

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



# FRYSC Coordinated School Health Newsletter - May 2013



## CSH Team Contact Info:

### KY Dept. of Education

Jamie Sparks, CSH Director -  
[jamie.sparks@education.ky.gov](mailto:jamie.sparks@education.ky.gov)

Todd Davis, PANT Coordinator -  
[todd.davis@education.ky.gov](mailto:todd.davis@education.ky.gov)

Stephanie Bunge, School Health  
Consultant -  
[stephanie.bunge@education.ky.gov](mailto:stephanie.bunge@education.ky.gov)

### KY Dept. for Public Health

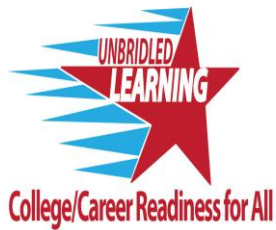
Victoria Greenwell, CSH  
Administrator -  
[victoria.greenwell@ky.gov](mailto:victoria.greenwell@ky.gov)

## From the Coordinated School Health Team

It is hard to believe that another school year is coming to the end. The **Kentucky Coordinate School Health** team has enjoyed the work and collaboration with FRYSCs across the state this year. We look forward to our future efforts and partnerships as we strive to make Kentucky students healthier and successful. We hope you have a great summer!

### **Coordinated School Health Needs Your Feedback**

A group of stakeholders from agencies and organizations across the state are trying to gather information related to school environments, bullying and LGBT youth. We would love your thoughts and feedback. Please take just a few minutes to complete the anonymous online survey at <https://www.surveymonkey.com/s/6RGF23S>. The information gathered from the survey will be used to guide stakeholder activities that will support schools and how they address these issues. Please contact Stephanie Bunge with any questions [Stephanie.bunge@education.ky.gov](mailto:Stephanie.bunge@education.ky.gov)



### **Putting Fuel Up to Play Into Action**

Paula Hunter, FRYSC Director - Nicholas County Elementary  
Paula Hunter is making a difference at Nicholas County Elementary (Nicholas County) with the implementation of Fuel Up to Play 60 (FUTP60). According to Hunter, “The FUTP60 Program has helped me promote the health component of our FRYSC program. FUTP60 has given me many new ideas for making eating healthy and physical activity fun for the students. The National Football League connection and media attention have ignited excitement among our students.”

Being a recipient of a FUTP60 Grant has provided resources for:

- bulletin boards throughout the cafeteria and at the school entrance for promoting eating healthy and getting 60 minutes of exercise daily
- development of a Red Light, Yellow Light, Eat Right Nutrition Plan for students
- purchase of a Vitamix Blender for preparing nutritious smoothies as a healthy choice
- beginning a before and after-school boot-camp circuit for students and staff
- purchase of equipment for enhancing physical activity opportunities for our students
- hosting a Heroes’ Breakfast

Hunter knows that FUTP60 is making a difference at Nicholas County Elementary because:

- “Students come up to me with a smile and say ‘Mrs. Hunter, I exercised outside last night.’”
- “They stop me at breakfast, lunch or in the hallway and ask what color a food is on the Red Light, Green Light

Plan.”

- “Teachers are encouraging their students to stand up and take a five-minute exercise break.”

According to Hunter, “Our students and staff have become more aware of the significance of eating healthy and exercise as a result of implementing the FUTP60 Program.”

**Not yet enrolled?** Go to [www.fueluptoplay60.com](http://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<sup>th</sup>!

## 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](http://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***

The 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=oDh8luun6II>

## **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](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>.

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