

Successful Program

Some schools that have implemented the EEE program have been recognized by the media and/or achieved awards!



Anthony Elementary

- “Healthy Kansas Healthy School” award by the Kansas Department of Health and Environment in May 2006
- “Challenge Award of Recognition” by the Confidence in Kansas Public Education Task Force
- Held a 6-minute spot on Fox 4 News in 2006
- Recognized in September 2008 by *Health* magazine as America’s Third Healthiest School

Anderson Elementary

- “Oklahoma Public Health Program” award from the Oklahoma Public Health Association in March 2008
- “Distinguished Health and Fit School” award from the Oklahoma Fit Kids Coalition in November 2007

***“Know that education needs enthusiasm
- not just any kind of excitement,
but energy derived from inspiring values.
Nothing great was ever achieved without
enthusiasm.”***

~ Ralph Waldo Emerson



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EAT, EXERCISE, EXCEL!

***“A multi-faceted school wellness
program that focuses on
improving academic success
through increased physical
activity and improved nutrition.”***

★ Healthy Students + Academic Achievement = SUCCESS! ★

Program Goals

Students will:

1. Learn and practice healthy eating habits.
2. Value physical activity and enjoy its benefits.
3. Achieve their best academically.

"Common Sense" Goals

While developing the EEE program, Janine Kempker developed eight "Common Sense" goals she wanted from the program for her school. These include:

1. Reduce the number of office referrals.
2. Eliminate time spent and noise level in the cafeteria.
3. Transform recess to reflect the success students experience in physical education.
4. Improve student/teacher relationships.
5. Provide grade-level teacher plan time.
6. Improve nutrition and eliminate food waste at lunch.
7. Increase physical activity time.
8. Increase hydration and eliminate standing in line.



Eat, Exercise, Excel!...

...is an award-winning, multi-faceted school wellness program that focuses on improving students' nutrition and increasing their physical activity.

Eat, Exercise, Excel! (EEE) was developed by Ms. Janine Kempker, Principal of Anthony Elementary School in Leavenworth, Kansas. Anthony Elementary was a troubled school with a principal and staff who were desperate for change. EEE turned a failing school into a successful one with improved academic test scores, and students who are better behaved and healthier. The atmosphere of the school was transformed into one that is positive, energetic, and peaceful.



A core tenant of EEE is the belief that students are capable learners and important members of society, but may not be given the opportunity to achieve to their fullest potential. The EEE program eliminates the obstacles of poor nutrition, lack of physical activity, dehydration and provides opportunities for relationship building with their teachers and team building with their peers. This program has the potential to improve the lives and future outlook for students' health, wellness, academic achievement and social interactions.

Program Components

Structured Activity

- Replaces traditional recess
- Guarantees 40-minutes of daily physical activity
- Reduces disciplinary referrals
- Increases good sportsmanship
- Builds teamwork awareness

Lunch in the Classroom

- Promotes better nutrition
- Reduces food waste
- Provides time to discuss nutrition information
- Builds student/teacher relationships
- Promotes table manners
- Provides appropriate mealtime conversation

Water Bottles

- Provides increased hydration throughout the school day to combat mid-day lower energy levels
- Decreases the need for trips to the water fountain, thus increasing learning time
- Eliminates standing in line

Multi-Vitamins

- Provides minerals and nutrients for proper brain functioning
- Reduces illness-related absenteeism
- Helps counteract poor nutritional habits
- Requires parental consent

Increased Physical Education Time

- Provides at least 90 minutes of physical education each week
- Focuses on lifetime fitness