

# April 2011 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.*

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## In This Issue:

- [What's New?](#)
- [Wellness Events and Trainings](#)
- [Grants and Funding Opportunities](#)
- [Resources for Educators and School Staff](#)
- [School Success Stories - St. Charles School District #303](#)

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## What's New?

### **4th Annual Illinois School Wellness Conference - May 3, 2011**

Action for Healthy Kids (AFHK) and the Illinois State Board of Education are once again sponsoring this exciting conference at the Decatur Hotel and Conference Center. The conference is ideal for school administrators, school nurses, educators, foodservice staff, wellness committee members, parents, students and anyone interested in learning more about encouraging a healthy environment at school. Topics will include nutrition trends and healthy fundraising in schools, innovative physical education programs, Illinois school wellness success stories and *Fuel up To Play 60*. Dr. Toni Yancey, author of *Instant Recess: Building a Fit Nation 10 Minutes at a Time*, has been selected as keynote speaker. Dr. Yancey played basketball for Northwestern University and is currently a professor in the UCLA Department of Health. She is also a national board member for Action for Healthy Kids. Her presentation will be based on her book, which provides "doable" solutions to encourage students to get moving!

**Register now!** The first 50 people to register for the conference will receive a free copy of Dr. Yancey's book. **Register on or before April 19, 2011 for \$45.00 per person.** After April 19, registration is \$55.00 per person. Students can purchase tickets for \$25.00 per person.

# April 2011 Illinois Schools Can! eNewsletter

[http://take.actionforhealthykids.org/site/Clubs?club\\_id=1121&pg=main](http://take.actionforhealthykids.org/site/Clubs?club_id=1121&pg=main)

## **Nutrition Education Loan Library Closes this May**

The Nutrition Education Loan Library will officially close effective May 1, 2011. The *Body Walk* trunk and manual will remain available for loan purposes, with no shipping charges to your school. The purpose of the *Body Walk* project is to engage teens in promoting lifetime healthy eating and physical activity to elementary-level students in their district and/or community. This teens-teaching-kids initiative involves students and educators working together to design and assemble a walk-through exhibit of the human body. The *Body Walk* trunk includes props recommended in the manual to make your exhibit come to life.

Download the *Body Walk* manual at <http://tinyurl.com/6dfpwq7>. To reserve the *Body Walk* trunk, email [cnp@isbe.net](mailto:cnp@isbe.net) or contact ISBE at (800) 545-7892 or (217) 782-2491.

*[Back to the index](#)*

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## **Wellness Events and Trainings**

### **Onsite NET Training: Got Dirt? Growing Healthy Kids (PreK-6)**

Go green! Discover how to create a garden project that brings core subjects alive, encourages healthy eating and increases physical activity for children. Got Dirt? is a multidisciplinary garden toolkit that will help you plan and grow a garden to support child wellness initiatives. Call ILNET at (800) 466-7998 to schedule training at your site.

### **ILNET WEBINAR: Whole Grains for Healthy School Meals (K-12)**

School nutrition staff will find out how to incorporate more whole grains into school meals. This webinar will take the mystery out of the confusing world of whole grains and offer practical suggestions for menu planning. Participants will also learn about whole grain commodities and discover helpful resources from the Whole Grains Council.

[www.kidseatwell.org/WholeGrainsWebinar.html](http://www.kidseatwell.org/WholeGrainsWebinar.html) Receive 1 Free CEU! Archive available until August 10, 2011.

### **ILNET WEBINAR: HealthierUS School Challenge - Go for the Gold! (K-12)**

Find out how your school can apply for and complete the HealthierUS School Challenge! Learn how your school can be nationally recognized on the USDA Team Nutrition website and receive financial incentives. Explore the eligibility requirements, learn about the application process and be inspired by schools that have achieved Challenge awards.

Audience: School staff responsible for school meals, food sales, nutrition education, P.E. and wellness. [www.kidseatwell.org/HUSSCMinigrants2010-2011.html](http://www.kidseatwell.org/HUSSCMinigrants2010-2011.html) Archive available until May 18, 2011.

*[Back to the index](#)*

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# April 2011 Illinois Schools Can! eNewsletter

## Grants and Funding Opportunities

### **2011 PEP Grants - Deadline: May 13, 2011**

<http://tinyurl.com/6cq4pyz>

Carol M. White Physical Education Program (PEP) will award millions of dollars to schools and community-based organizations to initiate, expand, and improve physical education programs.

### **Fuel Up to Play 60 Competitive Funding - Deadline: June 15, 2011**

<http://school.fueluptoplay60.com/funds/view.php?page=15793763>

The National Dairy Council, National Football League and USDA are offering up to \$3,000 in competitive funding to implement your school wellness policy.

### **St. Louis Dairy Council: DAIRY FULLY FUELED TOUR - Deadline June 30, 2011**

[www.dairyfullyfueled.com](http://www.dairyfullyfueled.com)

A fun, interactive program designed to give students a unique experience of the power of healthy eating. The Tour aims to reward Illinois schools for their efforts in building healthier student bodies with a day of physical activity, games, and nutrition know-how. Open to schools in the 81 Illinois counties served by St. Louis District Dairy Council.

### **Salad Bar Grants - Deadline: Rolling**

<http://saladbars2schools.org/>

*Let's Move Salad Bars to Schools* will fund and award 6,000 salad bars to eligible K-12 schools or school districts that participate in the National School Lunch Program.

Schools/districts with Bronze status or above in the [HealthierUS School Challenge](#) will have priority in receiving a fully funded salad bar

### **Good Sports Equipment Grant - Deadline: Rolling**

[www.goodsports.org/equipmentgrants.shtml](http://www.goodsports.org/equipmentgrants.shtml)

Good Sports will provide equipment, apparel, and footwear for youth organizations offering sports, fitness and recreational programs to youth in need.

[Back to the index](#)

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## Resources for Educators and School Staff

### **Energy Balance 101 (Grades K-5)**

[www.energybalance101.com/](http://www.energybalance101.com/)

This website provides free resources to teachers, students, parents and community leaders to strengthen the connections between healthy schools, healthy homes, healthy communities and healthy kids. Find free, downloadable wellness curricula, family activities, interactive tools, summer activities and healthy lifestyle tips.

# April 2011 Illinois Schools Can! eNewsletter

## **Cruciferous Crusaders Lesson Plans (Grades 3-5)**

[www.leafy-greens.org/lessonplans.html](http://www.leafy-greens.org/lessonplans.html)

Lesson plans that incorporate language arts, math, science/health and social studies in activities that increase student understanding of the nutritional benefits of cruciferous vegetables and promote an increase in their consumption.

## **Nutrition Expeditions (Grades 7-12)**

<http://tinyurl.com/3dlb9u>

This standards-based, web-enhanced nutrition curriculum for Family and Consumer Sciences classes covers nutrition across the lifespan. Includes teacher's guide, handouts, keys, and transparency masters for each lesson.

## **Cooking with Whole Grains - Foodservice Personnel (K-12)**

<http://tinyurl.com/3vqn14g>

A training kit developed by the Idaho State Department of Education to provide school foodservice personnel with the knowledge and skills to comply with the proposed new Nutrition Standards for serving whole grains in Idaho's National School Breakfast Program and National School Lunch Program.

## **Garden-based Learning Resources (Grades 6-12)**

[https://docs.google.com/View?id=ddn2xqb8\\_261gpjc8sht](https://docs.google.com/View?id=ddn2xqb8_261gpjc8sht)

A comprehensive list of resources that includes cooking activities, service learning projects, core-subject alignment, and leadership skills - Spanish resources available.

## **Breakfast and Lunch Lessons in the Classroom**

<http://kidshealth.org/classroom/> (keyword search: breakfast or lunch)

- **Starting the Day the Right Way - Breakfast Lessons (Grades 3-5)**  
A teacher's guide and activity handout that will help your students recognize the importance of breakfast and learn how to identify healthy breakfast choices.
- **Healthy Choices - Lunch Lessons (Grades 6-8)**  
A teacher's guide and activity handout that will help your students understand the benefits of eating a healthy lunch and learn how to choose nutritious foods.

[\*Back to the index\*](#)

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## **School Success Stories**

### **St. Charles School District (CUSD#303)**

In fall 2009 Richmond Elementary School in St. Charles received a USDA Team Nutrition mini-grant from Illinois NET to assist them in meeting the criteria in the HealthierUS School

# April 2011 Illinois Schools Can! eNewsletter

Challenge (HUSSC). Before long, **all twelve elementary schools** in CUSD#303 stepped up to take the Challenge. Kathy Litts, Sodexo Foodservice Manager for CUSD#303, worked diligently with each school to make the necessary changes to the school menus to meet HUSSC criteria for the **Bronze award level**. St. Charles students now see a variety of fresh fruits and vegetables, black beans and other legumes, more whole grain food items and only lowfat and nonfat milk on their menus. Each school in CUSD#303 has found their own unique ways to achieve their student wellness goals:

- Richmond Elementary received a *Fresh Fruit and Vegetable Grant* from the USDA. Students now get to sample different fresh fruits and veggies each week.
- Wasco Elementary started an on-site community garden to teach students about the farm-to-table connection.
- Munhall and Wild Rose Elementary use *JAMmin' Minute* - A one-minute fitness routine that includes 5 simple exercises that kids can do while either standing at their desk or sitting in a chair, from the *Just-a-Minute School Program*.
- Students at Wasco and Norton Creek Elementary take home a "School/Home Connection" worksheet that focuses on nutrition, food shopping, food safety and label reading. They complete the worksheet as a family and return it to school.
- Lincoln Elementary students participate in games that reinforce the importance of making healthy food choices and show the effects of making unhealthy choices.

Congratulations to **all twelve elementary schools** in St. Charles CUSD#303 for being awarded the Bronze Level Award in the HealthierUS School Challenge!

**Richmond**  
**Wasco**  
**Wildrose**  
**Norton**  
**Munhall**  
**Lincoln**

**Corron**  
**Fox Ridge**  
**Ferson Creek**  
**Davis**  
**Bell-Graham**  
**Anderson**

[Back to the index](#)

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## 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 [Inet@kidsroe.org](mailto:Inet@kidsroe.org).

[Back to the index](#)

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The Illinois Nutrition Education and Training Program is supported by the Illinois State

# April 2011 Illinois Schools Can! eNewsletter

Board of Education.

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[\*Back to the index\*](#)

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