

Vermont Department of Education Linking Health & Learning e-Bulletin

February, 2011

News and General Announcements

Data Briefs from Vermont Youth Risk Behavior Survey (YRBS)

The Vermont Departments of Health and Education have compiled a state-wide data brief on youth risk behaviors, youth assets and academic achievement. To view this report, click [here](#). National reports on student health and academic achievement can be found [here](#). Additional Vermont YRBS data briefs are available [here](#). For more information contact Erika Edwards at (802) 863-7246 or erika.edwards@ahs.state.vt.us or Kate O'Neill at (802) 828-5151 or kathryn.oneill@state.vt.us.

2011 What VT Teen Girls Say Survey

Who do Vermont girls turn to with problems? What do they feel are the most important qualities in a friend? How do they use social media to communicate? The Vermont Commission on Women and the Girl Scouts of the Green and White Mountains want to know. Their 6th annual statewide online survey of 6-12 grade girls focuses on relationships and use of social media. Executive summaries of past surveys can be found [here](#). Adults are encouraged to share the survey link with teen girls in 6th through 12th grade and girls are urged to invite their female friends to complete the survey. Access the "What Teen Girls Say, 2011" survey [here](#). For more information contact Wendy Love at (802) 279-6347 or Wendy.Love@state.vt.us.

School Self-check: Implementing Harassment Policies and Bullying Prevention Plans

This memo and video are intended as an updated "school self-check" to help schools review implementation of important legal mandates concerning bullying and harassment. Items highlight key responsibilities but do not represent a comprehensive list of *all* school district responsibilities. Click [here](#) to view the complete memo. To see a video message from Commissioner Vilaseca and Rob Appel of the Vermont Human Rights Commission, click [here](#). Questions or concerns should be directed to Barbara Crippen at (802) 828-5937 or barbara.crippen@state.vt.us or John Harvey at (802) 828-5405 or john.harvey@state.vt.us.

New LGBT Website from CDC

"Many lesbian, gay, bisexual, and transgender (LGBT) youth and those who are questioning their sexual orientation are happy and thrive during their adolescent years. Going to a school that has created a safe and supportive learning environment for all students and having caring and accepting parents are especially important. This helps all youth achieve good grades and maintain good mental and physical health. However, some LGBT youth face greater difficulties in their lives and school environments compared to their heterosexual peers, such as bullying." To learn more about a new youth LGBT resource click [here](#).

February is Teen Dating Violence (DV) Prevention and Awareness Month

Join Break the Cycle (click [here](#)), a national, nonprofit organization which addresses teen dating violence and this national effort to raise awareness about abuse in youth relationships and promote programs that prevent it. For more information and to register to get your school involved, click [here](#).

February is National Children's Dental Health Month

The Vermont Department of Health/Office of Oral Health (VDH/OOH) encourages you to celebrate National Children's Dental Health Month by promoting oral health in your school community. The American Dental Association has free online resources [here](#) that can help with oral health presentations, ideas for the classroom, and activity sheets. Approximately half of Vermont elementary schools participate in the VDH/OOH Tooth Tutor Dental Access Program, designed to increase the number of students in a school who access dental care. Ninety-three percent of eligible schools participate in Vermont's School Based Fluoride Mouthrinse Program. Click [here](#) to learn more

about these programs or contact Robin Miller at (802) 863-7272 or Robin.Miller@ahs.state.vt.us

Video Contest Urges Vermont Kids to Get Fit

Deadline: March 15, 2011

The Vermont Governor's Council on Physical Fitness and Sports is offering the *Vermont Fit & Healthy Kids Winter Challenge* video contest to bring attention to the important messages of "Move More, Eat More Colors, and Turn Off the Screen" to be active. For contest and prize details, click [here](#).

Vermont Institute on Health and Wellness for Youth

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 current high school students and upcoming freshman who are interested in wellness, leadership, and related careers. They provide students with direction, encouragement, and information on how to live and make healthy lifestyle choices that will stay with them into adulthood. Students leave empowered and return to their families and communities as role models. For more information and to apply, click [here](#) or call the director, Jeff Mandell at (802) 393-VIHW. Scholarships are available.

Save the Date for the 4th Annual Jr Iron Chef Vermont

March 26, 2011

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

New Materials from Health Education Resource Center

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

Check out the following NEW resources: Books: *Why People Die by Suicide*, *Resilience in Action*, *What Do You Stand For?*, *Lifelines* (curriculum), DVDs: *Shout it Out*, *A Reason to Live*, *More than Sad*.

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: A Book About Girls, boys, Babies, Bodies, Families, and Friends

This 2006 colorful 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 other questions about themselves and their bodies.

Professional Development Opportunities

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

School Emergency Management Online Courses

The U. S. Department of Education has developed a series of online courses on school emergency management. The courses are organized into two groups: the Foundation Series courses and Special Topics courses. All of the online courses provide guidelines, checklists, and specific action items for school officials to consider. The courses often include case study scenarios on emergency incidents at schools, giving learners an opportunity to practice their emergency management decision making skills. To learn more and register, click [here](#).

Eastern District Health, Physical Education, Recreation & Dance Convention

February 16-19, 2011

Branch, NJ

Register now to join other HPERD professionals for an enriching and exciting convention filled with outstanding presentations, exhibits, demonstrations, fun run, full menu of pre-convention

workshops, and special events. Especially exciting is this year's Keynote Speaker: Dr. Mehmet Oz, Daytime Emmy Award winning host of "The Dr. Oz Show." For conference details and to register, click [here](#).

Play Everyday For A Healthy Brain

February 22, 2011

Webinar

The brain needs play! The human brain is an amazing and complex organ that allows each of us to think, feel, and act. The brain systems that regulate those activities are largely shaped by experience. Learn why play is essential for optimal early brain development and why it is vital for all parents and educators to be play partners and advocates. For information and to register, click [here](#).

Ways to Involve Law Enforcement in Safe Routes to School

February 22, 2011

Webinar

This webinar will provide an overview of why it is important to seek law enforcement involvement in Safe Routes to School (SRTS) programs and how to best involve officers in SRTS efforts. The webinar will also provide information about a successful local effort that involves law enforcement in Safe Routes to School. For more information please contact Michelle Gulley at mgulley@americawalks.org. To register, click [here](#).

Energize Your Physical Education Program

March 4, 2011

Colchester, VT

If you are a 6-12 physical education teacher and are looking for innovative, cutting-edge ideas to enhance your program, this seminar has been designed for you! Award-winning physical education teacher Bob FitzPatrick will share his passion for teaching and will demonstrate many new ideas and out-of-the-box activities you can immediately use in your program. FitzPatrick will demonstrate approaches for appropriate learning environments, no-cost or low-cost equipment, and ready-to-use assessments. For more information and to register, click [here](#).

Sexual Consent Law Train-the-Trainer Workshop

March 9, 16, 23, 30 & April 6, 2011

Locations Vary by Date

Vermont middle and high schools are invited to send a youth/adult leadership team to a new Train-the-Trainer about consent and Vermont's consent law; hosted by the VT Sexual Violence Prevention Task Force. This training will support school compliance with ACT 1. The interactive workshop will prepare teams to plan and lead consent education activities for teens and adults in their school. For complete information and to pre-register a team click [here](#), contact Bethany Pombar, Prevention Specialist at the Vermont Network Against Domestic and Sexual Violence, Bethany@vtnetwork.org, or (802) 223-1302, ext. 103.

Arts In Prevention

March 10, 2011

Montpelier, VT

Participants in this workshop will learn how to integrate arts activities into strategic prevention plans and to consider special policy issues when implementing art-based prevention. Discover the different arts resources available throughout Vermont and hear how other coalitions have successfully used the arts in their prevention work. To learn more and register, click [here](#).

Making a Difference: Abstinence Curriculum

March 15, 2011

Fairlee, VT

This workshop is designed for educators of middle school students. Participants will learn to use this evidence-based curriculum to address students' personal vulnerability and boost positive attitudes about abstinence, providing the knowledge, confidence and skills necessary to negotiate sexual abstinence and reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy. For more information and to register, click [here](#).

Vermont Freemasons Comprehensive Assessment and Recovery Effort (C.A.R. E.)

March 22-23, 2011

Fairlee, VT

This intensive two-day training is free and helps schools to implement a team approach in identifying and responding to factors that contribute to a student's behavior or inability to learn such as bullying, substance abuse, depression and violence. C.A.R.E. provides attendees with practice

sessions designed to simulate real events along with presentations on Chemical Dependency, Depression and Suicide, Conflict, Anger and Violence, Communication Skills and Intervention, Family Dynamics, Enabling, Life Skills Development, Treatment and Aftercare, Group Processes and Building a Successful Core Team. Participants leave with a specific plan for behavioral interventions and a system for helping students that they can implement in their schools. For registration and other information, click [here](#) or contact Donna McAllister at donna.mcallister@state.vt.us or (802) 828-1636.

UMatter: Schools Youth Suicide Prevention Workshop

March 28-29, 2011

Brattleboro, VT

This two-day training prepares middle and high school communities to respond to the mental health needs of students and prevent suicide using the Lifelines curriculum. Schools teams should including an administrator, school counselor or nurse, health educator, and community liaison. Participating schools receive a \$500 grant for implementation. For more information and to register, click [here](#).

Webinar Series on Sexuality Education for Youth with Developmental Disabilities

March 31, 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 Sexpectations* is a webinar mini-series that explores the challenges students with developmental disabilities face when learning about sexuality. Educators and youth-serving professionals will learn strategies and techniques and walk away with resources to assist in teaching sexuality education to this group of students. To learn more and register, click [here](#).

Prevention Ethics Workshop

April 1, 2011

White River Jct., VT

Many times people who work in prevention are confronted with ethical dilemmas but are not aware that there is an established set of rules for prevention professionals. Using guidelines established by the International Certification & Reciprocity Consortium, the international body that certifies prevention professionals, this workshop explores ethical principles and issues of confidentiality that apply specifically to persons working in this field. For more information and to register, click [here](#).

National Playground Safety Inspector's Course and Exam

April 4-6, 2011

South 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. The National Playground Safety Institute (NPSI) provides the most current comprehensive training program on public playground safety available anywhere. Attendees have the option to sit for the Certified Playground Safety Inspector exam scheduled at the culmination of the certification course. For more information, click [here](#) or contact Cathy Hilgendorf at (802) 828-5402 or cathy.hilgendorf@state.vt.us.

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](#).

Save the Dates: Standards-Based Health Education and Assessment Course

May 8 - June 24, 2011

Online

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

Grant and Funding Opportunities

Do Something Grants

Deadline: rolling

Do Something.org is one of the largest organizations in the US that helps young people rock causes they care about. To get involved and apply for several grant opportunities, click [here](#).

Sara Lee Grants Active Lifestyles

Deadline: Rolling

The Sara Lee Foundation supports nonprofit organizations with clearly defined missions and programs addressing the following areas: food related programs (including food insecurity, nutrition education, and healthy and active lifestyles), women's self-sufficiency programs, and diversity through highly visible cultural programs. To learn more and apply, click [here](#).

Harvest Grants Program

Deadline: February 11, 2011

Welch's, Scholastic Publishing Company and the National Gardening Association are partnering to offer grants to support school garden programs in the belief that hands-on experiences with planting, tending, and growing gardens provide a dynamic setting for learning. This award is open to PreK-8 classrooms in the United States with a minimum of 15 students who plan to use outdoor or indoor gardens to teach students about nutrition and sustainable agriculture. Two winning schools will be selected from each state. For more information on how your school can apply for this sponsorship, please download the application form [here](#).

Fuel Up to Play 60 Funding Opportunities

Deadline: February 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. Funds for FUTP60 may be used for school wide promotional activities to support the program as well as for the implementation of specific Healthy Eating and Physical Activity Plays. All schools signed up for FUTP60 that have a Program Advisor are eligible for up to \$3000. Click [here](#) to enroll for the program and to apply.

Girls and Women Youth Development Grants

Deadline: February 15, 2011

The purpose of the grant from the Open Meadows Foundation is to support projects led by and benefiting women and girls, particularly those from vulnerable communities. Multiple grants of up to \$2,000 each will be awarded. Nonprofits are eligible to apply, and small and start-up organizations are especially encouraged to apply. Click [here](#) to learn more.

Lowes Toolbox for Education Grant

Deadline: February 18, 2011

Lowes Charitable and Educational Foundation knows how hard you work for your kids and your community and we're dedicated to helping your parent-teacher group achieve even more for your school. Apply for our \$5000 Toolbox for Education Grant now and build on your already impressive parent group success with Lowes. For more information and to apply, click [here](#).

Health Education and Technology Contest

Deadline: March 1, 2011

The Health Education Directory (HEDIR) and Walden University seek to recognize health educators, faculty, and/or students who are utilizing technology (e.g. social media; web 2.0) in the field of health education. Do you have an innovative idea, example or case study to share with our profession? As an individual or group, submit screen shots, video and/or video links, along with a one-page written summary, to jody.early@waldenu.edu for a chance to win recognition and a \$500 prize. For more information, please contact Dr. Jody Early at jody.early@waldenu.edu or Dr. Mark Kittleson at kittle@nmsu.edu.

Friends of Burlington Gardens Mini Grants

Deadline: March 15, 2011

Friends of Burlington Gardens has announced that forty \$1000 mini-grants will be awarded this spring to groups developing or expanding school community gardens in Vermont. The grant's purpose is to establish a state-wide, school-based gardening initiative that teaches Vermont children

and youths how to grow fresh produce using land on or adjacent to public school campuses. The goal is to develop sustainable garden sites that will serve Vermont schools and communities for many years. The program provides reimbursements for garden infrastructure items. Funding for the mini-grant program is provided through a federal grant secured by the Vermont Community Foundation and Friends of Burlington Gardens, with support from Senator Bernie Sanders. Information about eligibility and grant planning workshops is available [here](#).

Braitmayer Foundation Education Grants

Deadline: March 15, 2011

The Foundation supports K-12 education throughout the US. Of particular interest are proposals up to \$35,000 for 1) curricular and school reform initiatives or 2) preparation of and professional development opportunities for teachers, particularly those which encourage people of high ability and diverse background to enter and remain in K-12 teaching. For more information, click [here](#).

2012 Food Service Equipment Grants

Deadline: April 1, 2011

The Vermont Department of Education Child Nutrition Program is pleased to announce that 2012 Food Service Equipment Grant funds are available to schools participating in the School Lunch and School Breakfast Programs and to schools who wish to implement the School Lunch or Breakfast Program. Grants are available as matching funds to support the purchase of food service equipment that will improve the infrastructure of food production and service and may also be used to support the purchase of computer point of sale meal counting and claiming systems to ensure program accountability and integrity. The application is available to download [here](#). For more information please contact Cheryl Barrows at (802) 828-2447 or cheryl.barrows@state.vt.us.

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. AAD also provides a permanent sign to be displayed near the shade structure that promotes the importance of sun safety. The AAD will award thirty to thirty-five grants valued at a maximum of \$8,000. To be considered for a grant, applicants must be a nonprofit organization or public school that primarily serves children age 18 and younger. 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](#).

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