

Vermont Department of Education Linking Health & Learning e-Bulletin

October 2011

News and General Announcements

Expert Sex Educators Needed

The Vermont Department of Health's PREP program (Personal Responsibility in Education) is seeking expert sex educators to facilitate the PREP curriculum with high-risk youth across Vermont. For more information and an application please contact Ilisa Stalberg at Ilisa.Stalberg@ahs.state.vt.us, or (802) 865-1338. Apply by October 6, 2011.

N-O-T Teen Smoking Cessation Program

The American Lung Association, in partnership with the Center for Health and Learning, will again offer Not on Tobacco (N-O-T) teen smoking cessation program. N-O-T is a 10-week program for 14-19 year smokers, and free to Vermont schools or centers that work with teens. Required facilitator training, materials, technical support and a financial incentive are provided. For details and the program application, click [here](#). Contact Rebecca Ryan at (802) 876-6862 or rryan@lungne.org.

International Walk to School Day

International Walk to School Day is on October 5th, but can be celebrated all month long! Register your event [here](#) and access a variety of downloadable materials and receive a weekly e-newsletter with tips on holding a Walk to School event. If you are a Partner with the Vermont Safe Routes to School Resource Center free incentive items (e.g. reflective zipper pulls, pencils, and stickers) are available. Enroll to become a partner [here](#) or contact Abby Mattera at (802) 598-8651 or Abby@SafeRoutesVT.org.

21st Annual Fire Safety Poster Contest

The Vermont Department of Public Safety holds an annual contest for third graders to draw pictures with fire safety messages that may be printed in an annual fire safety calendar. The calendar is distributed to Vermont homes through public elementary schools. Contest details are available [here](#).

New Publication for Breakfast at School

NEA's Health Information Network has a new publication called *Start School with Breakfast: A Guide to Increasing School Breakfast Participation*. The guide, available [here](#), includes information about the benefits of school breakfast, new ways to increase school breakfast participation, useful tools for advocates, and success stories from school districts around the country.

New Publication for Healthy Eating and Physical Activity in Schools

The Centers for Disease Control and Prevention has released a new guide called *School Health Guidelines to Promote Healthy Eating and Physical Activity*. This new resource, available [here](#), updates and combines previous works published in the 1990s. The guidelines identify the most effective policies and practices schools can implement to help young people adopt and maintain healthy eating habits and a physically active lifestyle.

Coaches Needed for Girls on the Run Vermont

Girls on the Run Vermont is seeking volunteer coaches at new and established sites throughout the state to facilitate the 10 week program. No coaching or running experience is required. Training will be provided. Up to 12 new communities and schools may establish sites for the 2012 season. Please sign-up by November 30, 2011. For more information click [here](#) or call (802) 246-1476.

Policy Clarifications on Physical Education and Athletics for Students with Disabilities

The Office of Special Education Programs in the U.S. Department of Education has issued an important policy clarification document that will have positive impacts on physical education programming for students with disabilities. *Creating Equal Opportunities for Children and Youth to Participate in Physical Education and Extracurricular Athletics* is an official initial response by the

Department to the June 2010 U.S. Government Accountability Office ([GAO-10-519](#)) report that found “despite legislation obligating states and schools to provide equal access, opportunities for physical activity are limited for children and youth with disabilities.” The document is available [here](#).

Professional Development Opportunities

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

Tobacco Use Prevention Professional Development

Ongoing

Varies

Please click [here](#) for an updated version of the Department of Education's Tobacco Use Prevention Program's professional development/training calendar for FY12. Note that several new trainings have been added and are free and available to all audiences. Registration is already open for most opportunities. Click on the training date and you will be linked to the training flyer for more information. Contact Kate Larose at (802) 828-0565 or kate.larose@state.vt.us.

Answer Webinars

Ongoing

Online

Answer is a national organization dedicated to providing and promoting comprehensive sexuality education. Answer's webinars provide updates and valuable resources in an interactive, instructor-led format. All webinars are offered from 4pm-5pm (EST). One hour of professional development credit is available for each webinar. Click [here](#) to learn about program descriptions and dates.

Let's Move in School Webinar Series

Ongoing

Online

Join AAHPERD on the second Wednesday of every month for a webinar about Let's Move in School, access resources to use in your school, and learn about examples from those in the field. For more information and to register, click [here](#).

Webinar on the New Synthetic Drugs Known as “Bath Salts”

Anytime

Online

The Northern New England Poison Center (NNEPC) is offering recorded webinar presentations regarding the new synthetic drugs known as “bath salts.” The webinar is a slide and audio presentation recorded by Dr. Simone, NNEPC Director, and Dr. Peredy, NNEPC Medical Director. The presentation is available for viewing at any time [here](#).

VT Consent Campaign Fall Training Series

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-Trainer; hosted by the VT Sexual Violence Prevention Task Force. This training will support school compliance with ACT 1. 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 contact Bethany Pombar at Bethany@vtnetwork.org, or (802) 223-1302 x103.

Online Health Educator Licensing Courses

Title: Personal and Community Health Concepts

Dates: October 1 - December 4

Register [here](#).

Title: Alcohol, Tobacco & Drug Education

Dates: October 17 - December 4

Register [here](#).

School Connectedness Online Training Series

October 18, 2011

The first session of this yearlong, online training event will guide school teams through an exploration of CDC's [School Connectedness Strategies](#). By the end of the session, participating

teams will have identified at least one strategy and supporting action step their school can employ to increase students' behavioral and academic outcomes. For information about the entire series, download the flyer from the [DOE Calendar](#). To register, click [here](#). Contact Kate Larose at kate.larose@state.vt.us or (802) 828-0565.

School Nutrition Association Fall Conference

October 21-22, 2011

Fairlee, VT

Join your school nutrition colleagues and other community members at this conference for great workshops, a vendor show, and evening entertainment. For more details and to register, click [here](#) or contact Erika Dolan (802) 244-6100 x168 or edolan@wdsdvt.net.

Michigan Model

October 26, 2011

Montpelier, VT

Workshop participants will share resources, avoid duplication and provide a single focus for school health curriculum for children. This system creates a partnership between parents, schools, and communities to support young people in making good health decisions. To register, click [here](#).

Adolescent Development and Resiliency

October 28, 2011

Montpelier, VT

Learners in this workshop will: define three transitional stages that are often critical to a youth's self-image and sense of self-worth; identify perceptions that affect the choices individuals make; explore strength-based factors that foster resiliency for all youths; review research and study case profiles; and determine youth skills that foster resiliency in culturally appropriate youth environments. To register, click [here](#).

Symposium on Adolescence

November 3-4, 2011

Wiliston, VT

This event, sponsored by NFI Vermont, will feature keynote speakers Kenneth Downes and Michael Thompson. The event is appropriate for parents, educators, mental health providers, physicians and social service professionals. For more information, please contact amywhitemore@nafi.com or call (802) 658-0040.

Know Your Body

November 7, 2011

Lebanon, NH

Learn to teach this comprehensive, K-6 health education curriculum, a skills- and standards-based approach that is aligned to national Vermont standards. Become familiar with the 12 modules of scaffolding concepts, knowledge and skills across grade levels and wonderful learning activities. The program stresses individual responsibility and disease preventing decisions. To register, click [here](#).

Vermont State Dance Festival - Save the Date!

November 19, 2011

For more information, contact Rebecca McGregor at (802) 626-1356 or rebecca.mcgregor@lyndoninstitute.org.

Puberty: The Wonder Years

November 21, 2011

Manchester, NH

This comprehensive, easy-to-implement standards-based curriculum is designed in three tiers with six lessons per tier. Each tier is designed to be a unit for students in one grade; thus there are lessons for three consecutive years. However, because each community is unique, the lessons can be reorganized and taught as each school district chooses. To register, click [here](#).

VTAPHERD Annual Conference

November 10-11, 2011

Stowe, VT

The annual Vermont Association for Health, Physical Education, Recreation and Dance (VTAHEPRD) conference will move to a new location for 2011. For more information and to register, click [here](#).

Health Education 101A

November 30, 2010

Montpelier, VT

This workshop (the first in a yearlong series of three) will focus on characteristics of effective health education, health education standards and research that supports the use of backwards design. For information about the entire series download the flyer from the [DOE Calendar](#). To register, click [here](#). If you have questions e-mail kate.jarose@state.vt.us or call (802) 828-0565.

Grant and Funding Opportunities

Personal Responsibility in Education Program Grant

Deadline: October 6, 2011

The Vermont Department of Health (VDH) is seeking proposals from community-based organizations for implementation of the Personal Responsibility in Education Program (PREP). PREP will provide comprehensive sexuality education (abstinence and contraception) to reduce the risk of pregnancy and sexually transmitted infections, including HIV/AIDS to higher-risk youth. For more information and to apply, click [here](#). Contact Ilisa Stalberg at ilisa.stalberg@ahs.state.vt.us or (802) 865-1338.

Lowe's Toolbox for Education

Deadline: October 14, 2011

Lowe's Toolbox for Education grant program has supported thousands of grassroots community and school projects in the communities where Lowe's does business. The Fall 2011 grant cycle is now open. To apply for up to \$5000, click [here](#).

Safe Routes to Schools Mini-Grants

Deadline: October 19, 2011

These \$1000 mini-grants support the goal of Safe Routes to School programs, which is to enable and encourage children to safely walk and bicycle to school. Mini-grants may fund activities ranging from the nuts and bolts that help start or sustain a safe walking and bicycling program to new ideas that explore the range of benefits of safe walking and bicycling. For more information, click [here](#).

Vermont Farm to School Grants

Deadline: October 20, 2011

Since 2007 the Farm to School Grant Program has allowed schools across Vermont to create unique and sustainable Farm to School programs that nurture children's health, cultivate viable farms, and build vibrant communities. To apply for funding, click [here](#). For more information contact Koi Boynton at the Vermont Agency of Agriculture at (802) 828-2084 or koi.boynton@state.vt.us.

CVS Caremark Community Grants

Deadline: October 31, 2011

The CVS Caremark Community Grants program awards up to \$5,000 to nonprofit organizations targeting children with disabilities for projects that focus on healthcare to the uninsured and underserved, and to public schools. For more information and to apply, click [here](#).

Fuel Up to Play 60 Funding

December 1, 2011

Funding is available to help increase student access to healthy foods and physical activity before, during and after school. Eligible schools can apply for up to \$4,000 for improvements to their school wellness environment. Click [here](#) to apply.

School Garden Grants

Deadline: December 31, 2011

The School Garden Grant Program is a collaboration between Whole Kids Foundation, Whole Foods Market and FoodCorps provides grants of \$2,000 to support school garden projects. 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