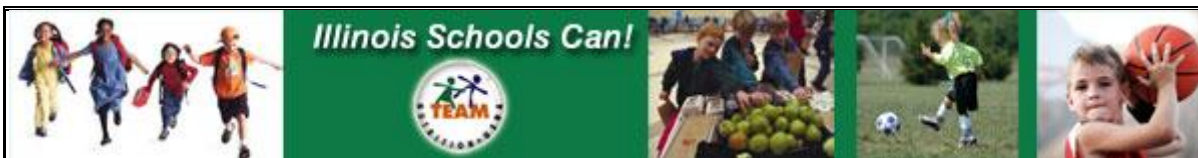


April 2010 Illinois Schools Can! eNewsletter



The Illinois Schools Can! Newsletter is your source for information on resources, upcoming trainings, and grant opportunities that can support school wellness policies.

[Non-Discrimination Statement](#)

In This Issue

- [Wellness Events and Trainings](#): New Illinois NET workshop!
- [Grants and Funding Opportunities](#): Mini-grants for after-school programs!
- [Educator and School Staff Resources](#): Fuel Up to Play 60 *with the NFL!*
- [School Success Stories](#): Lowell Elementary School, Wheaton, IL & Academy for Global Citizenship (AGC)
- Please Participate in the [Illinois Farm to School Survey](#)

Wellness Events and Trainings

Linking Community, Parents and Schools for Children's Health Workshop
Kidseatwell.org/training.htm or call (800) 466-7998

A new workshop from Illinois NET that will support schools in reaching their wellness policy goals through community outreach. Participants will discover ways to raise awareness about the importance of good nutrition and physical activity and engage parents and community. They will also discover how outreach programs, such as the Body Walk exhibit or a health fair, can promote healthful behaviors; and they will learn useful strategies for engaging community partners.

Illinois School Wellness...From A to Z Conference - May 4, 2010, Decatur, IL
http://take.actionforhealthykids.org/site/Clubs?club_id=1121&sid=2150&pg=event

Register now for an opportunity to learn from experts in school wellness about how to support school wellness policies and promote healthy eating and physical activity. Jill Jayne, MS, RD, will be this year's keynote speaker. Her innovative and lively approach to educating students and their families about nutrition and physical activity will motivate your whole school staff. There will also be breakout sessions on student advocacy, farm to school initiatives, health marketing, parent outreach and more. This conference is being co-sponsored by the Illinois State Board of Education and Illinois Action for Healthy Kids.

April 2010 Illinois Schools Can! eNewsletter

Earn Credits Online this Summer!

- **Teachers** - *Nutrition A3 Teacher eCourse*: an online course that provides teachers with the knowledge and confidence to utilize the Nutrition A3 (Anytime, Anywhere, Anyplace) curriculum - a six lesson, technology-based program for middle and high school students that empowers them to make healthy food choices and be more physically active. Both programs were developed by Illinois NET in partnership with Northwestern University's iCollaboratory. Teachers can earn four CPDU credits and a \$50.00 training stipend if they complete the course by **June 30, 2010**.
Kidseatwell.org/NutritionA3.html
- **Food Service Staff** - *Culinary Techniques for Healthy School Meals*: A series of six complimentary online courses created by the National Food Service Management Institute that teach food service staff creative techniques to implement the principles of the Dietary Guidelines for Americans into meal preparation. A \$75.00 stipend reimbursement and set of cafeteria posters are available for those who complete the course by **June 30, 2010**.
Kidseatwell.org/CulinaryTechniquesforHealthySchoolMealsProject.htm

5th National Farm to Cafeteria Conference - **May 17-19, 2010, Detroit, MI.**
<http://farmtocafeteriaconference.org/5/>

Discover farm to cafeteria initiatives for preschool, K-12, and childcare facilities, including a *Farm to School by Land and Sea* workshop that shows how to integrate local seafood into cafeteria menus.

Mark Your Calendar! - **June 22-24, 2010, Oakbrook Terrace, IL.**
Illinois School Nutrition Association's 60th Annual Conference -
www.ilsna.net.

[Back to Index](#)

Grants and Funding Opportunities

Mini-grant Opportunity for Afterschool Care Programs - **Deadline: July 1, 2010**

Kidseatwell.org/healthy-After-school-Programs.html

The Illinois NET Program will award ten \$2,000 mini-grants to after-school programs that want to increase or provide new opportunities for educating students and their families about the importance of healthy eating and physical activity. Eligible applicants must participate in the Illinois [Afterschool Care Snacks Program](#). Funds have been provided through a USDA Team Nutrition Training Grant.

April 2010 Illinois Schools Can! eNewsletter

IAHPERD (Illinois Association for Health, Physical Education, Recreation, and Dance) Program Enhancement Grant - Deadline: September 1, 2010

IAHPERD.org/textpages/grants/endowment.php

For IAHPERD members only. A grant up to \$4,000 may be requested to fund a project that will initiate, enhance or continue an education HPERD program.

Annie's Grants for Gardens - Deadline: Rolling

www.annies.com/grants_for_gardens

A limited number of small grants for community gardens, school gardens, and other educational programs that connect children directly to gardening.

Yes to Carrots Garden Challenge! - Deadline: May 20, 2010

<http://www.facebook.com/yestocarrots>

Submit a video or essay explaining why your school should have a *Yes to Carrots* Garden and you could collect a Seed Fund Grant worth \$5,000 plus gardening supplies.

[Back to Index](#)

Educator and School Staff Resources

Fuel Up to Play 60 with the NFL!

www.fueluptoplay60.com

The Midwest Dairy Council, St. Louis District Dairy Council, National Dairy Council and the NFL have joined forces to develop a program that empowers youth to take the lead in developing nutrition and physical activity action strategies that engage the whole student body. Enrollment is now open for the 2010-2011 school year.

Let's Move! - America's Move to Raise a Healthier Generation of Kids.

www.letsmove.gov/

This initiative by First Lady Michelle Obama strives to tackle the childhood obesity problem by addressing four goals: supporting parents, providing healthier food in schools, helping kids be more physically active, and making healthy, affordable food available in every part of the country. On the *Healthier Schools* page, there are tips for school nutrition programs, the latest in research and development, school success stories, information about the *HealthierUS School Challenge*, and strategies for school wellness programs.

CATCH Early Childhood Program (\$\$)

<http://catchinfo.org/pdf/cec%20flier.pdf>

Modeled after the hugely successful CATCH program, CATCH Early Childhood is designed to nurture a love of physical activity in children ages 3-5 through

April 2010 Illinois Schools Can! eNewsletter

walking, jumping, running, dancing and moving their whole bodies while playing and having fun.

HealthierUS School Challenge Updates

www.fns.usda.gov/tn/healthierus/index.html

One goal of the *Let's Move!* initiative is to double the number of schools who take the *HealthierUS School Challenge* - a program that provides recognition to U.S. schools that meet model standards for schools' food quality, physical education opportunities, physical activity, and nutrition education. In order to meet this goal the federal government has revised the Challenge criteria to make it achievable by more schools. They will also be awarding a financial incentive to those schools that achieve the *HealthierUS School Challenge* under the new criteria. The incentives range from \$500 to \$2,000 based on the award level achieved. Check out the website and see if your school is up to the Challenge!

[Back to Index](#)

School Success Stories

On March 15, 2010, **Lowell Elementary School in Wheaton, IL** kicked off their third annual *Move & Crunch Challenge!* The *Move & Crunch Challenge* is a fun, weeklong, school-wide event in which principals and school staff model healthy eating and physical activity behaviors and then challenge the students and their families to do the same.

Lowell Elementary's school nurse, Chris Gilbertsen, explained how three years ago their newly formed wellness committee was looking for a way to raise awareness about healthy eating and physical activity at their school. They discovered the *Move & Crunch Challenge*, from Illinois NET, and decided to try it out. It was such a success the first year that they have made it an annual event!

They prepare for the week by hanging posters around the school that display various health messages and pictures of innovative ways to eat your fruits and vegetables. In the front entry of the school, they display each classroom's tally log with their progress. The incentive for the winning primary and intermediate grade levels is a recess with the principal. As kids arrive each morning, they are reminded of the Challenge and are motivated to keep going. They also display the *We Can!* and *5-4-3-2-1_ Go!* messages throughout the school to remind everyone about the importance of nutrition and physical activity.

Other wellness projects at Lowell Elementary include:

- a *Mile Club* in the fall and spring where students can earn a tally for each

April 2010 Illinois Schools Can! eNewsletter

mile they walk and on Wednesdays, staff members can walk with the students

- a *Healthy News* webpage on the school's website that provides health messages for students and families
- a district-wide *Wednesday Wellness Message* that provides one tidbit of information focused on one particular health topic

Chris says that the biggest change she has seen over the last three years is the increased awareness in the students and staff. She can show up at the cafeteria in her "fruits and vegetables cowboy hat" and the kids will hold up their fruits and vegetables from their lunches. She has also noted that there is more of a "healthy living" conversation going on in the school than ever before.

Future plans for Lowell Elementary include a fourth annual *Move & Crunch Challenge* and adding a health fair to their Back to School Social night.

Congratulations to Lowell Elementary for being a shining example of good health and wellness in Illinois!

The ***Academy for Global Citizenship*** (AGC), a Chicago public school located on the city's southwest side will be applying for a *Gold Award of Distinction* soon in the *HealthierUS School Challenge*. Founded only three years ago, AGC has proven to be a leader in innovative educational practices and school wellness. AGC serves an organic, nutritionally balanced breakfast and lunch each day that includes fresh fruits, vegetables and whole grains. They eat produce from their garden when it's available and use eggs from the chickens that they raise in the schoolyard. Daily yoga is part of their curriculum and they encourage and prepare all their students to develop healthy and sustainable lifestyles. Visit the school's website at www.agcchicago.org for a look at this school for the future. Good luck AGC!

[Back to Index](#)

Illinois Farm to School is administering a survey this spring to learn more about the supply and demand for local foods in Illinois schools and they need to hear from teachers, administrators, food service directors/managers, parents and farmers. Survey participants will be entered into a raffle for one of five Visa gift cards, each valued at \$100!

Results from the survey will equip Illinois Farm to School to promote the increase of local foods in school meals, in response to the [IL Food, Farm and Jobs Act](#) that was passed in May 2009. Please email ilfarmtoschool@gmail.com to be notified

April 2010 Illinois Schools Can! eNewsletter

when the survey is available and visit www.farmtoschool.org/IL/ to learn more.

[Back to Index](#)

Contribute to School Wellness

If you have information about resources, training or grant opportunities that support wellness initiatives for Illinois schools, please email your contributions of 150 words or less to ilnet@kidsroe.org.

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[Back to Index](#)

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