



Fuel Up To Play 60 Teacher Professional Development Course – Utah

September 2011

Description:

Fuel Up to Play 60 is a fun, interactive program that empowers and motivates youth (from 2nd through 12th grade) to make healthy choices and create/maintain a healthy school environment. Youth, working with a school advisor, put ideas and plans into action to help classmates eat healthy and get active. Fuel Up To Play 60 Professional Development Course was developed by the Dairy Council of Utah/Nevada, under consultation with the Utah State Office of Education specialists, to increase elementary and secondary teacher and student knowledge of healthy lifestyles, empowering and motivating students to make healthy choices.

To be effective, participants should be actively teaching or actively engaged in a school setting (classroom, student club, student council, etc) as the course requires teaching and interacting with students in a school environment.

Contact:



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Objectives:

1. Participants will increase their understanding of how Fuel Up To Play 60: encourages youth to eat healthy and move more, creating well-nourished, physically active kids and better students; meet school wellness policies; meet national standards for health and physical activity; meet food and nutrition competencies; support The White House campaign against childhood obesity; and other National Initiatives.
2. Participants will work with students to identify nutrition and physical activity needs at school /classroom and create appropriate plan to address needs.
3. Participants will work with students to build positive and lasting awareness of good nutrition and appropriate physical activity, in the classroom and at school, through promotion activities.

Credit:

Participants may choose between four levels of involvement and receive up to three (3) USOE credits. Course must be completed by May 31, 2012. All credit is pass/fail.

Registration:

Enroll by "Join" www.FuelUpToPlay60.com/

Login to Fuel Up To Play 60, click on Professional Development tab on your personal dashboard;

Email FUTP60.UT@DairyCouncilUTNV.com to receive additional instructions to complete work for Levels 2-4

Course Requirements Overview:

Participants may actively work on all levels or move progressively through each level. Levels build upon and support each other.

Level 1

2 Utah recertification licensure points

Orientation to Fuel Up To Play 60 Utah Professional Development Program

Levels	Assignments
<p>Level 1 Orientation</p> <p>2 Licensure pts</p>	<p>Orientation takes approximately 2 hours. Participant may choose to attend a face-to-face meeting (where available), webinar format, or work independently online. To complete Level 1 participants must:</p> <ol style="list-style-type: none"> 1. Sign up as a “supporter” (or advisor) of Fuel Up To Play 60. Go to www.FuelUpToPlay60.com website, click on join, fill out needed registration information. 2. Attend a 2 hour orientation workshop, webinar, OR complete the following readings and view training videos online. <ul style="list-style-type: none"> Readings: <ul style="list-style-type: none"> • “Why Fuel Up to Play 60” • “Fuel Up to Play 60 Helps Your School Meet Its Goals” • “Fuel Up to Play 60 Supporters” • “Quick Start Guide” Visit the Training Center and watch the following videos: <ul style="list-style-type: none"> • Fuel Up to Play 60 Guided Tour • Join the League and Suit Up • Build Teams and Draft Key Players • Kickoff! • Survey the Field • Game Time! • Light Up the Scoreboard! • An Easy Guide to Applying for and Using Funds • How Fuel Up to Play 60 Complements Other School Wellness Programs Review what you’ve learned by reading the following resources: <ul style="list-style-type: none"> • FAQs • “Fuel Up to Play 60 Tools Overview” 3. Take the Online Assessment Survey and pass with 100 percent. The online survey provides feedback and participant is able to review missed questions. 4. Print off certificate of attendance for your files.

Level 2
1 USOE Credit

Kickoff Health & Wellness Event Team Building

<p>Level 2</p> <p>1 USOE Credit</p> <p>Pass/Fail</p>	<p>The course is a continuation of Fuel Up To Play 60 orientation and is designed to move the teacher from awareness to actively engaging students in meaningful assignments, activities, events and projects. Teachers may expect to actively spend 18-20 hours completing the course. Teachers may begin this course during the summer of 2011 but must complete all work by May 31, 2012. To complete the course teachers must:</p> <ol style="list-style-type: none"> 1. Complete requirements for Level 1. 2. Email the Dairy Council of Utah/Nevada with intent to participate. This email will register you for the course. Dates and times of webinars or face-to-face meetings are scheduled on www.dairycouncilutnv.com (click on Fuel Up To Play 60). Email address: Becky@dairycouncilutnv.com 3. Attend a one hour face-to-face class or join a 30-minute "Team Building" webinar and a 30-minute "Kick Off" webinar (dates and times will be announced through email and on www.dairycouncilutnv.com). Class will provide participants with needed background information, tools and resources necessary to complete assignments. 4. Sign up as a "Program Advisor" for your school/classroom (note - there may be more than one advisor per school). On your Fuel Up To Play 60 Dashboard scroll down to "My Team" lower left hand side of screen; click on "I will be a Program Advisor." 5. Build a Fuel Up To Play 60 "Team" (at least 5 students). Team may be an entire class, select students within a class, a student council, a student club or association, or team may be recruited from interested students across school campus. 6. Submit Team report form to instructor. 7. Encourage students to sign-up and pledge to be healthy on Fuel Up To Play 60 website. 8. Share nutrition and physical activity information with at least 3 colleagues by sending them a message and link from your Fuel Up To Play 60 Dash Board. Share with your colleagues how Fuel Up To Play 60 how you plan to work with your students to promote health and wellness. Email a summary of communication to instructor. 9. Spend a minimum of 2 hours (may be broken into 30 minute segments) teaching team members about benefits of nutrition and physical activity. Resources will be provided
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10. Spend a minimum of 1 hour (may be broken into 30 minute segments) teaching team members how to plan, organize and host a wellness event/activity.
11. Work with student team to plan, organize and host a school “wellness” kick-off activity (or promote a Fuel Up To Play 60 Student Challenge). Best practices examples will be shared with participants during webinars. Activity should be of sufficient duration and reach within the school to provide a positive and lasting impact on students.
12. As needed, apply for Fuel Up To Play 60 funds. NOTE: Funds are awarded on a competitive basis, all schools may not be awarded funds.
13. Submit Wellness Activity Summary report to instructor.
14. Post summary report, along with pictures and or video of your event on the Fuel Up To Play 60 site.
15. Submit completed course evaluation to instructor.
12. Email instructor when assignments are completed. Upon review of completed work a certificate of completion, with grade, will be sent.

Level 3
1 USOE Credit

Surveys, Polls, Game Time Plan of Action

<p>Level 3</p> <p>1 USOE Credit</p> <p>Pass/Fail</p>	<p>This course is a continuation of Fuel Up To Play 60 orientation and Level 2. It is designed to assist the teacher to achieve a deeper understanding of nutrition and physical activity through school assessments and in goal setting strategies. Level 3 helps participant and students create a healthy school environment by school wellness investigations, conducting student and faculty polls, analyze data and create a plan for change based on findings. Teachers may expect to actively spend 18-20 hours completing this level. Teachers may begin this course as early as the summer of 2011 but must complete all work by May 31, 2012. To complete the course teachers must:</p> <ol style="list-style-type: none"> 1. Complete requirements for Levels 1 and 2. 2. Email the Dairy Council of Utah/Nevada with intent to participate. This email will register you for the course. Dates and times of webinars or face-to-face meetings to complete course assignments will be announced via email and found on line at www.dairycouncilutnv.com. Email address: becky@dairycouncilutnv.com 3. Attend a one hour face-to-face class or join a 30-minute "Survey The Field" webinar AND a 30-minute "Game Time" webinar (dates and times will be announced through email and on www.dairycouncilutnv.com). Class or webinars will provide participants with needed background information, tools and resources necessary to complete assignments. 4. Working with your Fuel Up To Play 60 Team (level 2), complete a school wellness investigation and submit results on line. If a school wellness investigation has already been submitted online for your school, update the investigation as needed and submit your investigation by email to instructor. For convenience there is a data-stamp on the school wellness investigation indicating when it was submitted and by whom. 5. Using results from the school wellness investigation, working with student team to create and conduct at least two student polls. One poll should focus on a nutrition related issue at your school and one poll focus on physical activity at your school. 6. Submit a copy of the student polls and a summary of results to instructor. 7. Using the findings from the student poll and the school wellness investigation work with students to set at least 2 wellness goals which will have a positive and lasting impact on the classroom/school health. One goal should focus on healthy eating and one goal should focus on physical activity. 8. Review 5 success stories on Fuel Up To Play 60 sharing center. Write a summary (between 100-500 words) detailing why each school was successful and add your suggestions for change and or how you may duplicate their results. Submit the review to the instructor.
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9. Working with student team, create a detailed plan to accomplish each goal set in #7. Plan should include a description of nutrition/physical activity issue or need in your school, action steps, assignments, due dates, and funds needed. If you plan to continue on with Level 4 credit consider including assignments required for Level 4 in detailed plan.
10. Working with students, submit an application for funds to help implement goals by deadlines below. If you will be continuing on with Level 4 credit consider including assignments for Level 4 in funding application. NOTE: The assignment is to work with students to submit a grant application. Participant credit is not contingent upon receiving funds. Funds from Fuel Up To Play 60 are awarded on a competitive basis, not all applications may receive funding. Fuel Up to Play 60 Fund deadlines are:
 - October 1, 2011
 - December 1, 2011
 - February 1, 2012
 - June 1, 2012
11. Submit completed course evaluation to instructor.
12. Email instructor when assignments are completed. Upon review of completed work a certificate of completion, with grade, will be sent.

Level 4
1 USOE Credit

Light Up Your Scoreboard Promote Your Program, Tell Your Story

<p>Level 4</p> <p>1 USOE Credit</p> <p>Pass/Fail</p>	<p>This course is a continuation of Levels 1-3. It is designed to build synergism and further nutrition education and physical activity to a broader school community by sharing your story. Teachers may expect to actively spend 18-20 hours completing the course. Teachers may begin this course during the summer of 2011 but must complete all work by May 31, 2012. To complete the course teachers must:</p> <ol style="list-style-type: none"> 1. Complete requirements for Levels 1 through 3. 2. Email the Dairy Council of Utah/Nevada with intent to participate. This email will register you for the course. Dates and times of webinars or face-to-face meetings to complete course assignments will be announced via email. Email address: becky@dairyCouncilutnv.com 3. Attend a one hour face-to-face class or join a one hour "Tell Your Story" webinar (dates and times will be announced through email and posted on www.dairyCouncilutnv.com). Class will provide participants with needed background information, tools and resources necessary to complete assignments. 4. Share "Tell Your Story" materials and resources with student team. 5. With students, review goals and plan of action created in Level 3. Revise as needed. Working with student teams, implement goals and plans created. Document <u>progress</u> and success by creating a video, using pictures, tell a story/paper, or by other means as agreed upon with instructor. 6. Work with student team, and other resources at school, to create a video documenting implementation of plan created in #5. Share video on Fuel Up to Play 60 share page. 7. Working with student team, write up at least one announcement to be read over your schools morning TV or loud speaker announcing your nutrition/physical activity goals and/or event(s). Announcement should run for at least 2 weeks or a minimum of 10 times. Submit copy of announcement with a summary of how it was used in your school to instructor. Include dates announcement was aired. 8. Working with student team, make at least one flyer for students to handout between classes to announce your nutrition/physical activity goal(s) and/or action plan. Submit flyer to instructor. Other promotion activities may be substituted as agreed upon with instructor. 9. Working with student team, create an advertisement or article for your school newsletter (or local newspaper) to publicize your nutrition/physical activity goals or event(s). Submit a copy of the school newsletter or local paper where the ad ran.
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10. Working with student team, prepare a press release for local media that explains details of your goals and/or event(s). Submit press release to at least one local media outlet. Submit release and details
11. Share pictures or video, with appropriate summary, documenting goal/activity progress on Fuel Up To Play 60 community.
12. Write a paper on your success story and post on Fuel Up To Play 60. Submit the paper to instructor.
13. Submit completed course evaluation to instructor.
14. Email instructor when assignments are completed. Upon review of completed work a certificate of completion, with grade, will be sent.