

Youth Wellness Resource Guide



Live Well Omaha Kids

Since 2006, Live Well Omaha Kids (LWOK) has served as the healthy weight coalition for Douglas County to ensure that every child has the opportunity to live a healthy life and is now headquartered at Live Well Omaha. LWOK brings organizations and residents together to solve this health issue that impacts one in four children ages five through seventeen.

Together, the coalition achieves what organizations working separately cannot – healthier kids. There are three focus areas of Live Well Omaha's current strategic plan **1)** advancing healthy weight policy and advocacy, **2)** Partners for Healthy Schools – supporting direct service educators and providers, **3)** working with neighbors in key zip codes to build assets for health.

Partners for Healthy Schools

Partners for Healthy Schools (PHS) is a part of LWOK's community work and brings together service professionals quarterly to share resources, data, and opportunities around school wellness. Programs and resources from this group are reflected in this guide.

Since 2013, PHS provided technical assistance and professional development for school staff, as illustrated by these videos. In 2018, the program is evolving to focus on district-wide policy, systems, and environmental change.

Safe Routes to School

Live Well Omaha was selected to receive a 2017 Children's Hospital & Medical Center Preventing Childhood Obesity Community grant for \$25,000 to work with Christian Urban Education Services to implement Safe Routes to School at three schools: Holy Name, Sacred Heart, and All Saints. Safe Routes to School aims to create safe, convenient, and fun opportunities for children to bicycle and walk to and from schools. The goal is to reverse the decline in children walking and bicycling to schools, increase kids' safety and reverse the alarming nationwide trend toward childhood obesity and inactivity.

Sheena Helgenberger

402-915-1434

sheena@livewellomaha.org





5-4-3-2-1-Go!® (Go Nebraska Kids)

GoNebraskaKids.org

5-4-3-2-1 Go!® is a healthy countdown message encouraging kids to get: 5 servings of fruits and vegetables, 4 servings of water, 3 servings of low-fat dairy, 2 hours or less of screen time and 1 or more hours of physical activity every day! Go Nebraska Kids is teaming up with local schools and youth organizations to provide resources for teachers and staff to use, in promoting the daily, healthy kids countdown! Visit GoNebraskaKids.org to learn more and find free helpful resources.

5-4-3-2-1 Go!® message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 Go!® is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. www.clocc.net

gonebraskakids@gmail.com

Healthy Families (CHI Health)

Chihealth.com/en/about-us/mission-values/healthy-families-classes.html

Healthy Families is a free, family-based intervention program for families with one or more children and/or teens who have been diagnosed as overweight or obese and are ready to make a healthy change. Healthy Families is a fun class that engages the whole family in physical activity, nutrition, and behavioral health skills that help the family set and achieve healthy lifestyle goals. Healthy Families is offered throughout the metro area in North Omaha, South Omaha, Council Bluffs, and West Omaha.

Arli Boustead

402.343.4692

arli.boustead@alegent.org



Nutrition Education Program (University of Nebraska Lincoln Extension)

Food.unl.edu/nutrition-education-program-nep

The Nutrition Education Program (NEP) offers a variety of programs and resources for schools and is free to schools where 50% or more the students receive free or reduced price meals.

Nutrition School Enrichment Kits: Kits available for teachers to check out for 4 weeks. Each kit has 5 lessons with materials to teach health, math, science, and reading as it relates to nutrition.

After-School & Summer-School Programs: A series of food and nutrition classes taught by nutrition educators at after-school and summer-school programs. Classes include hands-on activities, games, and cooking experiences.

Carrie Miller, MS, RD

402.444.7804

clsmiller@unl.edu



Brain Blasters (University of Nebraska at Omaha)

<https://www.unomaha.edu/college-of-education/health-kinesiology/research/behavior-modification.php>

Brain Blasters is a free online resource that provides teachers with research and resources regarding incorporating movement into classrooms. Whether you're looking for short physical activity breaks to help improve students' focus or to incorporate purposeful movement within your curriculum to enhance student learning, Brain Blasters is a one stop shop for learning about classroom physical activity. Visit the link above for access to a variety of resources including example videos, PDF newsletters, and infographics highlighting the latest classroom physical activity research.

Kailey Snyder

402.554.4843

Kesnyder@unomaha.edu



Fuel Up to Play 60 (Midwest Dairy Council)

Midwestdairy.com/schools-and-communities/fuel-up-to-play-60/

Fuel up to Play 60 is a student led nutrition and physical activity initiative launched by National Dairy Council (NDC) and National Football League (NFL), and in Nebraska, provided by Midwest Dairy Council. Enrolled schools engage by implementing nutrition and physical activity initiatives to enhance the wellness environment of their school. Funding is available for all schools, K-12, public and private. Your school can enroll by visiting www.FuelUptoPlay60.com

Caryn Kusleika, RD, LMNT

402.991.8633

ckusleika@midwestdairy.com





GoNoodle Inc.

Gonoodle.com

GoNoodle Inc. is provided to Omaha area school districts by Children's Hospital & Medical Center. GoNoodle provides teachers with 5 minute brain-breaks related to deep breathing, stretching, and physical activity. Trainings and technical support are offered to all schools interested in implementing GoNoodle.

Sitaara Jones

708.691.8813

sitaara.jones@gonoodle.com

Get Checked Omaha (Women's Fund of Omaha)

GetCheckedOmaha.com

The Women's Fund of Omaha seeks to create sustainable community-wide changes through a research based, results focused, comprehensive approach that will increase the sexual knowledge of youth and, thereby, decrease the number of youth engaging in risky sexual behavior and the rates of STDs and teen pregnancy. Get Checked Omaha is a program of the Women's Fund of Omaha, in partnership with The Sherwood Foundation, Douglas County Health Department, Nebraska Methodist Health System, UNMC College of Public Health, United Way of the Midlands, Building Healthy Futures, and Girls, Inc. Learn more at GetCheckedOmaha.com, or call/text 1-844-690-CHKD (2453).



Visit their new, interactive site at BirdsBeesandSTDs.com for age-appropriate resources for parents to discuss safer sex with their tweens and teens in a way that's relatable to them.

Contact for medically-accurate, comprehensive sex education technical assistance (lesson plans, resources, sexual health messaging) and sexual health training requests.

Brenda Council

402.827.9280

bcouncil@omahawomensfund.org

School Gardens

Douglascounty-ne.gov/gardens/start-a-school-garden

Plants aren't the only things that grow in school gardens. So do people when they work and learn in community gardens. These outdoor communal spaces are living classrooms that provide "hands-on" education. The Douglas County School Garden Toolkit provides the knowledge to set up safe and sustainable school garden.

Toolkit: <http://douglascounty-ne.gov/gardens/images/stories/schoolgardens/SchoolGardenToolkit2012.pdf>

Whole Kids Foundation (Whole Foods Market Omaha)

Wholefoodsmarket.com/donate

Whole Kids Foundation is a nonprofit 501(c)(3) founded by Whole Foods Market and guided by the same values, principles, expertise and standards for quality ingredients, food production methods and nutrition. We support schools and inspire families to improve children's nutrition and wellness. Given the right opportunities, kids will get excited about fresh fruits, vegetables, whole grains and other nutritious whole foods.

Farm to School (Gretchen Swanson Center for Nutrition)

Centerfornutrition.org

Do children really know where their food comes from? They will after working with the Farm to School (F2S) Program. F2S helps local farmers and school food service staff, in collaboration with the Gretchen Swanson Center for Nutrition, bring fresh produce to school cafeterias. The kids learn, the farmers earn, and everyone eats better!

Farm to School Toolkit: <http://toolkit.centerfornutrition.org>





City Sprouts Community Garden

Omahasprouts.org

City Sprouts Community Garden, located at 4002 Seward Street in the Orchard Hill neighborhood of North Omaha, is home to a 45 raised garden beds, a wide array of fruit and nut trees, and 10 happy chickens. With a diverse portfolio of programming, both at our community garden and with our portable classroom activities, we seek to provide skills and awareness around gardening, food traditions, health and nutrition. We invite classrooms of all ages to visit our garden to explore what's growing in the city. Grow with us!

Ali Clark
Roxanne Williams

262.751.7462
402.216.9616

gardenmanager@omahasprouts.org
director@omahasprouts.org

Truck Farm Omaha (City Sprouts)

Truckfarmomaha.com



Truck Farm Omaha is dedicated to educating youth about sustainable and urban agriculture, healthy eating and the benefits of growing one's own food. TFO educates young people about where food comes from and the benefits of eating locally. We engage urban youth in growing their own fresh food while providing a fun and environmentally friendly, safe-space for youth to interact with the food system. TFO promotes healthy lifestyles by encouraging better eating and exercise habits.

Maranda Allbritten

learn@omahasprouts.org

The Big Garden

Gardenbig.org



The Big Garden, founded in 2005, is an Omaha-based network of over 100 gardens. The Big Garden partners with schools, churches, and nonprofits to start fruit and vegetable gardens. The program provides start up funding, hands-on programming services, seasonal workshops, educational resources, and ongoing support and technical assistance. Any school or organization is eligible to apply, and applications are accepted throughout the fall and winter.

Matt Freeman

402.898.9862

mfreeman@biggarden.org

Whispering Roots

WhisperingRoots.org



The goal of Whispering Roots is to provide fresh, locally grown, healthy food and nutritional education for schools and socially and economically disadvantaged communities by using Aquaponics, Hydroponics and Urban Farming. Our re-circulating Aquaponic systems grow healthy, great tasting fish and pesticide free produce. In addition, our cutting edge school programs teach the principles of Science, Technology, Engineering and Math (S.T.E.M.) by using "Hands On" experiential learning.

Greg Fripp

402.321.7228

gfripp@whisperingroots.org

No More Empty Pots

Nomoreemptypots.org



No More Empty Pots (NMEP) is a grassroots non-profit corporation. It began for the purpose of connecting individuals and groups to promote local, sustainable, businesses that improve self-sufficiency and regional food security through advocacy and action. To help support this effort, No More Empty Pots, collaborates with a coalition of public and private organizations, businesses, communities, individuals, and entrepreneurs. No More Empty Pots offers Youth and Family Cooking Demonstrations

Nera Wolf

nwolf@nmepomaha.org



Action for Healthy Kids

Actionforhealthykids.org

Action for Healthy Kids (AFHK) was created in 2002 as a response to then-Surgeon General Dr. David Satcher's public call to action to work with schools to fight the national epidemic of childhood obesity. AFHK is the go-to place for how-to guides, fact sheets, and quick tips that will help schools create a healthy environment. Whether you're helping to write a new school nutrition policy or activate classroom energizers, you can find best practice tools from partners, volunteers, and experts. For more information or to sign up to receive updates, please visit actionforhealthykids.org.

Healthier US School Challenge

Fns.usda.gov/hussc/healthierus-school-challenge



This is a U.S. Department of Agriculture program, administered locally by the Department of Education. It evolved out of the growing health concern around obesity in our children. The USDA believes schools can take a leadership role in helping students learn to make healthier eating and active lifestyle choices. Schools can apply for various levels (bronze, silver, gold, or gold award of distinction) and, if criteria are met, will receive recognition and monetary rewards.

Zainab Rida PhD, RD, LMNT

402.471.4620

zainab.rida@nebraska.gov

Safe Kids Douglas County (Children's Hospital & Medical Center)

Safekids.org/coalition/safe-kids-douglas-county-ne



Safe Kids Douglas County is a collaboration of community organizations whose goal is to keep kids safe from preventable injuries, the #1 killer of children in the United States. Safe Kids Douglas County is supported by Children's Hospital & Medical Center's Injury Prevention Program.

The Car Passenger Safety Task Force conducts car seat checkup events and provides education on car passenger safety.

The Water Safety Task Force provides drowning prevention education to children and parents in the community.

The Pedestrian/Bike Safety Task Force conducts bike helmet fittings and provides free bike helmets to children. They also provide education about pedestrian and bike safety.

The Home Safety Task Force provides education on home safety issues such as poisoning, burns, falls, fires and choking.

Travis Hedlund, MPH

402.955.6815

thedlund@childrensomaha.org

Omaha Youth Mindfulness Project



Yoga and mindfulness programs, when added to a school curriculum, can dramatically change a school culture by aiding in whole child development, increasing students' concentration and focus, lowering stress for students and teachers, and reducing violence through stronger impulse control. The instructor, Kwin Kunkle M.Ed., RYT200, RCYT, studied with Mindful Schools and has 8 years of experience in teaching. For more information about how a yoga and/or mindfulness practice can benefit your school or organization, please contact Kwin.

Kwin Kunkle

402.516.4641

Kwin.Kunkle@gmail.com

Wisdom House Collaborative

Wisdomhouseomaha.com



Could your school benefit from practices that alleviate teacher burn out? How about instruction that improves student attentional control and emotional regulation? Do you want to learn more about the benefits that just two 15-minute classes a week of mindfulness training could provide? Wisdom House is a new non-profit developing, coordinating, and providing resources for quality mindfulness programming. We provide free pilot classroom instruction utilizing Mindful Schools curriculum (as resources allow). We assist with developing programming options and community awareness. Most importantly, in anticipation of the great need for a growing cadre of passionate and experienced instructors to be a public resource, we facilitate training and practice opportunities for educators.

Aaron Weiner

402.290.0406

aweiner@akclaw.com