

SHIP

Bloomington Public Schools

Statewide Health Improvement Program

To give all Minnesotans the opportunity to live longer, better, healthier lives, SHIP seeks to make healthy living easier where we live, work, [learn](#) and play. Here's what's happening in Bloomington schools.

MINNESOTA'S
VISION
A Better State of Health

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■ Increasing physical activity during the school day

- **Westwood Elementary:** Students are playing more active games at recess, and recess will no longer be withheld as discipline.
- **Oak Grove and Ridgeview Elementary:** Physical activity is being integrated into regular classroom curriculum.
- **Indian Mounds Elementary and Kids Safari:** *Skillastics*, a physical activity program for students at all fitness levels, is being integrated into after school programs. It will soon be incorporated into Kids Safari.

■ More walking and biking to school

- **Oak Grove Elementary, Valley View Elementary, Valley View Middle, Poplar Bridge Elementary and Washburn Elementary** are analyzing walking and biking safety concerns around their schools. They have surveyed parents and are working with City officials to make improvements so more students can safely walk and bike to school.
- More bike racks were installed at the activity centers and at **Poplar Bridge** and **Valley View Elementary** schools.

■ Healthier foods are available

- Meals include more fruits and vegetables – locally grown when available, whole wheat bread products, low-sugar cereals, 100 % fruit juices, skim or 1% milk and other healthier foods.
- **Oak Grove Middle and Poplar Bridge Elementary** schools will have school garden programs in spring 2011.
- Healthier options are on the à la carte menu, and all items are free of trans fats.

