



BISHOP NEUMANN WAHOO, NE

Linda Hoven, MSN RN – School Nurse

Program Overview

- Challenges high school students to have fun with fruits, veggies and physical activity
- Buzz Agents make it fun and cool to be active and to eat fruits and veggies
- Supported by The University of Nebraska-Lincoln Advertising program and the Nebraska Department of Health and Human Services

www.whatchadoing.org

Whatcha Doin? @ Bishop Neumann

- Initially accepted into the program for 2008-2009 school year
 - ▣ Integrated into FCS classroom
 - ▣ 2nd semester only
- Changed approach for 2009-2010 school year
 - ▣ Recruited a Buzz Agent Team
 - ▣ Both 1st and 2nd semesters

Celebrating Success!

- Buzz Agents are in charge of program
 - ▣ No “preaching” from adults
- Students, Faculty and Staff are excited about Whatcha Doin? activities
- Creates an environment (the Buzz!) that encourages conversation about fruits, veggies and activity

Our most popular activities...



Hallway Signs

Stability Balls in Library



Fruit and Veggie Bites
Between Classes

Challenges...

- ❑ Lack of time
- ❑ Stimulating creative thought
- ❑ Engaging the students
- ❑ Overcoming negative attitudes
- ❑ Getting students to take charge
- ❑ Thinking “small” instead of “big”

What has helped...

- Adding structure from facilitators
 - ▣ Meeting agendas
 - ▣ Monthly calendars to record details
- Establishing routine meeting times
- Helping each Buzz Agent contribute
- Relieving time crunch for students during activities
 - ▣ Schedule school wide Random Acts during homeroom



Whatcha doin? Smoothie Day

To: Buzz Agents
From: Mrs. Breunig & Nurse Linda
RE: Smoothie Day

You did a fabulous job making smoothie day a success! Each of you pitched in to help – shopping, washing fruit, blending, delivering & dressing up as Carrot Man! It was your project and you deserve the credit!

To help us plan the next smoothie day, please answer the following questions. Please ask a few friends for help in providing the feedback.

We will be discussing this at our meeting on Tuesday, March 9th during Lunch C!

- 1. How did the students respond to the smoothie sales?**
- 2. What comments did you hear about the smoothies, how they were sold, etc?**
- 3. What did you like most about the smoothie day?**
- 4. What would you keep the same?**
- 5. What would you change?**
- 6. What flavors of smoothie would you suggest for next time?**
- 7. Was the price of the smoothie acceptable?**

Questions?

If you would like additional information, please email me at:
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