



FRYSC Coordinated School Health Newsletter - January 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

Happy New Year from the CSH team! We hope that during your break each of you were able to enjoy time with family and friends.

Although each new year brings time for celebration, it also brings new starts and new adventures. Renee White begins a new chapter in her career and life as she has accepted a teaching position with Kentucky Community and Technical College System (KCTCS) in Bowling Green. We wish Renee all the best.

If you need information in the future regarding HIV and sex education, please contact Stephanie Bunge at stephanie.bunge@education.ky.gov.

CSH Team Presents at Family Resource Youth Service Centers (FRYSC) Regional Meetings

As we closed out the year of 2012, the CSH team continued to conduct presentations at the Regional FRYSC meetings. Making connections with the FRYSC goals, creating or strengthening policies to improve nutrition and increase physical activity for



students, families and community members and improve the health and achievement of students is a partnership we value. During our visits, many FRYSCs have presented on the great projects and activities they are implementing in schools.

As we continue with our newsletters, we recognize these projects while sharing information that may help others with future endeavors. If you have activities you are implementing and would like to share information and resources, please contact Todd Davis (todd.davis@education.ky.gov) with the information.

This month, we highlight Eastern Elementary in Barren County.

Eastern Elementary's School-wide Health Initiative

Barren County's Eastern Elementary School is implementing a school-wide health initiative that spans the school year. Motivated by a report on the frightening outcomes of increasing rates of childhood obesity, school staff came together to plan the 3-pronged initiative (education, opportunities for practice, and parent involvement) for all students and staff. Activities include:

Monthly Health Initiatives – Each school month has a health-challenge theme. There are theme related guest speakers or activities during morning assemblies, prize drawings related to the theme and staff incentives for participation.

September – Fizz Out (a “No-Soda Challenge” for students, staff and parents)

October – Exercise Challenge

November – Eat Dinner with Your Family Challenge (Focus on “no tech zones”, manners, healthy family meals)

December – Stress Management

January – Nutrition (Food groups, food labels, etc.)

February – Love Myself Self-Esteem (Taking Care of Body and Mind, Hygiene)

March – Get Good Sleep (Focus on amount of sleep, consequences of lack of sleep)

April – Balance of Healthy Themes/Moderation

Running Club - Students K-6 are encouraged to participate in the running club. A local business helps to sponsor the club, and funding is provided for clothes, shoes and snacks. The goal is to get students moving and ultimately improve their fitness level. The Couch- 2- 5K Running Program is used as a model and students will participate in local running events. Staff is urged to participate, as well.

For more information, contact Tammy Jolly at North Eastern FRC: tammy.jolly@barren.kyschools.us

Resources

Pediatricians: Recess is crucial to child development

Withholding recess as a form of punishment or for academic reasons may be detrimental to child development, according to an American Academy of Pediatrics policy statement. Aside from improvements in children's attentiveness and behavior in school, safe and supervised recess gives them a chance for unstructured play, social interaction and creativity, the group said. Click [here](#) for the article in *USA Today*.

School Connectedness and Safe Spaces

Research has shown that young people who feel connected to their school are less likely to engage in many risk behaviors, including early sexual initiation, alcohol, tobacco, and other drug use, and violence and gang involvement. School connectedness is

defined as the belief held by students that adults and peers in the school care about their learning as well as about them as individuals. Click [here](#) for more information and resources on schools connectedness and safe spaces.

Shaping Kentucky's Future: Local Success Stories

Does your community coalition need some evidence-based nutrition and physical activity ideas for the New Year? Share the *Shaping KY's Future: Community Guide to Reducing Obesity* booklet. Each local success story includes resources, selling points and contact information from the local community. Some communities have used them with the *Weight of the Nation* viewing. Contact Elaine.Russell@ky.gov if you would like to have hard copies.

Take a Break

You can find an effective new info graphic, *Take a Break*, promoting being physically active at work at <http://www.learnstuff.com/take-a-break/>. “Work hard and break hard; doing so will make you a healthier, happier and more productive employee.”

Moving More at School – Increasing Physical Activity Before, During and After School

This new document [*Moving More at School – Increasing Physical Activity Before, During and After School*](#) from Active Living Research, a national program of the Robert Wood Johnson Foundation, contains a list of resources and strategies that help promote physical activity both inside and outside the classroom. The resources include briefs on recess and after-school programs, and tools that you can use to assess how well your school is doing to support physical activity.

ASCD School Improvement Tool – Fit, Healthy, and Ready to

Learn

The National Association of State Boards of Education has released updated chapters of its long-standing and popular *Fit, Healthy, and Ready to Learn* school health guide series. The guides offer recent scientific data; analysis; examples of best practices and evidence-based models that schools, districts and states can adapt. The newly revised chapters, which cover healthy eating, physical activity and physical education, offer additional evidence accumulated since 2000.

Chapter D: Policies to Promote Physical Activity and Physical Education

http://www.nasbe.org/wp-content/uploads/FHRTL-D_Physical-Activity-NASBE-November-2012.pdf

Chapter E: Policies to Promote Healthy Eating

http://www.nasbe.org/wp-content/uploads/FHRTL-E_Healthy-Eating_NASBE_November-2012.pdf

Unified We Play, Partnership Best Practices for Play and Recreation

[*United We Play*](#) is a national report designed to define and document key considerations in successful partnerships, created to increase play and recreation opportunities within communities. The resource will help communities to approach and develop meaningful partnerships, to build social capital and to enrich recreation programming and facilities for their members.

Park and recreation leaders from the American Academy for Park and Recreation Administration, along with urban park leaders from across the United States, participated in developing the report to obtain trends from thought leaders in the industry pertaining to partnerships. Knowledge, opinions, expertise and case studies were gathered in three primary ways – an online survey, in-depth interviews and a two-day roundtable – as well

as through secondary research and follow up communications.

Free Resource from the Alliance for a Healthier Generation

Looking for simple ways to make healthy changes in your family?

[*A Year of Being Well: Messages from Families on Living*](#)

[*Healthier Lives*](#) is an easy-to-follow, 13-month quick-start action guide that features the stories of 20 families who are creatively finding ways to live healthier lives and fight childhood obesity in their homes, schools and communities. Order your free copy or download the digital version of *A Year of Being Well* from the Michael & Susan Dell Foundation and the Alliance for a Healthier Generation. It's not about fitting your family into a mold. There's no one-size-fits-all plan for you to follow. It's about knowing your family, accessing your environment and deciding to live better.

Grant Opportunities

Fuel Up to Play 60 Healthy Lifestyle Grant

The Fuel Up to Play 60 Healthy Lifestyle Grant program is supported by the Food Marketing Institute Foundation as part of a partnership effort with the National Dairy Council to encourage 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 during the 2012-13 school year is Jan. 15, 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 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>.