

Vermont Department of Education Linking Health & Learning e-Bulletin

June, 2011

Please Return All Health Education Resource Center (HERC) Materials

As of May 13th the HERC has been closed to accommodate an extensive office construction project. We apologize for any inconvenience this may cause. [Please return all borrowed items by May 31, 2011.](#) It is anticipated that the HERC will resume operation for the beginning of the 2011-2012 school year. Happy summer!

Health Education Resource Center
Vermont Department of Education
120 State Street
Montpelier, VT 05620
DOE-HERC@state.vt.us
(802) 828-0543

Professional Development Opportunities

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

Announcing the Launch of Vermont Community of Health Educators

The Vermont Department of Education student health and learning team is offering an intensive, on-going professional development and networking opportunity for health educators. The Vermont Community of Health Educators (VCHE) provides members with a dynamic network of professional and personal support including professional development tailored to the needs of health education professionals, as well as opportunities to connect with health educator colleagues for rich and meaningful discussions about the state of health education across Vermont and nationally. Click [here](#) for more information and the link to apply.

On Demand Healthy Literacy Professional Development

Self-scheduled

Online

The United Health Foundation and the National Education Association (NEA) Health Information Network have launched a new online professional-development workshop for K-12 teachers designed to enhance students' abilities to make personally appropriate health and well-being decisions. With a fast changing health care system, students need knowledge and skills to allow them to move successfully into adulthood. By building student health literacy, educators can help to ensure that students have both. Health literacy is the capacity to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways that are health-enhancing. The modules are available at no cost and can be accessed [here](#).

Sharing Strategies to Prevent and Respond to Sexual Violence

June 22

Castleton, VT

This is a no cost training for middle, high school, and higher education professionals. Joan Tabachnick, trainer and author on engaging bystanders and perpetrator prevention, will provide a keynote and workshop. Other offerings will provide skills and identify resources for age appropriate prevention strategies. To register contact Anne Liske at anne.liske@uvm.edu or for a copy of registration materials click [here](#).

Identifying Essential Standards and Writing Your Course Curriculum

June 23, 27, 28, plus follow-up dates

Clarendon, VT

Students will spend in and out of class time developing or refining their content curriculum guides and curriculum units. This work will be guided by a sequential process. Please contact Bernie Peatman by phone (802) 238-0455 or e-mail bpeatman@rssu.org with questions.

Spark Your School: The Mind-Body Classroom Connection

June 27 - July 1

August 8 - August 12

This hybrid course is designed for educators to tap K-8 students' physical energy, calm their bodies and minds, and expand their focus and brainpower. Participants will become versed in how the brain learns best, based on the neuroscience behind "Spark: The Revolutionary New Science of Exercise and the Brain" by Dr. John Ratey and the contemplative practice work of Linda Lantieri. Learn to build a sturdy three-legged classroom management stool: daily movement, music and mindfulness, custom transitions and classroom agreements. To learn more and register, contact Darienne Oaks at darienne.oaks@gmail.com.

Online/S. Burlington, VT

Online/Middlebury, VT

Webinar: Supporting LGBTQ Youth in Our Schools and Communities

June 28

Online

LGBTQ youth face unique challenges in our schools and communities that put them at statistically higher risk for social isolation, bullying, and suicide. Please join us for an informative discussion about fostering a positive school and community climate for middle and high school youth regardless of their sexual orientation, gender expression or gender identity. The webinar will be held at 4:00 pm EST. To register, click [here](#). Contact Melanie Puerto with questions at melanie.puerto@omh.ny.gov.

Adventure Education Course

July 5 - July 8

Castleton, VT

This course is based on the Project Adventure Model - an interrelated and sequential approach to Adventure Education for the Physical Education class or any classroom environment. Students will review some cooperative warm ups, non-traditional games, trust activities, and problem solving initiatives. The class will also explore low and high ropes challenge course, climbing walls, and related content. To learn more and register, click [here](#).

HIV/AIDS and STI: Instructional Strategies for Student Engagement

July 18 - August 12

Online

This five-week course focuses on instruction in HIV and sexually transmitted infections, using current information and best-practice teaching strategies for enhanced student engagement and learning. Students will engage in a variety of learning activities including online group discussions, individual research activities, peer interaction, and reflection. To learn more and register, click [here](#).

Driver Education: In Vehicle Teaching Techniques

August 1 - August 6

Barre, VT

To learn more and register, click [here](#).

Child Nutrition Summer Institute

August 8 - August 12

Barre, VT

The Child Nutrition Programs Summer Institute provides a range of one, two, and three day courses for school and child care food service personnel. Course topics include: exploring whole and local foods that fit the new 2010 Dietary Guidelines, hands-on cooking activities, and an informational session on the Fresh Fruit and Vegetable Program. For more details and to register, click [here](#) or contact Cheryl Barrows at (802) 828-2447 or cheryl.barrows@state.vt.us.

Vermont Health Educators' Summer Institute

August 18 - August 19

Stowe, VT

This two day event features Catriona McHardy, sexuality trainer with national recognition for excellence in professional development. During this workshop participants will examine aspects of sexuality including adolescent sexuality, discuss latest topics and trends in the field of sexuality, and explore cutting edge research in sexuality. Click [here](#) for more information. Register with the Vermont Higher Education Collaborative at www.vthec.org.

VT Consent Campaign Fall Training Series

September 27

September 29

October 4

Lyndon, VT

Springfield, VT

Winooski, VT

**October 6
October 13**

**Castleton, VT
Barre, VT**

Vermont middle and high schools are invited to send a youth/adult leadership team to the second round of the VT Consent Campaign Train-the-Trainers; hosted by the VT Sexual Violence Prevention Task Force. This training will support schools' compliance with ACT 1. Five regional training opportunities will be available for Fall of 2011. The interactive workshop will prepare teams to enhance and incorporate sexual consent education activities in their school communities. There is no registration cost. For complete information and to register a team, contact Bethany Pombar, Prevention Specialist at the Vermont Network Against Domestic and Sexual Violence, Bethany@vtnetwork.org, or (802) 223-1302 x103.

**Save the Date: "Greet the Challenge: Embracing Change in School Nutrition Programs"
October 21 - October 22**

Fairlee, VT

Join your colleagues for great workshops, a vendor show, and evening entertainment. Look for more details in August or contact Abbie Nelson at abbie@nofavt.org.

News and General Announcements

New Position Statements from NASPE

The National Association for Sport and Physical Education (NASPE) has published three new position statements that address the following topics (click [here](#)):

- *Physical Education is Critical to Educating the Whole Child*
- *Code of Conduct for P-12 Physical Educators*
- *Access to AEDs on School Campus*

YRBS Data Brief: Bullying

Vermont YRBS Data Briefs provide detailed analyses of behaviors that contribute to the leading causes of death, disease, and injury among youth. This month's YRBS data brief is on bullying. To view this brief, click [here](#). Contact Erika Edwards at (802) 863-7246 or erika.edwards@ahs.state.vt.us with questions.

Free Resource: Reducing Adolescent Sexual Risk

ETR Associates is proud to present *Reducing Adolescent Sexual Risk*, an exciting new book by Douglas Kirby, PhD, and his colleagues, long known for their groundbreaking work on adolescent sexuality. This resource is available free as a downloadable PDF [here](#).

Free Bike Skills Training Equipment Loaner Program

Thanks to a generous sponsorship from MVP Health Care, Local Motion is offering Vermont elementary and middle schools free use of a complete set of resources for conducting on-bike skills trainings. Resources include delivery and pickup of a secure trailer with 45 high-quality youth bikes in various sizes; all training equipment and supplies for conducting trainings; plus a bike skills training guide. We prioritize and reach out actively to schools serving students from low- and moderate-income families. In order to keep costs down, we must charge for mileage and drive time for any school that is located more than 45 minutes from Burlington. For more information about this program, click [here](#). To reserve the trailer, contact Jason Van Driesche at jason@localmotion.org or (802) 861-2700 x109.

After School Energizers: Classroom Based Physical Activities

After-School Energizers include physical activities and movements that K-8 students will enjoy doing in an after-school environment. The activities help students feel connected to an after-school program while reinforcing academic skills, life skills and character development. To download a free copy of this resource, click [here](#).

Call For Proposals - VTAHPERD Conference: "An Adventure in Wellness"

The Vermont Association for Health, Physical Education, Recreation and Dance (VTAHPERD) is pleased to announce a 2 year conference commitment with the Stoweflake Mountain Resort and Spa. This luxury property features a golf course, spin cycle room, mirrored dance studio, weight room, racquet ball court, indoor pool and outstanding food services. Attendees will enjoy discounts

on hotel rooms, spa services, and evening meals. These facilities are available for use during workshops. Proposals are due by August 1st. Click [here](#) for a proposal form and to learn more. Speakers will receive a conference registration discount. Sponsorships and conference exhibitor packets are also online. Contact Louise Deguise at louise.deguise@gmail.com with questions.

Call for Proposals - School Nutrition Association Conference

The School Nutrition Association of Vermont seeks proposals for workshops at its annual conference on October 21-22, 2011 in Fairlee, VT. For more information, including details about workshop themes, click [here](#) or contact Abbie Nelson at abbie@nofavt.org or (802) 434-4122.

Champ Camp for Kids with Asthma (CCKA)

July 31 - August 5

Sponsored by the American Lung Association (ALA), this summer camp returns to Coutts-Moriarty Camp in Derby, Vermont. The ALA offers full scholarships for children ages 8-12 with moderate to severe asthma to attend this five-day residential camp. CCKA gives children with asthma an opportunity to attend summer camp and participate in a variety of traditional camp activities that are integrated with asthma management instruction from medical professionals. For information and to apply, click [here](#) or contact Ron Douglass at rdouglass@lungne.org or (802) 876-6862.

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. We 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.

Grant and Funding Opportunities

Ben & Jerry Grants

Deadline: Rolling

Ben & Jerry's Foundation, Inc. gives on a national basis, with emphasis on St. Albans, South Burlington, and Waterbury, VT. The foundation supports organizations involved with the environment, employment, health, agriculture, housing, youth citizenship, civil rights, community development, civic affairs, minorities, women, immigrants, economically disadvantaged people, and the homeless. Special emphasis is directed toward programs designed to facilitate progressive social change and environmental work. To learn more and apply, click [here](#).

Public Prevention Health Fund: Community Transformation Grants

Deadline for Letter of Intent: June 6, 2011

Deadline for Application: July 15, 2011

The purpose of this program is to create healthier communities by 1) building capacity to implement broad evidence and practice-based policy, environmental, programmatic and infrastructure changes, as appropriate, in large counties, and in states, tribes and territories, including in rural and frontier areas and 2) supporting implementation of such interventions in five strategic areas (Strategic Directions) aligning with Healthy People 2020 focus areas and achieving demonstrated progress in the following five performance measures outlined in the Affordable Care Act: 1) changes in weight, 2) changes in proper nutrition, 3) changes in physical activity, 4) changes in tobacco use prevalence, and 5) changes in emotional well being and overall mental health, as well as other program-specific measures. State and local governmental agencies and state and local non-profit agencies are eligible to apply. Click [here](#) for more information.

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. The organization is accepting applications for its grant program. Grants are open to nonprofit organizations that initiate and support running and fitness programs for kids. 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.

Fuel Up™ Breakfast Grants 2011-2012

Deadline: July 31, 2011

General Mills Foodservice is joining forces again this upcoming school year with National Dairy Council® as the 2011 Fuel Up™ Breakfast Sponsor, supporting grants to expand school breakfast. Grants are available to schools starting a new breakfast program or improving an existing one and have enrolled as a FUTP60 school. Applications are available [here](#).

Heart Rate Monitor Grant for Vermont Physical Education

Deadline: September 16, 2011

For the purchase and implementation of heart rate monitors in physical education, the Vermont Department of Education will award grants to schools serving one or more of the following grades: 7-12. Up to three schools will be awarded \$8,200. Eligible schools are invited to submit an application found [here](#). Please contact Lindsay Simpson at lindsay.simpson@state.vt.us or (802) 828-1461 with your intent to apply or any questions.

CVS Caremark Community Grants

Deadline: October 31, 2011

The CVS Caremark Community Grants program awards funds to nonprofit organizations targeting children with disabilities, projects that focus on healthcare to the uninsured and underserved, and to public schools. Selected organizations meeting the above criteria will be eligible to receive awards up to \$5,000. For more information and 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