

Vermont Department of Education Linking Health & Learning e-Bulletin

December, 2010

News and General Announcements

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.

NFL and CDC Unveil Poster to Educate Young Athletes about Concussions

The NFL and CDC have created a FREE poster to educate young athletes about concussions. This new poster stresses the importance of a) recognizing a concussion, b) taking time to recover, and c) not returning to play too soon. The NFL and CDC encourage every school and sports league to hang this poster in locker rooms and gymnasiums across the country. To learn more about concussion in sport, click [here](#). To download the free poster, click [here](#).

ACT 1 - A Letter from Commissioner Vilaseca and Commissioner Dale

This joint memo from Commissioners Vilaseca and Dale outlines the requirements of Act 1 of 2010 regarding educating both children and employees about child sexual abuse. The resources referenced in the memo have been sent to all public and private school principals. If you are not on the list to receive this packet, please contact your building principals to review the materials. For more information, click [here](#) or contact Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us.

Clean and Disinfect Schools to Help Slow the Spread of Flu and Other Illnesses

Cleaning and disinfecting are part of a broad approach to preventing infectious diseases in schools. Use the link below to view tips from the Flu.gov Web site on how to slow the spread of flu specifically through cleaning and disinfecting. Click [here](#), or contact Cathy Hilgendorf (802) 828-5402 or cathy.hilgendorf@state.vt.us.

Reminder: Bus Idling on School Grounds is Prohibited

Please remind bus drivers that idling engines is prohibited by law. Exposure to fumes from idling engines is harmful to people and the environment. Moreover, bus idling wastes fuel and is unnecessary for engine operation. Cold temperatures or a desire to heat the cabin do not constitute exemptions from the law. For complete information, please read the State Board of Education Rules 6000 - 6005 [here](#) or contact Cathy Hilgendorf (802) 828-5402 or cathy.hilgendorf@state.vt.us.

Reel Farm to School: Vermont Farm to School Video Contest

Deadline: December 15, 2010

Vermont youth are invited to participate in a video contest that will recognize how students are changing the local food system by building support for local and healthier school food and creating community connections. The contest is sponsored by Vermont FEED with the Orton Family Foundation, the Vermont Agency of Agriculture, and Vermont Public Television. For details, click [here](#).

Competition - Recipes for Healthy Kids

Deadline: December 30, 2010

Let's Move! toward healthier food in school with the Recipes for Healthy Kids competition! First Lady Michelle Obama's *Let's Move!* campaign, in association with the U.S. Department of Agriculture, is challenging school nutrition professionals, chefs, students, parents and interested community members to create tasty, healthy, exciting new recipes for inclusion on school lunch

menus across the country. Winning teams will be awarded \$12,000 in prizes and be invited to prepare their nutrition-packed meals alongside White House chefs. Click [here](#) to view the competition flyer. To encourage your school to get involved now, click [here](#).

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.

Breaking Barriers Fighting Stigma is a 40-minute DVD produced in Vermont in 2010. Seven community members share their personal stories of living with HIV and the stigma they have endured. This film addresses the issues of HIV-related stigma and reminds viewers that it is the HIV virus that we need to avoid, not the people living with it. The film is best suited for an audience of upper high school students or adults. *NOTE: It is highly recommended that this DVD be pre-viewed before using; and that any viewing of this DVD be accompanied by preparation and de-brief discussions with a skilled facilitator.*

3 girls i know is a 54-minute documentary film that focuses on the lives of three different young women to examine teen sexuality, pregnancy and HIV/AIDS. They each describe their experiences of growing up, fitting in, finding friends and lovers, figuring out who they are and keeping true to themselves. The film made by No Excuses Productions is intended for a high school audience. *No support material is provided with this DVD.*

Professional Development Opportunities

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

LifeSkills Training

December 6-7, 2010

Fairlee, VT

LifeSkills Training is an alcohol, tobacco, drug abuse and violence prevention curriculum. The program focuses on the major social and psychological factors leading to substance use and other risky behaviors. This comprehensive two-day workshop addresses adolescents and young teens the confidence and skills necessary to successfully handle challenging situations. For more information and to register, click [here](#).

UMatter Trainings For Schools

December 9-10, 2010

Burlington, VT

Suicide is the second leading cause of death for Vermont youth between the ages of 11 and 23. Umatter is a comprehensive school-wide program for youth suicide prevention. During this workshop, school teams will establish protocols for school, learn how to recognize signs of students in distress and carry out effective intervention, implement the *Lifelines* curriculum and conduct suicide prevention awareness for school staff and parents. For more information and to register, click [here](#).

Michigan Model

December 10, 2010

West Dover, VT

The Michigan Model health education curriculum creates a partnership between parents, schools and communities to support young people in making healthy decisions. In this workshop, teachers are given access to current research and new teaching ideas for encouraging students to make smart choices through hands-on lessons and practice. For more information and to register, click [here](#).

Webinar on New Fitnessgram Standards

December 9th & 15th, 2010

On-line

Fitnessgram will be hosting two FREE webinars to communicate changes to the standards, the science behind the new standards, and their impact for administrators, teachers, and students.

There are two webinars scheduled, details are listed on the webpage below. Pre-registration is required because space is limited. For more information and to register, click [here](#).

Cultural Skills, Development and Competency

December 16, 2010

Fairlee, VT

Participants in this workshop will learn the impact that culture has on shaping one's attitudes, values, beliefs and practices. Learners will develop insight into how one's own cultural values may hinder effective prevention efforts in culturally diverse communities and discover how cultural competence relates to prevention and educational services. For more information and to register, click [here](#).

Reducing the Risk for Middle School

January 12, 2011

Montpelier, VT

This health education curriculum is designed to building skills to 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

January 14, 2011

White River, 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.larose@state.vt.us or call 802-828-0565.

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

Working with Your Legislator

January 26, 2010

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.larose@state.vt.us or 802-828-0565.

Eastern District Alliance for 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, full menu of pre-convention

workshops, and special events. Especially exciting is 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](#).

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.

Grant and Funding Opportunities

Saucony Run for Good Grants

Deadline: December 13, 2010

The Saucony Run for Good grant program which encourages active and healthy lifestyles in children is now accepting applications. Grants are open to community nonprofit organizations that initiate running programs. Up to \$10,000 will be awarded. To apply, click [here](#).

Champions for Healthy Kids Grant

Deadline: December 15, 2010

The General Mills Foundation has joined the American Dietetic Association Foundation and the President's Council on Physical Fitness in accepting applications for the 2011 Champions for Healthy Kids grant program. The program supports organizations in developing innovative ways to help youth adopt a healthy diet and physically active lifestyle. To apply, click [here](#).

Vermont First Tee National School Program Grants

Deadline: December 15, 2010

Let's Move, Vermont - Move your students toward physical activity, move your school's physical education curriculum toward a higher standard with this national standards aligned curriculum that teaches K-5 students life skills using the game of golf. The allied Vermont state golf associations have grant monies available to help your school implement the [First Tee National School Program](#). Contact Richard H. Mihlrad at (802) 645-1907 or rmihlrad@sover.net to apply.

Nickelodeon Big Help Grant

Deadline: December 31, 2010

The purpose of the Nickelodeon Big Help awards is to support projects that inspire kids to take care of the environment, lead active and healthy lives, engage in community service, or improve their educational experience. Eligible schools and community-based organizations working with youth in grades K-9 can apply for either a \$2,500 grant or a \$5,000 matching grant. For more information, click [here](#).

Bridgestone/Firestone Educational Grants

Deadline: Rolling

Giving on a national basis, with emphasis on areas of company operations; giving also to regional and national organizations that support a broad range of projects including parks, education, the environment, children's health, youth development, and community development. For more information, click [here](#) or write to bfstrustfund@bfusa.com.

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](#).

Braitmayer Foundation Education Grants

Deadline: March 15, 2011

The Foundation is interested in K-12 education throughout the United States. 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 Web site to resources and Web sites 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.

To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Lindsay Simpson (802) 828-1461 or lindsay.simpson@state.vt.us