



## CSH Team Contact

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## **Kentucky Coordinated School Health has a new look!**

As you begin settling in on a new school year, the Kentucky Coordinated School Health (KY CSH) Team begins a new chapter in our work with the Centers for Disease Control and Prevention (CDC). KY CSH was awarded another five-year grant that brings some changes to impact positive health shifts in Kentucky. Although we will continue to work with the coordinated school health model, more focus will be centered on fighting obesity through increasing physical activity opportunities as well as improving nutrition in schools, Early Care and Education, and worksites. KY CSH has constructed a statewide plan to implement a school health network similar to the Kentucky Leadership Networks focused on implementing of standards in context of highly effective teaching, learning and assessment practices. This will be known as the Kentucky School Health and Physical Education (SHAPE) Network. In the Kentucky SHAPE model, regional champions will be selected and provided a stipend to assist in implementing this plan. Please click [here](#) for more details on the Kentucky SHAPE Network.

### **Southern District AAHPERD Comes to Lexington!**

Lexington will host the Southern District American Alliance for Health, Physical Education, Recreation and Dance (SDAAHPERD) Convention February 2014; therefore, the Kentucky Alliance for Health, Physical Education, Recreation and Dance (KAHPERD) WILL NOT have a November 2013 convention. This will allow the KAHPERD members to attend the SDAAHPERD Convention in Lexington and provide opportunities to meet and attend meetings with professionals from the southern 13 states!!

When planning your PD budget for the 2013-2014 year, plan to attend the SDAAHPERD Convention in Lexington, KAHPERD members will pay only SDAAHPERD registration fees. Also, volunteers will be needed to help provide services to the SDAAHPERD for this large convention.

KAHPERD will return to its regular convention schedule in the fall of 2014.

### **KCAS Aligned with New National PE Standards**

The National Association for Sports and Physical Education (NASPE) has updated the national standards. Click [here](#) to check out the changes the national standards to move students to physical literacy.

The CSH team also has updated the Kentucky Core Academic Standards (KCAS) document posted on the CSH Web page to reflect the codes used for each standard in the Continuous Instructional Improvement Technology System (CIITS). The link for each level is provided below:



#### Physical Education

[High School Physical Education KCAS Aligned to NASPE.pdf](#)

[Middle School Physical Education KCAS Aligned to NASPE.pdf](#)

[Intermediate School Physical Education KCAS Aligned to NASPE.pdf](#)

[Primary School Physical Education KCAS Aligned to NASPE.pdf](#)

#### Health Education

[High School Health Education KCAS Aligned to NHES.pdf](#)

[Middle School Health Education KCAS Aligned to NHES.pdf](#)

[Intermediate School Health Education KCAS Aligned with NHES.pdf](#)

[Primary School Health Education KCAS Aligned with NHES.pdf](#)

#### **All In for Health and Academic Success**

The Kentucky Department for Public Health and Kentucky Coordinated School Health will host a school health summit, All In for Health and Academic Success. The summit will be a one-day event designed to bring together teams from across Kentucky to focus on a coordinated school approach to school wellness, policy planning and Program Review. Local health departments will register their local team. The summit will take place Dec. 5, 2013, at the Ramada Plaza Hotel and Conference Center in Louisville.

## **Resources**

#### **Action for Healthy Kids Webinars**

Action for Healthy Kids (AFHK) has released dates and times for its upcoming fall webinar schedule. Join AFHK for a virtual learning experience allowing you to hear about best practices to create healthy schools from the experts, school stakeholders and community members that support them. Please click [here](#) to visit the AFHK Web page and see the schedule of webinars.

#### **New Report: F as in Fat: How Obesity Threatens America's Future 2013**

<https://healthyamericans.org/health-issues/wp-content/uploads/2013/08/TFAH2013FasInFatReport29.pdf>

#### **American Academy of Pediatrics: *The Crucial Role of Recess in Schools***

<http://pediatrics.aappublications.org/content/131/1/183.full.pdf+html>

#### **Norm-referenced, Criterion-referenced and Ipsative Assessment**

<http://www2.rgu.ac.uk/celt/pgcerttlt/assessing/assess5.htm>

#### **CDC Releases 2012 School Health Policies and Practices Study (SHPPS)**

[www.cdc.gov/shpps](http://www.cdc.gov/shpps)

The School Health Policies and Practices Study (SHPPS) is a national survey periodically conducted to assess school health policies and practices at the state, district, school and classroom levels.

The release includes a comprehensive report that includes results on the following topics:

- health education
- physical education and physical activity
- health services
- mental health and social services
- nutrition services and the school nutrition environment
- safe and healthy school environment
- physical school environment
- faculty and staff health promotion

It also includes:

- a fact sheet highlighting key 2012 results
- a fact sheet highlighting trends over time (2000-2012)
- all questionnaires
- public-use datasets and technical documentation

**Physical Education in School — Both Quality and Quantity are Important**

<http://www.cancer.org/acs/groups/content/@nho/documents/document/peinschoolsstatement.pdf.pdf>

A statement from the American Cancer Society, the American Diabetes Association and the American Heart Association on physical education

**Active Education: Physical Education, Physical Activity and Academic Performance**

[http://activelivingresearch.org/files/ALR\\_Brief\\_ActiveEducation\\_Summer2009.pdf](http://activelivingresearch.org/files/ALR_Brief_ActiveEducation_Summer2009.pdf)

**Quick Physical Activity Breaks**

<http://www.healthykidshub.org/resource/2292759>

## Funding Ops

**Lowes Toolbox for Education Grant**

<http://www.toolboxforeducation.com/>

The fall 2013 cycle is now open. The deadline for submitting applications for this grant cycle is 5 p.m. EDT October 15, 2013. This year, the foundation will seek ways to provide tools that help educators and parent groups efficiently negotiate today's challenging times while providing the greatest impact, with basic necessities taking priority. Funding: \$5,000

**Staples Community Giving Grants**

[http://www.staplesfoundation.org/how-we-give.php?utm\\_source=+Play+Nice+News%2FGGrants.+++++Mid+August++2013&utm\\_campaign=mid+August+CC&utm\\_medium=email](http://www.staplesfoundation.org/how-we-give.php?utm_source=+Play+Nice+News%2FGGrants.+++++Mid+August++2013&utm_campaign=mid+August+CC&utm_medium=email)

Staples Community Giving Grants are available three times a year. The purpose of the grant is to support programs that provide job skills and/or education for all people, with a special emphasis on disadvantaged youth. Amount: Varies

**Dannon Rally for Recess**

<http://www.rallyforrecess.com/>

Five lucky schools across the continental United States will win a \$30,000 playground makeover. In addition, recognizing that not all children are enrolled in school, three lucky individuals will win “Playtime at Home” prizes worth \$1,000 each.