



2011-2012

A free wellness education program for Iowa newspapers and schools

During the 2011-2012 school year, the Iowa Newspaper Foundation (INF) and Wellmark Blue Cross Blue Shield of Iowa will again be offering the Healthy Newz 4U program for middle school students. Through the support of Wellmark, the INF will supply free, printed classroom copies of the material to any Iowa school district.

The comprehensive program provides:

- Teacher guides for classroom use
- Student guides with tips for a healthy lifestyle

The Healthy Newz 4U program is designed to assist schools with the Iowa Department of Education's Healthy Kids Act. The Healthy Kids Act was signed into law in 2008 and establishes physical activity requirements for students and nutritional content standards for food and beverages sold on or provided on school grounds during the school day.

Encourage health and wellness in your community with the free Healthy Newz 4U education materials.

Healthy Newz 4U Order Form

Please send _____ copies of the quarterly Healthy Newz 4U Teacher's Guide

Please send _____ copies of the quarterly Healthy Newz 4U Student's Guide

Please send the materials to:

Name _____

School _____

Street address _____

City _____ Zip _____

Mail or fax this order form to:

Iowa Newspaper Foundation, 319 East 5th Street, Des Moines, IA 50309

FAX 1-866-593-7406



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