

Vermont Department of Education Linking Health & Learning e-Bulletin

May, 2011

News and General Announcements

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.

YRBS Data Brief: Race and Ethnicity

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 data brief assesses differences in a variety of risk and protective behaviors between white non-Hispanic students and students who identify as part of a racial or ethnic minority group. To view this brief, click [here](#). Contact Erika Edwards at (802) 863-7246 or erika.edwards@ahs.state.vt.us with questions.

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 and application are available [here](#) (scroll down to YRBS Student Analysis Project overview). For more information contact Helen Beattie at hnbeattie@gmail.com or Kate O'Neill at kathryn.oneill@state.vt.us or (802) 828-5151.

Move-to-Improve: Classroom Physical Activity Resources

Designed by the New York City Department of Education (DOE) and the New York City Department of Health and Mental Hygiene (DOHMH) these resources were created to increase physical activity among students in grades K-5. Move-to-Improve helps elementary school teachers integrate grade-level academic concepts and physical activity in a 10-minute educational lesson. To access resources, click [here](#).

The Healthy School Communities Model: Aligning Health & Education in the School Setting

New from ASCD, this publication sets out the need and steps – or levers – for health and education to be better aligned in the school setting. It proposes a change in the way we have typically viewed health and education and the role of schools in the development of the Whole Child. To access this publication, click [here](#).

CDC Launches New Health Literacy Web Site and Blog

The Centers for Disease Control and Prevention (CDC) has launched a new health literacy website. Click [here](#) to find information and tools to improve health literacy and make health information accurate, accessible and actionable for all. In addition, the health literacy blog ([here](#)) provides a forum for commentary and discussion of vital issues in health literacy improvement.

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.

New Report on Effectiveness of School Discipline Policies

A new Child Trends brief highlights rigorously evaluated, nonpunitive alternatives to zero tolerance that have shown promise in improving school safety and student outcomes. The brief also finds a lack of rigorous research on the effectiveness of zero tolerance school discipline policies, and the existing research shows no evidence that these policies decrease school violence. To access this publication, click [here](#).

Call for Workshop Proposals - School Nutrition Association

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.

Seeking Art Submissions

Imagine a world without violence. How can you make it happen in your relationships, school or community? The Vermont Network Against Domestic and Sexual Violence is looking for art submissions from K-12 students for a 2011/2012 school year calendar. Students may use any printable media: drawings, paintings, collage, computer art, etc. For a registration form, contact Bethany Pombar at Bethany@vtnetwork.org or (802) 223-1302 x 103.

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.

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.

Sexual/Domestic Violence: Prevention, Intervention, and Healing Through the Arts

Ongoing

TBD

SafeArt (click [here](#)) program participants learn to facilitate a safe, supportive, creative, interactive environment that encourages young people to identify and express personal issues. Topics include: identification and prevention of abuse; recognizing power and control; basic art concepts; developing inherent creativity; understanding trauma's effects. Workshops are designed to assist schools to comply with Act One requirements. K-12 residencies are available. For more information contact Sarah Kathleen Matzke at smatzke@safearr.org or (802) 685-3138.

Prevention 101

May 4, 2011

Rutland, VT

This workshop introduces the culture and attitudes of drug use in Vermont. Review the public health and community development models of prevention. Leave with a comprehensive substance abuse prevention plan addressing risk and protective factors, and the ability to access and effectively employ resources available to the prevention workforce. For information and to register, click [here](#).

USGA Rules of Golf Virtual Seminar

May 5, 2011

Various VIT sites

Attend this virtual seminar from 6:30 - 8:30 pm via VIT video conference in Brattleboro, Lyndonville, Middlebury, Montpelier, Rutland, White River Junction or Williston. Each attendee will receive a USGA Rules of Golf book. Reservations are required; please contact Richard Mihlrud at (802) 645-1907 or rmihlrud@myfairpoint.net.

Farm to School Workshop

May 5, 2011

Poultney, VT

Join Farm to School enthusiasts to celebrate the rapidly emerging Farm to School programs and initiatives. 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.

Inaugural Healthy School Communities Virtual Conference

May 10-13, 2011

Online

Please join ASCD's Healthy School Communities (HSC) for the first ever *Healthy School Communities Virtual Conference*. Take part in this free conference to learn more about health and learning. HSC staff, mentor and mentee HSC sites, ASCD authors, other invited speakers and guests will present sessions that demonstrate and share stories about what's working in health and learning across the U.S. and Canada. To register and preview the speakers and session schedule, 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. This model will help schools build capacity and assure that appropriate staff are trained in the use of physical intervention. For 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.

Webinar: Supporting LGBTQ Youth in Our Schools and Communities

May 10, 2011

Online

June 28, 2011

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. Both webinars will be held at 4:00 pm EST. To register for the May 10th event, click [here](#). To register for the June 28th event, click [here](#). Contact Melanie Puerto with questions at melanie.puerto@omh.ny.gov.

UMatter: You Can Help Post-vention

May 13, 2011

Montpelier, VT

This training in post-vention focuses on reducing the risk of more suicides and promoting healing following a suicide. Training teaches strategies to encourage help-seeking, reduce stigma, promote healing for survivors and provide training in messaging for media inquiries. Participants are then eligible to attend a post-vention training-of-trainers workshop in June. To register, click [here](#).

Asthma Control: An Update for School Nurses in School-based Asthma Management

May 16, 2011

Online

This webinar, sponsored by the American School Health Association, will provide school nurses with information on the six guidelines-based priority messages from the NAEPP's Guidelines Implementation Panel (GIP) Report, as well as advances in school-based asthma management and techniques to overcome barriers to controlling asthma in the school setting. For more information and to register, click [here](#). If you have any questions regarding the upcoming webinar, please contact Kate Eig Hurwitz, at kehrwitz@ashaweb.org.

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

Prevention Ethics

May 23, 2011

White River Jct., VT

This workshop explores ethical principles and issues of confidentiality that apply the prevention workforce. Role-playing, discussion and didactic presentations provide participants with a better understanding of the part ethics plays in prevention. Participants will be able to describe and apply the basic principles of the prevention code of ethics. For information and to register, click [here](#).

Standards-Based Health Education and Assessment Course

May 23 - July 1, 2011

Online

For more information or to register for this two credit course, click [here](#).

Community Organizing

May 24, 2011

Randolph, VT

Effectively engage and mobilize local constituency for greater impact. Gain a framework for understanding community organizing and key related concepts, including relationship building, recruitment, identifying and developing leaders, action planning and campaign mapping. For information and to register, click [here](#).

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

Save the Date: Prevention Institute 2011

June 22, 2011

Castleton VT

This is an opportunity to share strategies to prevent and respond to sexual violence in high schools and on college campuses. Workshops are designed to address the needs of secondary and higher education administrators, educators and community partners. There is no cost to attend. Contact

Anne Liske at anne.liske@uvm.edu with questions.

Spark Your School: The Mind-Body Classroom Connection

June 27 - July 1, 2011

August 8-12, 2011

Online/S. Burlington

Online/Middlebury

Join Darienne Oaks and others in this hybrid course to discover how to tap your K-8 student's 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 register for the June course, click [here](#) or contact Darlene Worth at worth@champlain.edu or (802) 497-1642. To register for the August course, contact Sharon Fletcher at sfletcher@acsu.k12.vt.us.

HIV/STIs: Instructional Strategies for Student Engagement

July 18 - August 12, 2011

Online

For more information or to register for this one credit course, click [here](#).

Grant and Funding Opportunities

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](#).

Safe Routes to Schools Mini-Grants

Deadline: May 18, 2011

The National Center for Safe Routes to School is accepting applications for 25 mini-grants of \$1,000 each. The mini-grants will fund creative, youth-focused activities that meet a school's needs and interests around safe walking and rolling to school. For more information and to apply, click [here](#).

Beyond Question Response System Grants

Deadline: June 1, 2011

Grant applications are being accepted for \$1,000 from Beyond Question for classroom response systems. A complete set costs \$1,399; therefore this funding reduces the cost to only \$399 per set. The Beyond Question student response system provides state of the art technology along with a number of software testing options. To apply click [here](#) or contact Candy Herring at (888) 843-0797 or candy.herring@bqlearning.com

Catalyst Fund: Accelerating Efforts to Introduce Youth to Outdoor Experiences

Deadline: June 3, 2011

The Stewardship Council's Catalyst Fund supports organizations that connect underserved youth with outdoor experiences within or near their communities. This round of funding, for requests for up to \$15,000, is only open to organizations whose annual operating budgets are less than \$250,000. To learn more and apply, click [here](#).

Impact Fund: Sparking Innovation and Lowering Barriers

Deadline: June 11, 2011

The Stewardship Council's Impact Fund is designed to support youth-serving organizations with the resources they need to get underserved youth connected to the outdoors. This round of funding (funding requests from \$15,000-\$50,000) is only open to organizations whose annual operating budgets are more than \$250,000. These funds have the potential for improving access to high-quality outdoor experiences, enhancing the cultural relevancy of the programming offered by the grant-seeking organization, or creating an innovative approach to reaching this population. Funds may be used for, but are not limited to, dedicated programming or operations, program staff, program development, and capacity building. 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](#).

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.

Infrastructure Fund: Building Parks and Playgrounds

Deadline: July 29, 2011

The Stewardship Council's Infrastructure Fund is designed to support efforts to improve community parks and open space to make them more accessible, viable, and safe for children and youth. Proposals will increase and/or greatly improve park infrastructure and will directly result in creating more welcoming environments. Grants up to \$200,000 are intended to support proposals that have identified park projects that address the lack of outdoor space for underserved children and youth and that will result in long-term infrastructure improvements that encourage engagement with natural spaces. 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