



Coordinated School Health Newsletter - May 2013



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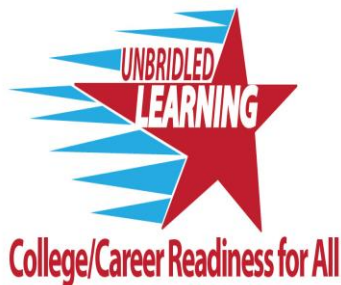
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From the Coordinated School Health Team

As summer draws near, it is hard to believe that another school year comes to an end. We know the time and many tasks that come with closing out a school year. However, this is our last newsletter until next school year and would like to share some information and opportunities that will take place during your break. We hope you have a great summer!

Program Review Reminder

The deadline for districts to submit Program Reviews is June 1, 2013. One change to note in ASSIST is that there are no limitations on the number of characters used when entering information into the Evidence and Rationale text boxes. If you need assistance, please contact Todd Davis at (502) 564-2706 or todd.davis@education.ky.gov.

Second Annual Coordinated School Health Symposium

The Northern Kentucky Health Department is hosting the Second Annual Coordinated School Health Symposium – “Healthy Schools, It Takes a Village.” This event is an opportunity for free professional development and will take place June 5, 2013, in Kenton County at Scott High School. For more information and to register, go to

<http://www.nkyhealth.org/mx/hm.asp?id=csconference>.

University of Kentucky PAWS Institute

UK PAWS celebrates its fifth year this summer June 10, 2013. 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. For more details, please visit <http://education.uky.edu/KHP/content/paws->

[institute.](#)

KAHPERD 2013 Summer Workshop

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

AAHPERD Southern District Comes to Kentucky

"Finding Joy in the Journey" - Lexington will host the AAHPERD Southern District on Feb. 19-22, 2014. If you are interested in submitting a program proposal, please visit <http://sdaproposal.org/2014/forms/form1.html>. You will receive immediate feedback when the program proposal information has successfully been submitted.

All individuals submitting a program proposal will be notified by the end of August 2013 on the status of their proposal. Please print and keep the confirmation of successful submission of the program proposal. For more information, you may contact the Southern District Program Coordinator Cam Kerst-Davis at cam7777@edge.net.

Fuel Up to Play 60 Program Advisor Spotlight

Audra Deli-Hoofnagle, Elkhorn Middle School (Franklin County) is a great example of a true school wellness champion, engaging both students and staff in a variety of wellness programs throughout the school year. She is a teacher leader for her colleagues and ensures that her impact is felt schoolwide through her Coordinated School Health approach to wellness.

As a Fuel Up to Play 60 Program Advisor, Deli-Hoofnagle has used the program to bring renewed energy to Elkhorn Middle's wellness initiatives. She has created a fitness room for use by students and staff to increase their fitness level. Deli-Hoofnagle also had her 8th-grade students plan a healthy snack that included a non-fat/low-fat dairy product. The students went to the local grocery store and shopped for their ingredients and also

met with the store's chef to learn about healthy eating on a budget. Students were taped for the school news program preparing the snack. The “Fueling Up with Healthy Snacks” cooking show was viewed schoolwide. The snacks were also prepared for a community night at the school, where more than 200 parents and students were able to taste the foods and take home healthy snack recipes.

Deli-Hoofnagle has done a tremendous job of connecting the Fuel Up to Play 60 goals with the school culture. Her work and leadership as a program advisor has helped promote the importance of healthy eating and physical activity with students, staff, parents and her entire school district.

Not yet enrolled? Go to www.fueluptoplay60.com and click on “Join the In-School Program.”

Already registered? Visit your Dashboard and check the box to become a **Program Advisor**. (Only Program Advisors can check off completed steps on the dashboard and qualify for rewards). Link up with others at your school, such as the Cafeteria Manager or FRYSC Coordinator, and use Fuel Up to Play 60 to help meet your school’s wellness goals!

Next funding deadline is June 4!

Resources

Active Academics

Active Academics, a featured resource for the Let's Move Active Schools national initiative, is a resource for classroom teachers that provides practical physical activity ideas that can be integrated into regular classroom content areas. Get your students “up and moving” while still engaged in the academic learning process. These standards-based activity ideas use the Common Core Standards as well as national standards. They offer a variety of activities for the PreK-5 classroom, including:

1. active lesson ideas to enhance the learning of content in math, reading, language arts, health, nutrition, science and social studies
2. classroom Energizers that are simple ideas to give students a

- “moving break” from classroom activities
3. recess and lunchtime break activities that are appropriate for large groups in large spaces and take little instruction
 4. physical education enhancement activities for the classroom teacher

For more information, please go to www.activeacademics.org

Increasing Physical Activity Through Recess

Schools can provide excellent opportunities for children to be physically active through regular recess. This brief summarizes the growing body of research examining recess, which shows that providing recess during the school day is an effective and efficient way to increase physical activity and improve academic performance among children. For more information, please go to <http://www.activelivingresearch.org/recess>.

Weight of the Nation for Kids

These documentaries use scientific fact and compelling testimonials to illustrate the health consequences of obesity and excess weight in youth. They share inspiring stories of perseverance and drive, highlighting youth groups and individuals who have made real progress in improving the health of their schools and communities. The films include:

- *The Great Cafeteria Takeover*, which follows a group of kids in New Orleans who set out to make a difference in their community during the post-Katrina rebuilding period, eventually succeeding in changing their school lunch menus to include healthier options.
- *Kabreeya's Salad Days* tells the story of 17-year-old Kabreeya Lewis, whose fierce persistence and focus allowed her to achieve her goal of having a salad bar in her high school cafeteria in North Carolina.
- *Quiz Ed!*, a documentary-style quiz show, polls young people ranging from 10 to 18 years of age using riddles about the food and activity factors that are contributing to the obesity epidemic.

You may preview these documentaries at

<http://www.youtube.com/watch?v=oDh8luun6lI>

Elementary School's Morning Workouts Linked to Better Test Scores

http://www.sctimes.com/article/20130430/LIFE01/304300043/Elementary-school-s-morning-workouts-linked-better-test-scores?nclick_check=1

Grant Opportunities

Fuel Up to Play 60 Healthy Lifestyle Grant

The Fuel Up to Play 60 Healthy Lifestyle Grant encourages students and adult program leaders to consume nutrient-rich foods and achieve 60 minutes of physical activity every day. This grant provides funds to help schools implement a Healthy Eating Play, including a visit to a local supermarket (under the guidance of the supermarket's registered dietitian or health and wellness professional) and a corresponding Physical Activity Play.

Multiple grants of up to \$3,000 will be awarded to select applicants. Schools that participate in the National School Lunch Program and/or the School Breakfast Program and have support from the school principal, district school nutrition director and school nutrition manager are eligible to apply.

Up to \$4,000 per year is available to any qualifying K-12 school enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Learn more at

http://school.fueluptoplay60.com/funds/funds_for_futp60.php. The final funding application deadline is June 4, 2013.

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 Two 2013 applications are due no later than Friday, Sept. 13, 2013.

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

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>.
