

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

FRYSC Coordinated School Health Newsletter - March 2013



From the Coordinated School Health Team

Important Program Review Update

We frequently receive questions on entering information for Program Reviews into ASSIST. One question is how the Non-Applicable (N/A) option applies to specific grade levels and schools. The only reviews that are affected by the N/A option are PLCS and Arts & Humanities. On the KDE Program Review Web page, the Working Documents for both of these reviews have been updated and reflect guidance within the rubrics. The specific characteristics for which elementary and middle schools should use this option are highlighted in gray and indicate which level(s) are affected. The N/A option should not be used at the high school level – all questions should be answered.

Putting a Face on Bullying (Put in link)

In recent years, research and documentaries have brought the issue of bullying to the forefront of the American conscience by illustrating the heartbreaking impact that it can have in schools and in the workplace. As a result, a national movement has ensued that has forced employers, parents, teachers and others to examine the cruel and dangerous practice and to find ways to stop to it. Recently published scholarly articles show that researchers, too, are examining what is behind bullying and offering illuminating insights that provide avenues for future research, practical help for intervention, and potential implications for policy. These articles cover such topics as why bullying occurs, self-esteem and bullies/victims, workplace bullying, willingness to intervene, cyberbullying, and bullying and school shootings. Click [here](#) to view these articles.

AAHPERD Partners with First Lady's Let's Move! Active Schools

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is proud

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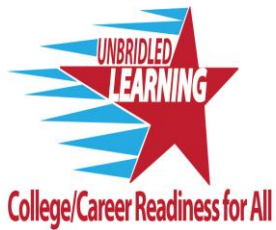
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and excited to be a part of First Lady Michelle Obama’s newly released Let’s Move! Active Schools program – an unprecedented collaboration to bring physical activity back to American schools. The program provides simple steps and tools, including monetary support and training, to help schools create active environments where students get 60 minutes of daily physical activity through quality physical education and physical activity before, during and after the school day.

Let’s Move! Active Schools mobilizes “School Champions” – P.E. and classroom teachers, administrators, staff and even parents – who are ready and willing to be leaders for their school community. These champions go to LetsMoveSchools.org and follow a simple, six-step process that includes building a team, conducting a basic school assessment and creating a customized action plan. Participating schools will have access to free tools and resources, including in-person trainings, program activation grants and personal assistance from certified professionals.

Registered Let’s Move! Active Schools will have an opportunity to access resources from such partners as Alliance for a Healthier Generation, NIKE, the GENYOUth Foundation, ChildObesity180, Kaiser Permanente and the Presidential Youth Fitness Program partners, including the General Mills Foundation. To register go to www.letsmoveschools.org.

Kentucky Teen Institute

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 state. 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 [youth](#) flyers for more information.

Resources

Kentucky Educational Television Offers Nutrition Program

KET's [Well Fed: Nourishing Our Children for a Lifetime](#) explores childhood nutrition, its impact on health outcomes and obesity rates, and efforts across the state to make it easy for families to eat well.

Well Fed premiered Monday, Feb. 18. To see upcoming airdates, please go [here](#).

Infographic: Healthy Students are Better Students

In the collaborative work with Coordinated School Health and Family Resource and Youth Service Centers, we have made the connections of how healthier students are better learners. This infographic is a creative way to display and share the message. Click [here](#) to view the infographic.

Gym Class Isn't Just Fun and Games Anymore

Spurred by an intensifying focus on student test scores in math and English as well as a desire to incorporate more health and fitness information, more school districts are pushing [physical education](#) teachers to move beyond soccer, kickball and tennis to include reading, writing and arithmetic. But some parents' say they object to the way testing is creeping into every corner of school life, and some educators worry that pushing academics into P.E. class could defeat its primary purpose.

The Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth

This report provides recommendations for increasing physical activity levels of American youth across five key settings: schools, preschool and childcare, community, home and healthcare. The bottom line is that kids need 60 minutes or more per day where they live, learn and play. Click [here](#) to view the activity guidelines.

Click [here](#) to view the infographic.

Nutrition Education

Looking for free educational handouts to use with parents? Three of the most popular downloads from the <http://nutritionforkids.com> site:

– *Five “Peas” for Raising a Veggie-Loving Child*

<http://www.nutritionforkids.com/5peas.pdf>

– *Cooking with Kids: Make it an adventure!*

<http://nutritionforkids.com/kidscooking.pdf>

– *Nutrition & Fitness for your Child: 10 Steps to Healthy Habits*

<http://www.nutritionforkids.com/10steps.pdf>

Healthy Summers for Kids: Turning Risk into Opportunity

Many families struggle to find and pay for high-quality summer care for their children. Many also lack access to healthy meals and safe places to play outdoors. In fact, emerging research is showing that young people's health may actually decline in summer as compared to the school year, and that

several factors contribute to this decline, including lower levels of engagement in physical activity and lack of access to healthy meals.

[Healthy Summers for Kids](#) shows that fitness benefits children receive by participating in a school-based intervention can be reversed during a three-month summer break.

Grant Opportunities

2013 PEP Grants Announcement

The 2013 PEP Grant RFP was released on Feb. 28, 2013. Due date is April 12, 2013. Please go to: <http://www2.ed.gov/fund/grant/find/edlite-forecast.html>, chart No. 3.

For more information, contact Carlette Kyser Pegram, Carlette.KyserPegram@ed.gov, or (202) 245-7871.

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 is June 4, 2013.

Active Schools Acceleration Project (ASAP)

ASAP will award 1,000 elementary schools in the United States \$1,000 each to kick start one of three school-based physical activity programs – 100 Mile Club, BOKS ('Build Our Kids' Success) or Just Move. In addition to the grant money, participating schools will get a “game plan” for their chosen program and a nationwide support network of other champions embarking on the same path.

Applications will be accepted through April 22, 2013.

Visit www.ActiveSchoolsASAP.org for more information.

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.

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 (HUSCC) 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>.

Student Scholarship Opportunity

The [Live Through Love Foundation](http://livethroughlove.org) is offering an opportunity for students to apply for a scholarship for the fall of 2013. This scholarship is set up to reward open LGBT high school seniors who live life fearlessly, follow their dreams and exude our core motto and name. Through this we can create a feeling of safety and love for our children growing up openly LGBT. Please visit livethroughlove.org for more information on this scholarship opportunity.
