



## *E-Lines November 2009*

*Yesterday is history, tomorrow is a mystery, and today is a gift,  
that is why it is called the present.*

*~Unknown Author*

### **KCSH NEWS**

#### **KCSH Grant Information**

We are delighted to announce that we received 61 grant applications from schools and districts across the state. We will begin to review the work-plans as we receive them. Our goal is to begin allocating grant funds as soon as the work-plans are approved.

Work plan forms are available on our website. Completed work plans are due by November 20.

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#### **KCSH Success Stories Booklet**

We are finalizing a booklet of success stories highlighting activities in Kansas schools for improving the health of their students and staff. The booklet will be distributed to all school districts in the state as well as policy-makers and health advocates. We believe the document will be an effective tool in demonstrating unique and effective means of improving school health and will be valuable in sharing ideas between schools. The booklet should be available by December. Stay tuned!

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#### **Quotes from the KCSH Conference**

- Beth Kirkpatrick was an inspiring and humorous speaker who challenged all participants to re-think and re-evaluate what we do with children and why.
- I enjoyed the WhistleStops and learning about how other schools are involving their communities with school wellness activities. Lots of great ideas...
- The conference was excellent. Time well spent!

**Thank you for the comments, we hope to see you next year at the 5<sup>th</sup> Annual KCSH Conference!**

## **SPECIAL OPPORTUNITY – SHORT DEADLINE!**

### **Kansas Action for Healthy Kids:**

#### ***Student Initiative School Wellness Grants – “webinar”***

**Thursday, November 12 from 4:00 ~ 5:00 PM**

#### **Highlights:**

- **FUEL UP to Play 60** - This resource kit and web based program materials will be shared. Learn how this exciting wellness resource will help inspire students to get 60 minutes of *physical activity every day, a major goal of the NFL's PLAY 60 youth health and fitness* campaign, and to eat Nutrient Rich Foods, a goal of the National Dairy Council. Presented by Tami Larson, Midwest Dairy Councils
- **Students Taking Charge** - This web-based tool is designed to empower students by encouraging teens to advocate for school wellness. Learn how to utilize grab-and-go projects to make a difference in your school. Presented by M. Gayle Price, K-State Extension Specialist
- **Student Initiative School Wellness Grant** - Participants of the webinar will be eligible to apply for a 2009-2010 Student Initiative School Wellness Grant. These grants are for a minimum of \$500 to \$1000 to community teams of at least two or more professionals. One member of the team must be a school staff employee (PE Teacher, Coach, Classroom Teacher, food service director, counselor, etc.). The purposes of these grants are to involve middle/high school aged youth in implementing wellness initiatives in their school. Interested teachers or school staff, community professional (extension agents, public health, youth development leaders, and parks and recreation staff) and others interested in teen wellness are invited to participate.
- You can use audio thru your computer at no cost or you may call in. Note, the call in number is NOT free.
- **Visit this link to register:**  
<https://student.gototraining.com/955lj/register/2297014781296607522>

The webinar will be recorded and will be available on the KAHK website after November 17, 2009; <http://www.kansasactionforhealthykids.org/> All attendees to the archived version are also encouraged to join KAHK.

## **KANSAS HEALTH NEWS**

### **Symposium on Adolescent Health Issues**

#### ***“Intentional and Unintentional Injuries”***

**Keynote:** Dr. Tom Davis, University of Northern Iowa – “Good News/Bad News: Injuries and Violence Among American Youth”

**Speakers & Topics:** Dr. Gary English – alcohol/drugs, Kent Reed - bullying, Laurie Hart - sexual violence, Brian Griffith – suicide, Dr. Amy Cory – overeating and undereating, Dom Splendorio – teaching techniques re. intentional/unintentional injuries, and more.

**Registration fee:** \$95

**Date and Site:** February 5, 2010 at the Doubletree Hotel in Overland Park, KS

**More information about the symposium will be on the KSDE website within the next month.**



## K-FIT: A New KCSH Initiative

- K-FIT is an opportunity for school physical education/physical activity programs to help Kansas students set and work toward personal fitness goals using Fitnessgram® which is a web-based tool for assessment of individual student fitness and activity.
- Schools will have the option to provide individual student fitness reports and parent reports.
- K-FIT will provide Fitnessgram® 9.0 to interested schools in Kansas over the next 3 years at no cost.
- Initial enrollment begins in fall, 2009 and will be limited to a small pilot group with additional schools trained and enrolled in spring semester, 2010
- Schools will get access to Fitnessgram® 9.0 and training on K-FIT philosophy, test item administration, and entering data.
- Because this version of Fitnessgram® is web-based, there is no cost to the school/district for installing program software or for maintaining software at the district or school level.
- K-FIT staff will develop a state-wide cadre of trainers who will conduct school level training events.
- School level training events will be held regionally across the state to enable attendance by school staff members.

For more information, contact the Kansas Coordinated School Health staff, Jane Shirley at [jshirley@kdheks.gov](mailto:jshirley@kdheks.gov) or 785-291-3418 or Mark Thompson at [mathompson@ksde.org](mailto:mathompson@ksde.org) or 785-296-1473.

*Funding for K-FIT has been provided by the Kansas Health Foundation*

## IN THE NEWS

### H1N1 – Get Vaccinated



As we all know the H1N1 virus has affected a lot of people all over the United States, and as much as we would like it to be, Kansas is no exception. But, the more information you have on the virus and how it can affect you and those close to you can get you prepared to combat illness and stay healthy.

For information, visit:

- [http://www.nasn.org/portals/0/resources/2009\\_10\\_08\\_h1n1\\_faq.pdf](http://www.nasn.org/portals/0/resources/2009_10_08_h1n1_faq.pdf)
- <http://www.kdheks.gov/H1N1/index.htm>
- [http://www.kdheks.gov/H1N1/H1N1\\_Epi\\_Reports.htm](http://www.kdheks.gov/H1N1/H1N1_Epi_Reports.htm)

## The Importance of Family Dinners

More than a decade of research at The National Center on Addiction and Substance Abuse (CASA) at Columbia University has consistently found that the more often children have dinner with their parents, the less likely they are to smoke, drink or use drugs.

**Simply put: Dinner makes a difference.**

*The Importance of Family Dinners* V probed the link between the frequency of family dinners and teens' substance use, their access to substances, their relationship with their parents, and the signals they receive from their parents about substance use. The report also took a closer look at the quality of dinners teens are having with their parents, and the impact of distractions such as cell phones, Blackberries and other electronic devices at the table.



The findings presented in this report come from *The National Survey of American Attitudes on Substance Abuse XIV: Teens and Parents*, released on August 26, 2009. CASA surveyed 1,000 teens, age 12 to 17 (509 boys, 491 girls), and 452 of the parents of these teens. This 14th annual "back-to-school survey" continues CASA's unique effort to track attitudes of teens and those, like parents, who influence them. This survey identified factors that increase or decrease the likelihood of teen substance abuse. Armed with this knowledge, parents, teachers, clergy, coaches and other responsible adults have been better able to help our nation's teens grow up drug free.

Over the past decade and a half of surveying thousands of American teens and their parents has identified that one of the most effective ways parents can keep their kids from using substances is by sitting down to dinner with them.

Compared to teens who have frequent family dinners (five to seven per week), those who have infrequent family dinners (fewer than three per week) are:

- **twice as likely to use tobacco or marijuana; and**
- **more than one and a half times likelier to use alcohol.**

The research shows clearly how important it is to get to the dinner table with your kids. And it is also important for parents to give kids their undivided attention--and to get theirs.

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## VERB Campaign & Children's Physical Activity ~ 2002 to 2006

VERB released a study evaluating physical activity outcomes for children exposed to their campaign to encourage physical activity in children. They examined the associations between exposure to VERB and physical activity sessions and psychosocial outcomes. VERB positively influenced children's physical activity outcomes. Campaign effects persisted as children grew into their adolescent years.



To learn more about the VERB campaign visit:

<http://www.cdc.gov/YouthCampaign/>

## Get Involved! Attend the Kansas Youth Empowerment Summit

- **Who:** Kansas youth, particularly those with tobacco prevention mini-grant projects
- **When:** Saturday, Nov. 14. Registration begins at 10 AM; Summit from 11 AM to 3:30 PM
- **Where:** Kansas Wesleyan University – Lecture Hall; Salina, KS
- **Why:** To learn, to compete, to meet new friends, to become TASK state board members, to showcase your grant products, to get prizes and awards, to have fun



### Participants will:

- Learn about tobacco prevention and leadership opportunities.
  - Become part of a statewide youth-led leadership group for 2010
  - Find out how Chad Bullock, a tobacco prevention leader, works to reduce youth tobacco use.
- Join in games and contests that lead to prizes.
  - Show off the mini-grant projects and media products your youth group has developed -- \$100 stipend for each showcase display that is brought.
  - Meet youth from across Kansas who are developing leadership skills in their own communities.

See links below for registration forms. Complete registration materials for each student attending. All forms are due on November 10<sup>th</sup> to Erica Anderson at [eanderson@tobaccofreekansas.org](mailto:eanderson@tobaccofreekansas.org); by faxing to (785) 272-5870; or mailing to TFKC, 5375 SW 7<sup>th</sup> Street, Ste. 100, Topeka, KS 66606. If you have questions, please call (785) 272-8396.

- [Ticket Invitation.pdf](#)
- [Registration Form.pdf](#)
- [Code of Conduct-TASK.pdf](#)
- [Legacy-publicity release form.pdf](#)
- [Declaration of Candidacy.pdf](#)

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## HealthierUS School Challenge

### *Recognizing Excellence in Nutrition and Physical Activity*

To be certified as a HUSSC School, a school must:

- be enrolled as a Team Nutrition School
- offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards
- provide nutrition education to students
- provide students with physical education and the opportunity for physical activity
- maintain an Average Daily Participation of school enrollment for reimbursable lunches of at least 62 percent for Bronze or 70 percent for Silver and Gold Schools
- adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program.

**Take the Challenge!** See the steps below -

**Step One:** Review HUSSC resources to assist you in completing your application:

- **Criteria for HUSSC Awards**
  - [Criteria for Elementary Schools](#)
  - [Criteria for Secondary Schools](#)
  - [Comparison Criteria for All Schools](#)
- [Fact Sheets for Healthier School Meals](#)
- [Frequently Asked Questions](#)
- [Guidance on Vegetables, Dry Beans and Peas](#)
- [HealthierUS School Vision](#)
- [Tips for States](#)
- [Whole Grains Resource](#)

**Step Two:** Convene a review panel.

**Step Three:** Complete and print the [online application](#).

**Step Four:** Obtain the required signatures.

**Step Five:** Send the completed application to your [state agency](#).

Award-winning schools are recognized with a framed certificate and award banner from USDA to showcase their achievement in the community. HUSSC schools also receive national recognition by being listed on the Team Nutrition Web site. Awards are certified for 2 years, from the date of approval.

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## Fewer U.S. Schools Selling Less Nutritious Food and Beverages

Fewer secondary schools in the United States are selling less nutritious foods and beverages, such as candy and soda, according to a survey from the Centers for Disease Control and Prevention. The greatest improvements were seen in states that have adopted strong school nutrition standards and policies for foods and beverages sold outside school meal programs.

The report, "Availability of Less Nutritious Snack Foods and Beverages in Secondary Schools - Selected States, 2002-2008," was published in CDC's Morbidity and Mortality Weekly Report. Among the 34 states that collected data in 2006 and 2008, the median percentage of secondary schools that did not sell soda or fruit drinks that are not 100 percent juice increased from 38 to 63 percent. The median percentage of secondary schools in these states that did not sell candy or salty snacks high in fat increased from 46 percent in 2006 to 64 percent in 2008.

"The school environment is a key setting for influencing children's food choices and eating habits," said Howell Wechsler, Ed.D, M.P.H., director of CDC's Division of Adolescent and School Health. "By ensuring that only healthy food options are available, schools can model healthy eating behaviors, help improve students' diets, and help young people establish lifelong healthy eating habits."

"Efforts to improve the school nutrition environment are working, however, there are still far too many schools selling less nutritious foods and beverages," said Wechsler.

These results were found in the School Health Profiles which is conducted every two years, to see the 2008 results in its entirety please visit [www.cdc.gov/schoolhealthprofiles](http://www.cdc.gov/schoolhealthprofiles).



# RESOURCES & FUNDING OPPORTUNITIES

## Champions for Healthy Kids Grant Program



The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the Champions for Healthy Kids grant program to fund community-based groups that help youth adopt a balanced diet and active lifestyle.

Grants will be awarded to nonprofit organizations and agencies working with communities that demonstrate the greatest need and likelihood of sustainable impact on young people's nutrition and activity levels through innovative programs. The General Mills Foundation will award 50 grants of \$10,000 each. Eligible applicants include nonprofit organizations, health departments, government agencies, schools and Native American tribes.

Please contact The General Mills Foundation for more information and to apply for this funding: <http://www.generalmills.com/corporate/commitment/champions.aspx>

The deadline is January 15, 2010

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## School Employee Wellness Awards

The Directors of Health Promotion and Education (DHPE) have created a School Employee Wellness Awards Program to recognize schools and school districts that demonstrate commitment to the health of their employees by implementing school employee wellness programs. The awards program is based on the nine steps for establishing a school employee wellness program, outlined in *School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools*.



Awardees will receive special recognition for their efforts that include grants (Bronze \$250, Silver \$500, Gold \$1000) to be reinvested in their employee wellness programs.

To apply for DHPE's School Employee Wellness Awards Program, or to learn more about school employee wellness programs, visit [www.schoolempwell.org](http://www.schoolempwell.org).

Applications must be submitted/postmarked by **December 1, 2009**.

## Do Something Awards 2010



Since 1996, Do Something has honored some of America's best young "world-changers" with the Do Something Awards. Award winners will have identified a problem and have devised clear and measurable methods for addressing the problem; made a significant long-term commitment to improving the lives of others; cultivated long-term and respectful relationships within their community; demonstrated that they have directly and individually fueled the success of their work; extensively and tangibly improved the lives of others; created great awareness about their issues or causes; serve as program founders

and/or leading activist/advocates; have a clear growth plan for their work that ensures sustainability and continued impact; and already be recognized as top leaders within their issue or cause.

Applicants must be 25 years or younger. The 2010 awards program will present four winners with \$10,000 each, and one grand-prize winner with \$100,000 toward their organization or cause. Each winner has the option of receiving up to \$5,000 as an educational scholarship.

**Deadline: 12/15/09** Please contact [DoSomething.org](http://www.dosomething.org) for more information and to apply for this funding: <http://www.dosomething.org/programs/awards>

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## Produce for Kids

The purpose of Produce for Kids is to provide education on the benefits of a healthy diet while raising funds for children's nonprofit organizations. The Play With Your Produce Healthy Challenge encourages teachers to have fun, be creative and teach kids the benefits of healthy eating with more fruits and vegetables. Three grand prize winners will receive \$500 to promote school-based health and wellness, a classroom party toolkit (with party ideas, recipes, favors and a \$100 gift certificate to purchase produce and other nutritious food from a local grocery store) and recognition in press materials and on the Produce for Kids' web site. The challenge is open to all K-6 grade classrooms across the US. **Deadline: November 13, 2009.**



To apply for this funding: <http://www.produceforkids.org/teachers/contest.html>

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## It's All About Healthier Snack Choices

**Snackwise®**

Healthy snacking is an important part of a well-balanced diet. More Americans than ever are depending on snack foods for that extra boost of energy or pick me up between meals. Healthy snack choices can provide the calories and nutrients needed to help balance our diet. Proper nutrition along with exercise and managing stress contributes to a healthy lifestyle. Developed by the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital, Snackwise® is a research-based snack rating system that calculates Nutrient Density in snack foods. Snackwise® is designed for use by any organization or individual interested in making healthier snack choices.

To find and use the nutrition calculator follow this link: <http://www.snackwise.org/home.cfm>

## The NEA Foundation ~ Books Across America

The NEA Foundation advances student achievement by investing in public education that will prepare each of America's children to learn and thrive in a rapidly changing world. The Books Across America Award provides funds to purchase books for libraries in pre K-12 public schools serving economically disadvantaged students.

The program will award approximately 50 awards of \$1,000 each. Schools across the country where at least 70 percent of the students are eligible for the free or reduced-price lunch program are eligible to apply.



**Deadline: November 20, 3009**

Please contact The NEA Foundation for more information and to apply for this funding: <http://www.neafoundation.org/pages/educators/grant-programs/grant-application/books-across-america/>

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## Another Intern Leaving the Nest

We are sad that our student intern, Andy Regan, will soon have completed his hours and leaving us. He has been a tremendous asset to our staff and we appreciate his time, energy, dedication, and contributions. We wish him the best as he enters the “real world”. Thanks for all your hard work, Andy!!



## FEEDBACK & SUGGESTIONS

If you have comments (positive, negative, indifferent) regarding any information in this communication, please let us know. If you have a program that you wish to spotlight or a colleague we should get to know, we welcome your suggestions. Contact Jane at [jshirley@kdheks.gov](mailto:jshirley@kdheks.gov), or Mark at [mathompson@ksde.org](mailto:mathompson@ksde.org).

For back issues of E-Lines, visit our website: [www.kshealthykids.org](http://www.kshealthykids.org)