

Vermont Department of Education Linking Health & Learning e-Bulletin

March, 2011

News and General Announcements

Vermont YRBS Date Brief: Behaviors of Eighth Grade Students by School Type

This data brief addresses whether eighth graders who attend school with older students (K-12; 6-12; 7-12) have different risk behavior rates than students who do not (K-8; 5-8; 6-8; 7-8). Click [here](#) to view. This data brief also looks at differences in attitudes and perceptions of substance use among these two groups. For questions contact Erika Edwards, VDH statewide YRBS coordinator, at erika.edwards@ahs.state.vt.us; or, Kate O'Neill, DOE YRBS contact or kathryn.oneill@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. In an effort to prepare schools and other community organizations for summer vacation, the Vermont Department of Education is partnering with Hunger Free Vermont to offer a series of webinars. The webinars are designed to support brand new summer food programs, as well as established programs looking for new and innovative ideas. To register for the webinars, click [here](#). 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.

Child Nutrition Programs: Free & Reduced Eligibility Report for 2010-2011

The Vermont Department of Education's Child Nutrition Program has published a report that indicates the number and percent of eligible students in our schools who participate in the school lunch program. Click [here](#) to access the entire report.

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 youth 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](#).

4th Annual Jr Iron Chef Vermont

March 26, 2011

Essex, VT

They've been seasoning their skillet, sharpening their knives, heating up their school kitchens, and on Saturday March 26, 65 teams of Middle and High School students from across the state will compete for the title of Vermont's Jr. Iron Chefs! The event is being held at the Champlain Valley Exposition from 9:30 am-3:30 pm. Each team will create a delicious dish using seasonal, local foods, which can be easily prepared for school food service menus. Spectators are invited to enjoy games, fun activities for children, awesome t-shirts and gifts, food samples, and information about farming and food education, while supporting their hometown teams. All proceeds from the event will strengthen Farm to School programs across the state. For more information, click [here](#).

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](#).

Save the Date: VTAHPERD Annual Intergenerational Wellness Walk

May 11, 2011

Montpelier, VT

For more information contact Susan Yesalonia, syesalon@norwich.edu or (802) 485-2311.

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 current high school students and upcoming freshman 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.

New Materials from Health Education Resource Center

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

It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families

This 1999 illustrated children's book by Robie Harris and Michael Emberley provides age-appropriate answers to children's many questions on the topic of eggs, sperm, girls, boys, bodies, love, pregnancy, birth and many other topics.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health

This 2009 illustrated book by Robie Harris and Michael Emberley provides pre-teens and teens honest, reliable, accurate and accessible information to answer their questions and concerns about puberty, changing bodies, reproduction, sex, sexual health, pregnancy, birth and families.

Professional Development Opportunities

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

Free Online Violence Prevention Course

Each year, more than 53,000 people lose their lives to violence. In addition to the tremendous physical and emotional toll, violence has substantial medical and lost productivity costs. CDC is helping the nation prevent violence by offering a free online course that is available 24 hours a day, seven days a week. It's called Principles of Prevention. The course—which offers continuing education credits—teaches key concepts of primary prevention, the public health approach, and the social-ecological model. To learn more click [here](#) or contact Jennifer Middlebrooks at jod5@cdc.gov.

Tell Your Story With Social Media

March 8, 2011

Webinar

Determine when to supplement your coalition's online presence with blogs, podcasts, videos, Facebook profiles and Twitter feeds in order to broadcast your coalition's messages. With examples from coalitions around the country, we'll discuss why social media shouldn't replace traditional marketing efforts and describe the goal of building relationships and encouraging conversation. To learn more and 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](#).

Sexual Consent Law Train-the-Trainer Workshop

March 23, 30 & 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. 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 contact Bethany Pombar, Prevention Specialist at the Vermont Network Against Domestic and Sexual Violence, Bethany@vtnetwork.org, or (802) 223-1302, ext. 103.

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. School teams should include 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](#).

Marijuana: Use, risk and protective factors, and strategies of prevention

March 28, 30 & 31, 2011

Webinar

This free webinar series is designed so that participants will be able to a) understand and identify consequences of non-medical marijuana use; b) identify protective and risk factors most strongly associated with non-medical marijuana use; and c) learn evidence-based and promising strategies to prevent non-medical marijuana use and progression onto negative consequences. To learn more and register, click [here](#).

2nd Annual Parents, Educators, and Principals Conference

March 30, 2011

Randolph, VT

During this event schools will collect ideas and tools to engage all families in encouraging every child to explore, learn, and succeed in school. The keynote speaker is Dr. Joyce Epstein, author of over 100 publications on school, family, and community partnerships to improve student learning. Dr. Epstein is also director of the Center on School, Family, and Community Partnerships and creator of The National Network of Partnership Schools. For more information and to register, click [here](#). Conference questions should be directed to Ariel Darby at adarby@vtnea.org or (800) 649-6375. PIRC-VT is offering parent scholarships to attend. Please contact Lindsay DesLauriers at Lindsay.deslauriers@vtfn.org or (800) 800-4005 for information.

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 Expectations* 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](#).

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

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. 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](#).

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](#).

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

Save the Date: 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

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.

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. 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](#).

NASPE/ING Run for Something Better School Award Program Grants

Deadline: May 1st, 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](#).

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](#).

U.S. Tennis Association Facility Assistance and Funding Available

Deadline: Rolling

The USTA provides numerous resources to communities who are renovating existing tennis facilities as well as building new ones. Some of the resources include: concept drawings, bid specifications, construction and maintenance manuals, and programming assistance for maximum court utilization. To learn more and 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