

Nurse Discussion Topics and Resources to Support the Student Healthy Weight Program

On the **DHMH website** all the **5-2-1-Almost None** resources for the program can be found along with other resources such as the Nurse Student Health Profile Survey and Nutrition Logs.

You can also access resources for the 5-2-1-Almost None program directly off the Nemours Children's Health System. To access the site go to: <http://www.nemours.org/service/health/growuphealthy/521almostnone.html>

The Nemours Children's Health System has a Wellness Plan entitled 5-2-1-Almost None that will be used as the educational component for the program. The Nemours wellness plan site has resources for parents and educators along with fact sheets to support discussion topics for the students and parents.

At the home page click on the "**Resources for Educators**" in the center of the page. Resources are provided under six topic areas. The six topic areas include: 5-2-1-Almost None Program Overview, Healthy Eating, Physical Activity, Screen Time, Sleep Resources, and Emotional Wellness. On the same home page you can access "**Resources for Parents**" in the center of the page. All the handouts for "**Kids/Students**" and "**Parents**" can be printed for follow-up in the home. The overview of the program is listed under "**Our Formula**".

Additional information about the discussion topics can be found on the left side of the home page under "**Growing Up Healthy**". Click on each topic area for additional information to share during the discussion times you have with the student.

We would like to acknowledge **Ms. Kristin McCreary**, school nurse from Harford County, who provided additional resources to support the discussion topics found in this document.

Getting Started

- 1) Obtain and review referral prescription and consent form. Complete the **Referral Prescription and Consent Form Receipt Notification** to be sent via fax or email to healthcare provider and nurse coordinator. Receipt Notification Form can be found on the Maryland Department of Health and Mental Hygiene's (DHMH) website and linked here: [Referral Prescription and Consent Form Receipt Notification](#)
- 2) Meet with Physical Education Teachers.
 - Discuss the referral prescription from the healthcare provider
 - Provide them with the Maryland Department of Health and Mental Hygiene's website and ensure they have a copy of:
 - i. Student Wellness Action Plan Referral Prescription
 - ii. My Health Profile - PE Teacher Survey
 - iii. Student Wellness Action Plan Quarterly Progress Report - PE Teacher
 - iv. PE Discussion Topics and Resources to Support a Wellness Plan for Students
 - v. Exercise Log
 - vi. Have PE teacher contact parent to discuss goals for program
- 3) Contact the parents and setup a time to review the health program.
- 4) Develop a plan and time to meet with the student.
- 5) Review Nurse Discussion Topics Document before meeting with student

STUDENT HEALTHY WEIGHT PROGRAM



Meeting 1: Introduction

- 1) Discuss the Student Healthy Weight Program with the student. Discuss goals and expectations based on the referral from the health care provider.
- 2) Obtain Baseline:
 - a. Weight
 - b. Height
 - c. Blood Pressure

1. Baseline Measurements

STUDENT: _____

GRADE: _____

DATE: _____

- 1) Blood Pressure: _____
- 2) Height: _____ (inches)
- 3) Weight _____ (lbs)

2. Complete My Health Profile Pre-Survey (Nurse Survey to be completed on first visit)

Download the Nurse Student Health Profile/Nurse Survey for Food, Hydration and Sleep off the **DHMH website linked here:** [Student Health Profile/Nurse Survey](#) Have the student complete the survey with you.

This provides an opportunity to initiate an informal conversation with the student. The survey can be used as a pre/post assessment if desired.

Meeting 2: Benefits of Healthy Living

- 1) Discuss the benefits of a healthy lifestyle.
 - Healthy Heart
 - Healthy Lungs
 - Better Personal Fitness and Stamina
 - Disease Prevention (Diabetes, Asthma, High Blood Pressure)
 - Weight Management
- 2) Discuss “5 Ways to a Healthy Lifestyle”
<http://www.healthykids.nsw.gov.au/kids-teens/5-ways-to-a-healthy-lifestyle.aspx>
- 3) Choose at least one healthy lifestyle story and discuss ways to help the character in the story live a healthier lifestyle. http://www.learnnc.org/lp/media/uploads/2010/05/healthy_lifestyles.pdf

Meeting 3: 5-2-1-Almost None

- 1) Introduce the 5-2-1-Almost None Wellness Plan Components to the student (Healthy Eating, Sugary Drinks/Hydration)

Download 5-2-1-Almost None Overview from the **DHMH Website:** [Five-Two-One-Almost None](#) or from the center of the **Nemours homepage** under “**Our Formula for a Healthy Lifestyle**”.

<http://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/fivetwoone/521aninforev.pdf>

STUDENT HEALTHY WEIGHT PROGRAM

- 2) Discuss with the student and give students a copy of 5-2-1-Almost None handout to review with parents/guardian at home.
- 3) Give Pre-test questions to students listed below

Pre-Test Questions 5-2-1 Almost None

- 1) How many servings of fruits and vegetables should you eat every day?
 - a) 0-1 servings
 - b) 2-3 servings
 - c) 3-4 servings
 - d) 5 or more servings

- 2) How often should you have sugary drinks?
 - a) No more than 2 times a week
 - b) 3-5 times a week
 - c) 6-7 times a week
 - d) As much as I would like

- 3) How much physical activity should you participate in each day?
 - a) 15 minutes a day
 - b) 30 minutes a day
 - c) 45 minutes a day
 - d) 1 hour a day

- 4) What is the most screen time you should have in a day?
 - a) 2 hours
 - b) 4 hours
 - c) 6 hours
 - d) Unlimited screen time

- 5) What is an example of a sugary drink?
 - a) 100 % fruit juice
 - b) Milk
 - c) Water
 - d) Gatorade

- 6) Match the correct number with the description for 5-2-1-Almost None

- 5	a) Servings of Sugary Beverages
- 2	b) Servings of Fruits and Vegetables
- 1	c) Hours of Physical Activity
- Almost None	d) Hours of Screen Time

- 4) Review Pre-test answers with student.

STUDENT HEALTHY WEIGHT PROGRAM

Meeting 4: Proper Nutrition

- 1) Discuss MyPlate components from “Serving Up MyPlate” Handout.
 - Grades K-2 (page 2): http://www.fns.usda.gov/multimedia/tn/sump_level1.pdf
 - Grade 3-4 (page 2): http://www.fns.usda.gov/multimedia/tn/sump_level2.pdf
 - Grade 5 (page 2): http://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- 2) Discuss Portion Sizes
 - Grades K-1: http://colormehealthy.com/0_docs/ServingSizeInHand.pdf
 - Grade 2-5: <http://www.nourishinteractive.com/system/assets/free-printables/585/food-group-portion-size-comparison-household-items.pdf?1380672696>
- 3) Complete Food Group Worksheet and/or Give student a My Plate Coloring Page:
 - Grades K-2 <http://www.choosemyplate.gov/sites/default/files/printablematerials/ColoringSheet.pdf>
 - Grades 3-5
<http://www.choosemyplate.gov/sites/default/files/printablematerials/ColoringSheetBlank.pdf>

Food Group Worksheet

List the five different food groups found on MyPlate and give at least one example of a food in each group.

Food Group	Example(s) of Food
1)	
2)	
3)	
4)	
5)	

School Nurse can also go to the Nemours site:

<http://www.nemours.org/service/health/growuphealthy/521almostnone.html>

Grades 3-5

Under “Resources for Educators for Healthy Eating” Download 5 or More: Fruits and Vegetables Resource for Parents and Kids. Discuss the following with the student.

- Strive to eat 5 servings of Fruits and Vegetables
- Examples of different Fruits and Vegetables
- Student’s Favorite Fruits and Vegetables
- How to eat more fruits and vegetables based on the handout

Grades K-2

Go to downloadable resources on the **Kentucky 5210 Resources site** <http://chfs.ky.gov/5210>

Download the 5210 Coloring pages and provide the 5 fruits and vegetables coloring page to student

STUDENT HEALTHY WEIGHT PROGRAM



Meeting 5: Fruits and Vegetables

- 1) Discuss MyPlate components from "Serving Up MyPlate" handout from the Nemours site.
 - For Students: <http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/fivetwoone/kids/kids5.pdf>
 - For Parents: <http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/fivetwoone/parent/parent5.pdf>
- 2) Choose 1 learning activity for the student:
 - Kid Explorers love Fruits and Vegetables (Grades K-2): <http://www.nourishinteractive.com/nutrition-education-printables/105-nutrition-fruit-vegetables-activity-page>
 - Fruit and Vegetable Crossword Puzzle (Grades 3-5): <http://www.nourishinteractive.com/nutrition-education-printables/199-kids-printables-nutrition-crossword-puzzle-fruit-vegetable>
 - Have Fun with Fruits and Vegetables Word Search (Grades K-5): <http://www.choosemyplate.gov/sites/default/files/audiences/HaveFunWordSearch.pdf>
 - Make a Fruit Rainbow (Grades K-5)
- 3) Begin a Food and Veggie Food Tracker Log: <http://www.nourishinteractive.com/nutrition-education-printables/233-children-family-healthy-goals-fruits-vegetables-food-diaries>

Meeting 6: Grains

- 1) Review Fruit and Vegetable Tracker Log and make recommendations.
- 2) Select a handout to discuss Grains:
 - Chef Solus Energy Pals: Meet the Grains Group <http://www.nourishinteractive.com/system/assets/free-printables/100/grains-group-kids-food-groups-information-printable-nutrition-fact-sheet-description.pdf?1362094765>
 - Make Half Your Grains Whole <http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet4MakeHalfYourGrainsWhole.pdf>
- 3) Choose 1 learning activity for the student:
 - Grains Group Matching (Grades K-3) <http://www.nourishinteractive.com/system/assets/free-printables/112/foods-the-grains-groups-food-words-matching-coloring-activity-teaching-nutrition-worksheet.pdf?1362097519>
 - Grains Group Word Search (Grades 2-5) <http://www.nourishinteractive.com/system/assets/free-printables/210/word-search-nutrition-puzzle-elementary-school-kids-grains-group.pdf?1344466908>
 - Grains Group Word Scramble (Grades 1-5) <http://www.choosemyplate.gov/sites/default/files/printablematerials/WholeGrainScramble.pdf>

Meeting 7: Protein

- 1) PBS Learning Media: P Is for Protein/Fizzy's Lunch Lab Video - <http://www.pbslearningmedia.org/resource/2f483ede-1d58-47e3-a29e-9af50d844666/2f483ede-1d58-47e3-a29e-9af50d844666/>
- 2) Choose a learning activity:
 - Create Chef Souls' Protein Group Bookmarks <http://www.nourishinteractive.com/system/assets/free-printables/793/my-plate-kids-fun-protein-food-group-bookmarks-coloring-page.pdf?1365111460>
 - Protein Word Scramble http://www.dineforlife.org/resources/Elementary_School_Lessons_2011-2012/4-5/Protein_4-5/Student_Handouts/2013%20Word%20Scramble.pdf

STUDENT HEALTHY WEIGHT PROGRAM

Meeting 8: Dairy

- 1) Provide Dairy Education. <http://www.nourishinteractive.com/system/assets/free-printables/102/kids-milk-food-group-information-sheet-fun-healthy-dairy-food-facts-printable-pages.pdf?1362083262>
- 2) Select 1 learning activity for the student:
 - Dairy Group Maze (Grades K-5) <http://www.nourishinteractive.com/nutrition-education-printables/977-kids-my-plate-dairy-maze>
 - Kids Matching Dairy Game (Grades K-5) <http://www.nourishinteractive.com/nutrition-education-printables/668-matching-dairy-card-game-for-children-food-groups-fitness-activities>

Meeting 9: Smart Snacks

- 1) View “Healthy Snacks for Kids: Smoothies Peanut Butter & More” video. <https://www.youtube.com/watch?v=m2bfNhZUvLk>
- 2) Discuss “Go, Slow and Whoa! A Kids Guide to Eating Right.” http://www.eatright.org/~media/eatright%20files/25_healthy_snacks_kids.ashx
- 3) Select 1 learning activity for the student:
 - Develop a healthy snack menu for one week (see worksheet below)
 - Complete Snack Cases worksheet http://www.learnnc.org/lp/media/uploads/2010/03/snack_cases.pdf

Healthy Snack Menu

Select one healthy snack to eat each day for the next week. Determine what MyPlate food group(s) the snack belongs to (Fruits & Vegetables, Grains, Protein, or Dairy).

	Healthy Snack	MyPlate Food Group(s)
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Meeting 10: Develop a Nutrition Log

- 1) **Download one of the Nutrition Logs** to use with the student from the **DHMH Website and linked here:**
[My Food Diary](#) - Nutrition log that can be used with younger students (Gr.K-3) in the program to capture information on the eating habits of the student
[Track Your Food Today](#) (also in [Spanish](#)) - Nutrition log that can be used with older students (Gr.4-5) to help track and educate about food groups.
[Weekly Meals Journal](#) (also in [Spanish](#))- This log is another option for helping students track their foods.
- 2) Complete “Foods that are good/bad for me” from the My Food Diary.
- 3) Explain to the student how to complete the nutrition log. Start log for the day.
- 4) Send log home with the students to complete with the help of parents.

Meeting 11: Review Nutrition Log

- 1) Review the nutrition log with the student.
 - Share suggestions for improvement.
 - Have student share at least one nutrition goal for improvement for the next week.
 - Send log home with the student to complete another week with the help of parents.

My nutrition goal for this week is to:

2) Optional Activities for Nutrition

Go to the **Kentucky 5210 Resources site** <http://chfs.ky.gov/5210>.
On the right side of the homepage find the section called “**Tools**”
“**Download Repeater Eater Tracker** “ handout and complete at home

Meeting 12: Proper Hydration

- 1) Review nutrition log and share suggestions for improvement.
- 2) Discuss “Why Drinking Water is the Way to Go.” <http://kidshealth.org/en/kids/water.html>
- 3) Choose 1 learning activity:
 - Staying Hydrated True/False Questionnaire
http://ymiclassroom.com/wp-content/uploads/2013/11/nestlepl_act1-eng.pdf
 - Why We Need Water Fill in the Blanks
http://ymiclassroom.com/wp-content/uploads/2013/11/nestlepl_act2-eng.pdf
 - Find the Hidden Water Bottles
http://ymiclassroom.com/wp-content/uploads/2013/11/nestlepl_poster.pdf

Meeting 13: Sugary Beverages

- 1) Go to the Nemours website. **Under Resources for Educators for Healthy Eating:** Download the “Almost None: Sugary Beverages” Handout and Resources for Parents and Kids.
 - For Kids:
<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/fivetwoone/kids/kidsan.pdf>
 - For Parents:
<https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/fivetwoone/parent/parentan.pdf>

STUDENT HEALTHY WEIGHT PROGRAM



- 2) Discuss the following.
 - Try to drink almost no sugary beverages and no more than 2 per week
 - Examples of Sugary Drinks and what should we drink? (100% Juice, Water)
 - Sports Drinks Yes or No?
 - Health issues associated with sugary drinks

Additional Optional Activities

- 1) Read "Potter the Otter: A Tale About Water"
<https://issuu.com/first5kids/docs/pottertheotter2012/1?e=3250347/1891714>
- 2) **Go to Downloadable Resources** on the **Kentucky 5210 Resources site** <http://chfs.ky.gov/5210>
Download the 5210 Coloring pages and provide the 0 Sugary Drinks coloring page to student

Meeting 14: Nutrition Log with Drinks

- 1) Download a nutrition log with a record of drinks for students to complete with the help of parents. Use the [My Food Diary](#) , [Track Your Food Today](#) (also in [Spanish](#)) or the [Weekly Meals Journal](#) (also in [Spanish](#))
 - Include record of drinks in Nutrition Log
 - Discuss with student their Nutrition Log and Drinks for the week
 - Have student share one nutrition goal and sugary drink goal for improvement
 - Have student complete another week of the Nutrition Log and review the following week
- 2) Have student share at least one nutrition and one sugary beverage goal for improvement for the next week.

My nutrition goal for this week is to: _____

My sugary drink goal for this week is to: _____

- 3) Send log home with the students to complete another week with the help of parents.

Meeting 15: Sleep Routines

- 1) Review nutrition log for drinks and share suggestions for improvement.
- 2) View the Sleep Routines Information of the [Nemours Website](#)
<http://www.nemours.org/service/health/growuphealthy/sleep.html>
Discuss childhood sleep routines and risks of insufficient sleep.
- 3) Download Resources for Educators under the Sleep Routines Section of the [Nemours Website](#)
<http://www.nemours.org/service/health/growuphealthy/sleep.html>
- 4) Review the Kids Health in the Classroom Activity for PreK to Grade 2 or Grade 3- 5
Kids Health Resources on sleep: http://kidshealth.org/kid/stay_healthy/body/not_tired.html
Complete the following learning activities:
 - Grades K-2 (Ready for ZZZs and Sleep Quiz):
<http://classroom.kidshealth.org/prekto2/body/functions/sleep.pdf>
 - Grades 3-5 (My Sleep Log and Sleep Quiz):
<https://kidshealth.org/classroom/3to5/body/functions/sleep.pdf>

STUDENT HEALTHY WEIGHT PROGRAM

Meeting 16: Conclusion

- 1) **Complete My Health Profile Post-Survey (Nurse Survey to be completed at end of year visit)**
Download the **Nurse Student Health Profile/Nurse Survey for Food, Hydration and Sleep** off the **DHMH website linked here:** [Student Health Profile/Nurse Survey](#) Have the student complete the survey with you.
The survey can be used as a pre/post assessment if desired.
- 2) Set three health goals for the summer.

My three healthy habit goals for this summer.

- 1). _____

- 2). _____

- 3). _____

- 3) Consider other topics for discussion based on student interest or needs

STUDENT HEALTHY WEIGHT PROGRAM



Additional 5-2-1-Almost None Resources to Support the Discussion Topics

Kentucky 5210 Resources

<http://chfs.ky.gov/5210>

Kentucky 5210 Power point

<http://chfs.ky.gov/NR/rdonlyres/682BD994-E145-409D-A78D-798F7F27E540/0/5210Toolkitoptimized.pdf>

5210 “Let’s Go” Program from Maine has a downloadable toolkit.

<http://www.letsgo.org/toolkits/k5toolkits/>

5-2-1-Almost None, Staying Healthy by the Numbers

http://kidshealth.org/classroom/3to5/personal/fitness/summer_handout1.pdf

Choose My Plate Resources

<http://www.choosemyplate.gov/kids-parents-educators>

MyPlate Kids' Place can help kids build healthy meals and to maintain or achieve a healthy weight. Parents and teachers are invited to use the [MyPlate Kids' Place Resources for Parents and Educators](#) for “teachable moments” that will influence children’s choices at home and at school.

Team Nutrition

More materials for kids and parents with kids can be found on the USDA website <http://www.fns.usda.gov/tn/team-nutrition>

Connect with KidsHealth

Visit KidsHealth in the Classroom <http://kidshealth.org/classroom/> to download any of our middle and high school lesson plans, featuring links to articles, discussion questions, classroom activities and extensions, handouts, and quizzes and answer keys. Lesson plans are aligned with [National Health Education Standards](#) and based on age-appropriate, expert-approved articles, in English, Spanish, and audio formats.

KidsHealth in the Classroom newsletter , sign up for your own free KidsHealth in the Classroom newsletter at:

<http://pages.email.kidshealth.org/page.aspx?QS=38dfbe491fab00ea061bb45fe374351499500cb139e01605>

More Resources from Nemours http://kidshealth.org/parent/nutrition_center/staying_fit/exercise.html

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges.

Resources from Fit Web MD

Talking to Children about Weight www.weightconcern.org.uk

Healthy Eating and Physical Activity Resources