

Vermont Department of Education Linking Health & Learning e-Bulletin

January, 2011

News and General Announcements

2011 Fit and Healthy School Wellness Awards

Apply by February 4, 2011

Show off your school! The Fit and Healthy School Wellness Awards recognize schools with policies and practices that prioritize healthy outcomes for children and staff, and promote innovative ways to improve health and learning in schools. All applicants will receive an award banner. In addition, top scoring schools in several categories will win cash prizes of \$3,000.00, \$2,000.00 or \$1,000.00 to support school wellness activities. Winners will be notified by February 25, 2011 and will be announced in the state legislature in March. All applicants will be invited to an awards event at the annual VTAHPERD Wellness Walk in Montpelier May 11, 2011. To apply online, click [here](#). This award program is co-sponsored by Action for Healthy Kids Vermont, New England Dairy & Food Council, the Vermont Departments of Health and Education, and the Vermont Education Health Initiative (VEHI). For more information contact Lindsay Simpson at (802) 828-1461 or lindsay.simpson@state.vt.us.

Enhance Student Learning by Supporting a Coordinated Approach to Health

The National School Boards Association (NSBA) and the American School Health Association (ASHA) have developed parallel documents to help school boards and administrators enhance student learning by supporting a coordinated approach to health. These two documents can help to better communicate how school boards and administrators can support a coordinated approach to health that contributes to academic achievement. The documents also provide information on why and how school leaders can take action. To view the documents, click [here](#).

Vermont YRBS Data Brief - Marijuana Use

The Vermont Department of Health has compiled a state-wide data brief on youth marijuana use. This document can be accessed [here](#). For more information contact Erika Edwards at (802) 863-7246 or erika.edwards@ahs.state.vt.us.

New Fitnessgram Standards

Fitnessgram has posted an archived copy of recent a webinar that communicate changes to the standards, the science behind the new standards, and their impact for administrators, teachers, and students. To view the session on your own schedule, click [here](#). Current users are encouraged to download the most recent updates to the Fitnessgram software. To learn more, click [here](#).

School Employee Wellness Awards

Apply by February 1, 2011

The Directors of Health Promotion and Education (DHPE) have created an awards program to recognize schools and school districts which demonstrate commitment to the health of their employees by implementing school employee wellness programs. Awards are based on the nine steps for establishing a school employee wellness program, outlined in *School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools*. To learn more and apply, click [here](#).

Healthy People 2020

The Department of Health and Human Services announced the release of its *Healthy People 2020* recommendations. "Too many people are not reaching their full potential for health because of preventable conditions," said Assistant Secretary for Health Howard K. Koh, M.D., M.P.H. "Healthy People is the nation's roadmap and compass for better health, providing our society a vision for improving both the quantity and quality of life for all Americans." A website is now dedicated to *Healthy People 2020*, which can be accessed [here](#).

Expanded Coordinated School Health Website from DASH

CDC's Division of Adolescent and School Health (DASH) has launched an expanded website about Coordinated School Health (CSH). The website provides answers to frequently asked questions about CSH, key goals, a model framework for planning, strategies for implementing and evaluating a coordinated approach to school health, fact sheets on the status of school health programs and policies, and more. To visit the website, click [here](#).

Changes Needed for Healthy Eating and Physical Activity in Elementary Schools

A comprehensive new report from *Bridging the Gap* and the Robert Wood Johnson Foundation shows that elementary schools across the nation commonly offer their students junk food and soda, serve meals that do not meet current dietary guidelines, and provide little time for physical activity. The report, click [here](#), highlights key findings, presents data in user-friendly figures and tables, and describes policy opportunities.

Child Nutrition Reauthorization: Eight Facts You Need to Know NOW

Food Research Action Group provides a summary of the reauthorized Child Nutrition Act [here](#).

FITStep Pedometers for Loan

The Department of Education now has available for loan two sets of 15 [FITStep pedometers](#). This unique pedometer tracks moderate-to-vigorous physical activity time, steps and total activity time - a great tool for program and student assessment. If you would like to borrow the pedometers contact Lindsay Simpson at lindsay.simpson@state.vt.us or (802) 828-1461.

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.

My Changing Life: The Complete Guide to Puberty is a 16-minute DVD (2006) that provides a consistent and education-focused theme about puberty, normalcy, and acceptance. As youngsters move towards, into, and through puberty many important changes will take place in their bodies. Learning to understand these physical changes as "normal" will greatly reduce angst and assuredly assist in the acceptance of self. One version covers basic puberty concepts and focuses on the changes unique to boys, another for girls. Both DVDs are best suited for upper elementary students. 2006

You, Your Body and Puberty is a 24-minute DVD (2004) for middle school students. This program presents an introduction to puberty through the story of four friends. The remarkable journey from child to adult is biological, physical and emotional. It is exciting and sometimes confusing to grow up. Viewers will learn what is "normal" for boys and girls at puberty: the biological facts of physical maturation; the timeline for growth for both sexes; the normal feelings of self-consciousness; the need for good personal hygiene; why mood swings happen; and, preparation of the body for human sexuality and reproduction. Resources include pre/post tests and a variety of student activities.

Professional Development Opportunities

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

Managing Asthma in the School Environment

Rolling

Online

With childhood asthma on the rise, a new online training program gives educators the tools to help students better manage their asthma while at school. The free, 1.5 hour course addresses causes, signs and symptoms of asthma as well as asthma triggers, key elements of asthma control, and strategies for creating asthma-friendly schools. Finally, it suggests changes that can reduce asthma triggers. To participate, click [here](#).

Reducing the Risk for Middle School

January 12, 2011

Montpelier, VT

This health education curriculum is designed to build skills that prevent pregnancy, HIV and STDs. The 16 well-defined lessons clearly emphasize refusal statements, delay tactics and alternative actions that students can use to abstain or avoid unprotected sex. This workshop provides specific guidelines for class activities, background information for teachers, and the complete curriculum. For more information and to register, click [here](#).

Getting Started with Service Learning

January 13, 2011

Colchester, VT

This one-day, no-cost training will be offered by KIDS Consortium. By the end of the day, participants will understand the importance of community partnerships, student ownership, and connections to learning objectives that define service-learning projects and will be able to plan a high quality service-learning project of their own! Though the training emphasis will be on prevention, anyone is free to register. To download an informational flyer, click [here](#). To register, click [here](#). If you have questions email kate.jarose@state.vt.us or call (802) 828-0565.

Advancing Positive Youth Development Through Advocacy and Policy

January 20, 2011

Online

Participants in this webinar will have the opportunity to learn how they can directly impact youth through advocacy and policy efforts that advance positive youth development. The webinar is presented by The Forum for Youth Investment which is a nonprofit, nonpartisan "action tank" dedicated to helping communities and the nation make sure all young people are ready by age 21 for college, work and life. For more information and to register, click [here](#).

Advanced Not On Tobacco (N-O-T) Facilitator Trainings

January 20, 2011

Rutland, VT

January 21, 2011

Williston, VT

Not on Tobacco (N-O-T) is an evidence-based tobacco cessation program serving regular smokers 14 through 19 years of age who are most likely addicted to nicotine. This workshop is designed as a N-O-T curriculum review with a segment on case studies to increase your capacity to recruit and retain participants and address issues confronted by teen smokers using real case studies developed by N-O-T facilitators. For more information and to register, click [here](#).

Coalition Development

January 21, 2011

Montpelier, VT

Participants in this workshop will explore coalition readiness, community change theory and the ecological perspective. They will identify developmental tasks of teams/coalitions, develop strategies to address the issues identified by teams and use specific tools to enhance team/coalition building. Participants will receive a free curriculum with registration. For more information and to register, click [here](#).

Alcohol, Tobacco, and Other Drugs Education Course

January 23 - March 18, 2011

Online

This interactive, online survey course covers the full range of critical topics related to alcohol, tobacco and other drugs education, prevention and intervention. Designed for adults who work with children or family systems and for educators (grades pre K-12 as well as higher education), the content of the course includes: pharmacology, chemical use continuum, chemical dependency in the family, societal and personal attitudes, policy and legal issues, support and referral for students in distress, curriculum development, school climate and drinking and driving. To learn more and register, click [here](#).

Working with Your Legislator

January 26, 2011

Montpelier, VT

Come learn the basics of the Vermont Legislature, and how you can work more effectively with your elected officials. Registration is free, but we ask that you attend with your local Tobacco Use Prevention Coordinator. Download an informational flyer [here](#). If you have questions about the training, or need help identifying your supervisory union's or district's coordinator, contact Kate Larose at kate.jarose@state.vt.us or (802) 828-0565.

Save My PE Program Webinar

January 26, 2011

Online

If your physical education program is in danger of being cut then this new and practical webinar is perfect for you. Receive contact hours and get advice and tips on what you can do for yourself, in your school and in the community to save your quality physical education program during this hour long webinar starting at 3:00 PM EST. The cost is \$30 for AAHPERD members and \$45 for non-members. For more information and to register, click [here](#).

The Road to Resiliency: Addressing Youth Risk Factors

February 3, 2011

Montpelier, VT

The road to resilience leads to prevention. Participants will hear about the research base that supports resiliency strategies, explore their own level of resiliency and learn how to nurture resiliency in others. For more information and to 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, and a full menu of pre-convention workshops. 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](#).

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](#).

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.

**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

Get Into It Grant

Deadline: January 19, 2011

Special Olympics is partnering with Youth Service America to offer grants designed to help bring together students of all abilities to fight childhood obesity in their schools and communities. The Grants of \$500 or \$1,000 will be awarded to help youth create and implement local hands-on programs designed to fight childhood obesity. To learn more and apply, click [here](#).

Summer and Extended Learning Opportunities Initiatives

Deadline: February 4, 2011

Through the combined work of the Vermont Department of Education and Senator Bernard Sanders, a new grant award entitled "Summer and Extended Learning Opportunities Initiatives" is now available. This grant opportunity is for \$500,000 over the course of three years and comes to Vermont through the United States Office of Juvenile Justice. It is available for many different types of agencies to apply. For more information, click [here](#) or contact Andy Snyder at (802) 828-1086 or andy.snyder@state.vt.us.

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.

Lowes Toolbox for Education Grant


Deadline: February 18, 2011

Apply for the \$5000 Toolbox for Education Grant from Lowes Charitable and Educational Foundation. For more information and to apply, click [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](#).



As a service to its users, the Department of Education offers links from its website to resources and websites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

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