

This newsletter is produced by the Kentucky Department of Education's (KDE's) Coordinated School Health Team.



Coordinated School Health Newsletter - February 2013



CSH Team Contact Info:

KY Dept. of Education

Jamie Sparks, CSH

Director jamie.sparks@education.ky.gov

Todd Davis, PANT

Coordinator todd.davis@education.ky.gov

Stephanie Bunge, School Health

Consultant stephanie.bunge@education.ky.gov

KY Dept. for Public Health

Victoria Greenwell, CSH

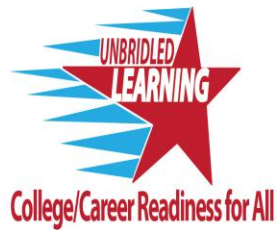
Administrator victoria.greenwell@ky.gov

From the Coordinated School Health Team

As we begin the month of February, the CSH team knows that teachers are deeply embedded in the Program Review process as reporting time quickly approaches. We would just like to remind schools that although there is an “in-depth rotation” option, ALL schools are required to report ALL Program Reviews each year. We look forward to seeing all the great things that schools are doing to ensure Kentucky students are healthier and succeeding academically.

AdvancED Releases the ASSIST Tool

[AdvancED](#) has officially opened the ASSIST tool! Schools now have access and may start entering Program Review information. A new piece that has been added this year is the **Next Steps Diagnostic tab**. This is the area in which schools may reflect on the process and determine what steps need to be taken to make



program improvements.

Program Review Webpage Update

There have been many changes and updates made to the [Program Review](#) Webpage. Items have been rearranged to make navigation an easier process. Be sure to check out all the **new resources** that are provided for each Program Review. A new ASSIST [Technical Assistance](#) document has also been added with a link to AdvancED.

PECAT and HECAT Spotlited in *Kentucky Teacher*

Preparing for Health/PE Program Reviews, Professional Growth, TELL Kentucky [Kentucky Teacher](#), the Kentucky Department of Education's award-winning online publication, is the place to go to stay abreast of what is happening in Kentucky's public schools. *Kentucky Teacher* includes education news, feature articles that highlight successful classroom practice, helpful resources and more. *Kentucky Teacher* did a story about how the Health Education Curriculum Analysis (HECAT) and the Physical Education Curriculum Tool (PECAT) are helping teachers prepare for Program Reviews and strengthen their practices, while seeing how well their curriculum aligns with national health and physical education standards.

KAHPERD 2013 Summer Workshop Announced

The Kentucky Association for Health, Physical Education, Recreation, and Dance (KAHPERD) will hold its summer workshop at Highland Middle School (Jefferson County) on June 11-12, 2013. The summer workshops are a great opportunity to engage in quality professional learning around Health and Physical Education. Visit the [KAHPERD](#) website for more information.

Anyone interested in presenting a session, please contact Vicki Johnson-Leuze at vjleuze@gmail.com. The deadline for submission is April 12, 2013.

University of Kentucky PAWS Institute

[UK PAWS](#) celebrates its 5th year this summer. To help celebrate this milestone, there will be a one-time only special offer. Physical Educators will be able to register and attend for a reduced fee of \$35. This fee includes the workshop, lunch, and a T-shirt. More details coming soon.

Kentucky Teen Institute

Announcing an exciting opportunity to improve teen health, youth leadership and civic engagement in your school and community. The Kentucky Teen Institute (KTI), a program of the KY YMCA Youth Association in partnership with the University of Louisville, develops the leadership capacity of teens to lead the way to greater health in our commonwealth. Through dynamic educational programming, teams of young people from across the state are trained

to implement health initiatives in their communities and transform themselves in the process. Please view the [adult](#) and the [youth](#) flyers for more information .

Western Kentucky University to Host Healthy Schools Summit

A day of special guest speakers has been planned to provide strategies for principals and other administrators looking to support staff and student wellness efforts. Keynote speaker is David Jones, Jr., Chairman of Chrysalis Ventures (Kentucky's largest venture capital firm), former Chairman of Humana Inc., and recently elected member of the Jefferson County Board of Education. Topics range from State and Federal Policies and School Meals to Employee Wellness and more.

Please [register online](#) by March 21, 2013. For more information or questions, contact Jacy Wooley, Healthy Schools Program Manager for the Alliance for a Healthier Generation at 270-991-1103 or jacy.wooley@healthiergeneration.org.

Resources

Think Garden

KET has released a new resource that those planning school gardens will definitely want to show their students. [Think Garden](#) is a collection of video segments (and soon to be other ancillary materials/interactives)

that teaches elementary students about the art and science of growing food, with an emphasis on biological and environmental concepts. It also addresses topics related to nutrition and economics.

Kid's Safe and Healthful Foods Project

The [Kids' Safe and Healthful Foods Project](#) released new materials that help to clarify the facts about updated school meal guidelines. The new materials can be shared to demonstrate that students have access to nutritious and filling options under the standards.

NASPE Infographics

The National Association for Sport and Physical Education (NASPE) is happy to introduce its first in a series of infographics on the status of physical education in the United States. **Please share with others** by heading to [NASPE's website](#) to download and print the PDF version, as well as to directly upload the jpg image to share via social media. Be sure to read the **2012 Shape of the Nation Report** with the latest on physical education waivers, fitness assessments, physical activity, recess and much more.

Ace Launches Acefit.com, An Interactive Hub for Healthy Living

American Council on Exercise (ACE) has launched [ACEFit.com](#), a new website dedicated to providing free resources and information that empowers individuals to live their most fit lives.

Featuring an extensive exercise library, leading industry research and product reviews, the site gives visitors access to interactive tools, including the “[Fitness for Me](#)” personalized workout finder and the “[Ask an ACE Expert](#)” Q&A forum.

Grant Opportunities

WellPoint Foundation Funding – Healthy Generations

The WellPoint Foundation invests in domestic initiatives that help improve the lives of people and the health of local communities. The foundation promotes healthy behaviors, health-risk prevention and healthy environments. Focus areas include childhood-obesity prevention. The foundation considers both local and national initiatives whose outcomes predominantly impact any of the 14 states in which WellPoint Inc. does business. Eligible organizations include tax exempt organizations, schools, government units and hospitals. Cycle One 2013 applications are due no later than Friday, April 19, 2013. Cycle Two 2013 applications are due no later than Friday, Sept. 13, 2013.

Award amounts vary. Click [here](#) for more information

fit4theclassroom \$10,000 Sweepstakes

This is a national sweepstakes for elementary school teachers, awarding one grand prize

winner a school assembly, a \$5,000 prize and \$5,000 in funding for the teacher's school to extend programs that benefit student health and wellness education. Second- and third-place winners will receive a \$1,000 prize and \$1,000 in funding for their school. Homeschool teachers can use the school funding toward a local non-profit. The deadline for entries is Feb. 14, 2013. For more information, go to <http://www.fit4theclassroom.com/sweepstakes>.

Together Counts

Together Counts is providing three different funding opportunities for schools. They are:

- Healthy Playground Makeover

Two \$30,000 prizes will be given away. One grand prize drawing will be made from among all eligible entries. The second grand prize drawing will be from among all eligible entries whose schools qualify for Title I Schoolwide Program status. See eligibility in official rules. Three schools also will be chosen as runners-up to receive \$5,000.

- Find Your Balance Challenge

The Find Your Balance Challenge is open to elementary school classrooms in grades K-5 and rewards student teams for taking steps toward achieving energy balance in their own school communities. Winning schools have a chance to win a grand prize including a \$30,000 grant and an Ultimate Energy Balance Party. Two

second-place winning classes each will receive a \$10,000 grant. Three third-place schools each will receive a \$5,000 grant.

- HealthierUS School Challenge

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program responsible for creating healthier school environments through the promotion of nutrition and physical activity. The Healthy Weight Commitment Foundation and Discovery Education are proud to support the USDA's HealthierUS School Challenge by providing powerful rewards and incentives to schools striving to reach higher levels of certification.

For more information, go to

<http://www.togethercounts.com/at-school/win-for-your-school>.
