

Missouri



Working Together Created a Stronger School

Rogers Middle School, St. Louis, Missouri



Rogers Middle School has worked hard to create every opportunity for students to be healthy each day. The school has set up a Grab-and-Go Breakfast table, built a half-mile walking path and added new outdoor equipment. Breakfast participation increased from 30 to nearly 200 students. However, healthier meals aren't the only thing that has changed. Through Fuel Up to Play 60 funding, Rogers was able to create a walking path, complete with activity equipment and signage, which is used by students and teachers on a daily basis. They now hope to bring the community into their school during a Family Fun Fitness and Food Night. Rogers' goal is for all parents to understand what their kids are doing in school so they will continue these habits at home.

Nearly 822,000 students have been reached in Missouri through Fuel Up to Play 60.



"I like to think of Fuel Up to Play 60 as a team, not an organization" - Alaina, Student

"Our kids are actually awake and participating in class, and discipline problems have decreased."

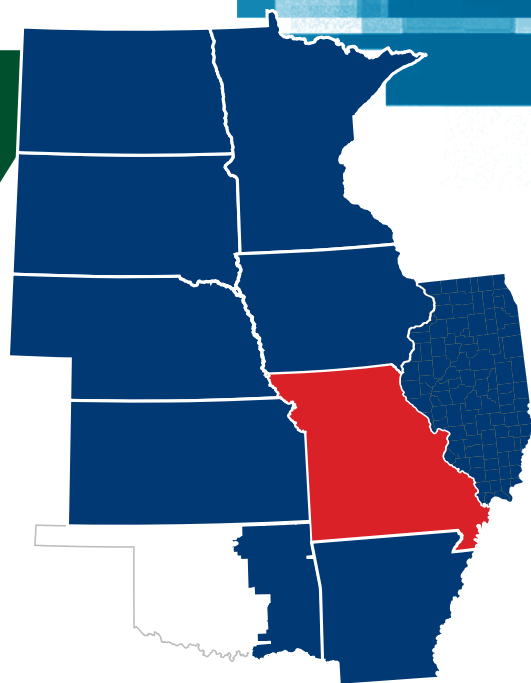
- Kathy Beezley, Program Advisor



Making Healthy Choices a Part of Each School Day

Rockwood South Middle School, Rockwood, Missouri

With the help of Fuel Up to Play 60 funding, Rockwood South Middle School created an atmosphere where healthy eating and activity is a part of each school day. A lack of healthy snack options motivated the health and wellness team to seek out nutritious, after-school alternatives offering milk, string cheese, yogurt, fruit and granola. To encourage activity, a fitness trail provides students an outdoor space to run. The school has also been able to redesign their cafeteria, locker rooms and two health rooms. Since implementing Fuel Up to Play 60, academic scores and attendance have increased. In addition, disciplinary problems have decreased by more than half in the last four years. With almost 100% student participation in the Fuel Up to Play 60 program, the school is now focusing on implementing more family and community events.



Nearly 1,115 adult stakeholders across Missouri are enrolled in Fuel Up to Play 60.



"We hold fitness events such as Zumba and Yoga. This allows families to try the workouts together to see if they enjoy them."

- Katherine Seversen, Program Advisor

FUEL HEALTHY EATING

Helping make healthy choices easy and accessible.

