or nutrition item.

Classroom teachers should be provided with one voting form for each day. During the morning announcement, the teacher should ask the students, by show of hands, to vote for their energy balance choice. Each classroom's vote can be posted next to the nrg Outdoors Challenge bulletin board or collected centrally (determine with your planning team). The following morning, the results of the past day's vote should be shared.

Week 2: Morning announcement templates are provided to reinforce the nrg Outdoors Challenge and highlight student and teacher participation.



Classroom Activity

Week 1: Daily classroom activities are provided and may be used to reinforce the purpose of the nrg Outdoors Challenge – promoting active outdoor recreation. Activities may be done during homeroom time or integrated into a specific class (e.g. science or language arts).

*Your planning team may choose to make a classroom packet for participating teachers (morning announcement voting forms and classroom activity sheets).



Program Components (continued):



Recess Activity

Suggested activities are provided for recess, class-time or after-school play. These activities are optional, but may be used to reinforce the health education content of the program. As a planning team, determine if and how your school will use these activities.



Lunch Menu Feature Ideas

Lunch room recipes and snack ideas are provided to coincide with the energy balance message and active outdoor promotion. We encourage you to share this with your food service director to request menu features throughout the two week promotion. You may also choose to hang posters or feature school generated nrg Outdoors promotions in the cafeteria.

If featuring special lunch menu items is not possible, classroom teachers may consider providing a healthy nrg Outdoors snack in the afternoon.

Additionally, healthy take home recipe ideas are also provided for the family pack.



Physical Education Activity

Two physical education lessons (with stations) are provided to promote active outdoor recreation and energy balance. It is recommended that physical education teachers teach the hiking themed lesson during week one and the water-activity themed lesson during week two. Physical education teachers are also encouraged to reinforce and promote the nrg Outdoors Challenge Cards during both PE lessons.



Organize Your Planning Team

In order to host a successful nrg Outdoors Challenge, it helps to organize a team to assist with the planning and execution. Following is a suggested list of planning team members, and the roles each team member can fulfill to plan a successful event.

Physical Education Teacher: (lead organizer for the Challenge)

- Share nrg Outdoors materials with school health planning team
- Promote the nrg Outdoors Challenge activities
- Hang up the bulletin board
- Lead morning (or afternoon) announcements
- Follow PE Lesson plan that students can participate in during phys education class or designated activity times
- Work with classroom teachers to send home nrg Outdoors Challenge Family Pack
- Collect Challenge cards and post students names on the bulletin board
- Complete online survey to evaluate the program
- Take part in the nrg Outdoors Challenge (be a role model)

Classroom Teacher or Classroom Aid:

- Participate in classroom activities
- Take the morning classroom vote with morning announcements
- Teach your class about the importance of physical activity and healthy eating
- Lead the students in recess activity provided
- Send home nrg Outdoors Challenge Family Pack
- Take part in the nrg Outdoors Challenge (be a role model)

Principal:

- Support and promote the program among teachers, staff, families and students
- Lead morning (or afternoon) announcements
- Take part in the nrg Outdoors Challenge (be a role model)

School Food Service Director

- Feature the Lunch menu/Snack items in the cafeteria
- Post posters and promotional information in the cafeteria



School Nurse

- Support the team with morning announcements, bulletin board, and or healthy promotional efforts
- Incorporate nutrition and physical activity lessons into school activities
- Post nrg Outdoors materials in the health room

PTO/PTA or other Parent Group:

- Hold a Move It Outside activity night for students, parents and siblings
- Send a letter home to parents about your school's Move It Outside celebration and how they can become involved too (ideas and templates available online at <http://www.nrgbalance.org/events/move-it-outside.cfm>)

Suggestions:

You may want to work with local parks or trails to promote events during the week AND/OR distribute event calendars from local parks or trails as a take home resource.