

Vermont Department of Education Linking Health & Learning e-Bulletin

April, 2011

News and General Announcements

Congratulations to the Following School Wellness Award Winners!

The Fit and Healthy Kids School Wellness Awards recognize schools whose policies and practices reflect a high priority on healthy outcomes for children. This program is sponsored by Vermont's Action for Healthy Kids, New England Dairy and Food Council, VEHI, and the Departments of Education and Health. For a complete list of all recognized schools click [here](#) or contact Lindsay Simpson (802) 828-1461 or lindsay.simpson@state.vt.us. Please join us for an award celebration on May 11th during the VTAHPERD Annual Intergenerational Walk. To register for this no cost event click [here](#) or call Susan Yesalonia (802) 485-2311 for more information.

Elementary Schools

Gold (\$3,000)	Putney Central School
Silver (\$2,000)	Northwest Primary School
Bronze (\$1,000)	Rumney Memorial School

Middle Schools

Gold (\$3,000)	Shelburne Community School
Silver (\$2,000)	Camels Hump Middle School
Bronze (\$1,000)	Twinfield Union School

High Schools

Gold (\$3,000)	Middlebury Union High School
Silver (\$2,000)	Mill River Union High School
Bronze (\$1,000)	Rutland Senior High School

YRBS Student Analysis Project for 2011-2012 School Year

The YRBS Student Analysis project is an opportunity for students to take a lead in bringing meaning to their own local survey data and taking steps to strengthen their school and community based on their findings. Up to ten middle or high schools are selected each year for participation in the Student YRBS Analysis Project. Interested schools should complete and return their application no later than June 30, 2011 to be considered for participation for the 2011-2012 school year. The project overview is available [here](#) and the application is available [here](#). For more information contact Helen Beattie at hnbeattie@gmail.com or Kate O'Neill at kathryn.oneill@state.vt.us

YRBS Data Brief: Suicidality

This data brief addresses suicidality—making suicide plans or attempts—as self-reported on the YRBS. Click [here](#) to view. To learn about suicide prevention efforts in Vermont, click [here](#). For questions contact Erika Edwards, VDH YRBS coordinator, at erika.edwards@ahs.state.vt.us; or, Kate O'Neill, DOE YRBS contact or kathryn.oneill@state.vt.us

New Restraint and Seclusion Rules in Vermont

The State Board voted to initiate the rulemaking process with respect to the appropriate use of restraint and seclusion in schools in August. The final proposed rules were approved by the Board on February 15th, to become effective August 15, 2011, with local district training to be completed by September 30th, 2011. Information on training sessions to be held in May follows. View the rules [here](#) or contact Susan Marks at (802) 828-0555 or susan.marks@state.vt.us

New Law Regarding School Participation in Summer Nutrition Program

Section 1264 (a) of Act 87 of 2010 requires schools to participate in the Summer Food Service Program or the NSLP Seamless Summer Option *if* over 50 percent of the kids are eligible for free or reduced price meals, *and* the school operates a summer program for 15 or more hours per week.

For more information contact: Nancy Lewis at (802) 828-0255 or Nancy.Lewis@state.vt.us.

Summer Food Service Program for Children, Income Eligibility Guidelines

The Vermont Department of Education announces the availability of funds from the U.S. Department of Agriculture for the 2011 Summer Food Service Program for Children (SFSP). This program is intended to assure that children who rely on free and reduced price meals during the school year continue to have access to nutritious meals during the summer. Schools, private non-profit organizations, government entities, and non-profit residential camps are eligible to sponsor the Summer Food Service Program at one or more sites. For more information, click [here](#). Contact: Nancy Lewis at (802) 828-5155 or nancy.lewis@state.vt.us.

User Test a New Department of Education Website Prototype

The Vermont Department of Education is looking for educators to help us “user test” a potential new look for the department’s web site. It only takes between two and three minutes to complete and consists of about 10 questions. Since the test is a reflection of the site’s layout/design there are no wrong answers and all you have to do is click! We really appreciate your participation as it helps us create a better and more user friendly site. To help, click [here](#).

New Youth Asthma Management Guide

In order to improve health outcomes for children with asthma *In the Schoolyard and Beyond: Addressing Childhood Asthma in Your Community* was developed to provide youth-serving organizations, families, and schools with action steps to ensure a consistent, asthma-friendly environment. This guide is downloadable from www.aasa.org and www.nsb.org.

Let's Move in School During National Physical Education and Sport Week

May 1-7, 2011

Let's Move in School is a national initiative to increase physical activity before, during, and after school. The first 10,000 schools to register will receive a poster, and one lucky school will win a visit from a President's Council for Fitness, Sports & Nutrition member – a federal supporter of this initiative. Schools can choose from a variety of fun activities that will get students moving and bring attention to the importance of physical education and physical activity. To register a school celebration, find out more about the initiative, and access promotional resources, click [here](#).

VTAHPERD Annual Intergenerational Wellness Walk

May 11, 2011

Montpelier, VT

All Vermont schools are invited to celebrate *Let's Move in School* the Vermont way! For more information or to register for this no cost event click [here](#) or call Susan Yesalonia (802) 485-2311 or syesalon@norwich.edu.

Vermont Institute on Health and Wellness for Teens

Summer Session I: June 18 - June 24

Summer Session II: June 25 - July 1

The Vermont Institute on Health and Wellness leads week-long intensive residential summer experiences for high school students who are interested in wellness, leadership, and related careers. Students leave empowered and return to their communities as role models. For more information and to apply, click [here](#) or call Jeff Mandell at (802) 393-VIHW. Scholarships are available.

New Materials from Health Education Resource Center

To request materials contact DOE-HERC@state.vt.us or (802) 828-0543.

Healthy Sexuality Development: A Guide for Early Childhood Educators and Families

This 2002 book by Kent Chrisman and Donna Couchenour provides key information to both early childhood educators and family members about what is typical in young children and how to support them in this early inquisitive stage

It's Not the Stork: Book About Girls, boys, Babies, Bodies, Families, and Friends

This colorful 2006 children’s book by Robie Harris and Michael Emberley provides age-appropriate answers to children’s many questions on topics such as what makes a girl a girl and a boy a boy,

where babies come from, how babies are made, why their bodies are the same and different from other people's bodies, what a family is, and many more.

Professional Development Opportunities

Click [here](#) for a calendar of Vermont Department of Education-sponsored events.

National Playground Safety Inspector's Course and Exam

April 4-6, 2011

S. Burlington, VT

The Vermont Recreation and Parks Association is hosting a National Playground Safety Inspector course and exam. The course is a 15-hour comprehensive training program on playground hazard identification and risk management methods. For more information, click [here](#) or contact Cathy Hilgendorf at (802) 828-5402 or cathy.hilgendorf@state.vt.us.

Webinar Series on Sexuality Education for Youth with Developmental Disabilities

April 5 & 14, 2011

Webinar

Answer is a national organization dedicated to providing and promoting comprehensive sexuality education to young people and the adults who teach them. *Healthy Sexexpectations* is a webinar series that explores the challenges students with developmental disabilities face when learning about sexuality. Educators and youth-serving professionals will learn strategies and techniques to assist in teaching sexuality education to this group of students. To learn more and register, click [here](#).

Sexual Consent Law Train-the-Trainer Workshop

April 6, 7 & 27

Locations Vary by Date

Vermont middle and high schools are invited to send a youth/adult leadership team to a new Train-the-Trainer workshop about sexual consent and Vermont's consent law. Hosted by the VT Sexual Violence Prevention Task Force, this training will support school compliance with ACT 1. For complete information and to pre-register contact Bethany Pombar Bethany@vtnetwork.org, or (802) 223-1302 x103.

Facilitating Meetings, Tasks Forces, Committees: How To Stay Sane

April 7, 2011

Fairlee, VT

This workshop covers key facilitation strategies that encourage groups to do their best thinking out loud. Facilitators will learn to encourage active participant engagement, use concrete strategies to respond to common but complex facilitation challenges and learn an agenda-building process that results in productive, professional meetings. For more information and to register, click [here](#).

Me2: Promoting Physical Activity for Students of All Abilities Through Play

April 21, 2011

Webinar

Play and physical activity is fundamental to healthy child development. Join us as we discover how to foster friendships between students of all abilities, support character education initiatives through a variety of inclusive play opportunities, and promote fun, playful activities that get kids moving, cooperating, and learning together. For more information and to register, click [here](#).

Learning to Listen, Learning to Teach: Dialogue Education in Practice

April 26-29, 2011

Stowe, VT

The first in our series of core Dialogue Education™ courses, *Learning to Listen, Learning to Teach* provides the building blocks of Dialogue Education™ - a powerful system for teaching and curriculum design that results in better adult learning, transfer and retention. Based on the work of Dr. Jane Vella, this four-day course merges proven principles for successful learning with a focus on engagement, practice, constructive feedback, and accountability between learners and teacher. For details and registration, click [here](#).

UMatter: Youth Suicide Prevention and Post-vention Workshops

For complete workshop descriptions and registration information, click [here](#).

Ethical Considerations Working with Individuals at Risk for Suicide

April 26, 2011

Montpelier, VT

The Effects of Culture in Understanding Suicide
April 26, 2011

Montpelier, VT

C.A.L.M. (Counseling on Access to Lethal Means)
April 27, 2011

Burlington, VT

You Can Help Post-vention
May 13, 2011

Montpelier, VT

Food Service Annual Conference
April 28, 2011

Fairlee, VT

The Child and Adult Care Food Program and Summer Food Service Program Annual Conference provides workshops for Directors and Coordinators in the CACFP and SFSP Programs. The general session will cover the Healthy, Hunger-Free Kids Act of 2010 and the changes it will bring to Vermont's Child Nutrition Programs. Workshop topics will include hands-on nutrition education for kids, SFSP planning & implementation, creative snacks & breakfasts, food allergies and restrictions, menu planning and more. For information and to register, click [here](#) or contact Cheryl Barrows at (802) 828-2447 or cheryl.barrows@state.vt.us.

Investigating Complaints of Harassment in Schools
May 3-5, 2011

Essex, VT

This series of workshops is designed for school administrators, designated employees, and any other school staff who may be involved in the investigation of complaints of harassment. A binder of resource information and materials will be provided for each participant. Register by April 15th. To learn more or register contact Tracey Tsugawa tracey.tsugawa@state.vt.us.

Save the Date: Farm to School Workshop
May 5, 2011

TBD

Join Farm to School enthusiasts to celebrate the rapidly emerging Farm to School programs and initiatives in the region. Gather ideas, resources and support to foster strong and sustainable Farm to School programs in your community. This workshop is ideal for school food service staff, educators and administrators, farmers and school gardeners, Farm to School coordinators, and interested parents and community members. For information, click here or contact Libby McDonald at libby@nofavt.org or (802) 434-4122.

Integrating Technology in K-12 Physical Education
May 6, 2011

Fairlee, VT

This Program Improvement in Physical Education (PIPEline) workshop has been developed by the National Association of Sport and Physical Education to provide state of the art, standards-based training for K-12 physical educators. This session encourages participants to incorporate technology into the physical education program. Best practices, assessment strategies, and advocacy will be explored using heart rate monitors and pedometers. Each participant will receive a notebook of materials, including a comprehensive set of standards-based resources. Space is limited. For more information and to register, click [here](#).

Crisis Prevention Institute Nonviolent Crisis Intervention Instructor Training
May 10-13, 2011

Burlington, VT

On August 15 a new rule regarding the use of physical intervention and seclusionary time out in Vermont schools will go into effect. Among other things, this rule will require training for any individual actively participating in physical intervention (restraint). The University of Vermont is sponsoring a training of trainers, using the Crisis Prevention Institute's (CPI) trainer certification program. For more information, click [here](#) or contact: Anne Dubie at (802) 656-5775 or anne.dubie@uvm.org, or Sabine Baldwin at (802) 828-0183 or sabine.baldwin@state.vt.us.

Arts In Prevention
May 20, 2011

Montpelier, VT

Integrated arts activities can be used strategically in prevention. Discover the different methods of arts practices, mediums, and the different resources available throughout Vermont. This workshop

gives examples of opportunities, successes and challenges using the arts in prevention work. For more information and to register, click [here](#).

Save the Date: Standards-Based Health Education and Assessment Course
May 23 - July 1, 2011 **Online**

For more information or to register, click [here](#).

Save the Date: Injury and Violence Prevention Course
May 23, 2011 **Online**

This course prepares professionals to demonstrate knowledge and competently provide services required in Vermont's school health education and prevention education programs. Participants will acquire violence and injury prevention concepts, knowledge and skills and experience how to translate the knowledge, concept and skills to school-age settings. For more information contact info@healthandlearning.org

Conflict Resolution
June 2, 2011 **Rutland, VT**

Conflict is part of the fabric of human interaction and is often the result of misunderstanding. This workshop gives participants three key skills and a theoretical framework that will foster healthy and productive conversations, relieve the stress of conflict, and break the cycle of misunderstanding. For more information and to register, click [here](#).

Grant and Funding Opportunities

Academic Enrichment Grants

Deadline: April 15, 2011

The McCarthy Dressman Education Foundation offers Academic Enrichment Grants designed to develop in-class and extra-curricular programs that improve student learning. The Foundation considers proposals that foster understanding, deepen students' knowledge, and provide opportunities to expand awareness of the world around them. To apply, click [here](#).

Shade Structure Grants

Deadline: April 22, 2011

The American Academy of Dermatology's (AAD) Shade Structure Program awards grants for the purchase of permanent shade structures designed to provide shade and ultraviolet ray protection for outdoor areas, plus sun safety signage. The AAD will award 30-35 grants valued at a maximum of \$8,000. To learn more and apply, click [here](#).

Unsung Heros Grants

Deadline: April 30, 2011

ING Financial Services is offering ING Unsung Heroes Grants to educators to fund projects that positively influence students, improve learning, and increase teaching effectiveness. ING is offering a grant of \$2,000 to one winner in each of the 50 states. Eligible applicants are K-12 full time professionals employed by an accredited K-12 public or private school located in the United States who have not previously received this award. To apply, click [here](#).

NASPE/ING Run for Something Better School Award Program Grants

Deadline: May 1, 2011

ING Run For Something Better has partnered with the National Association for Sport and Physical Education (NASPE) to increase physical activity in students and help fight childhood obesity nationwide through the creation of school-based running fitness programs. Running fitness program activity plans are created by NASPE and based on the National Standards for Physical Education. To learn more and apply, click [here](#).

2011 Carol M. White Physical Education Program (PEP) Grant

Deadline: May 13, 2011

The Carol M. White Physical Education Program (PEP) provides grants to local educational agencies (LEAs) and community-based organizations (CBOs) to initiate, expand, and improve physical education for students in grades K-12. Grant recipients must implement programs that help students

make progress toward meeting state standards. For a detailed synopsis of the grant, click [here](#). For the complete application, click [here](#).

Saucony Run For Good Grants

Deadline: June 13, 2011

The Saucony Run For Good Foundation was established to help end childhood obesity by providing financial support to nonprofits across the United States that support children's running and fitness programs. For more information and to apply, click [here](#).

Fuel Up to Play 60 Funding Opportunities

Deadline: June 15, 2011

Fuel Up to Play 60 (FUTP60) is an in-school nutrition and physical activity program launched by the National Dairy Council, New England Dairy & Food Council, and National Football League in collaboration with the United States Department of Agriculture. The program empowers youth to take action for their own health by implementing long-term, positive changes for themselves and their school. All schools signed up for FUTP60 that have a Program Advisor are eligible for up to \$3000 to be used in the 2011-2011 school year. Click [here](#) to enroll for the program and to apply.

To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Lindsay Simpson (802) 828-1461 or lindsay.simpson@state.vt.us