

December 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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What's New at NET!

Just Released!

The 2011-2012 Illinois NET Program Services Flyer

Start scheduling your wellness conferences and staff trainings! Illinois NET has training for foodservice staff, nutrition and physical education teachers, school administrators, school nurses, child care educators and child care staff, as well as all members of your local wellness policy team. We provide **on-site workshops** at schools, child care centers, and conferences throughout Illinois. For busy schedules check out our online training.

Our services are provided at no charge to Illinois schools and child care centers.

[Kidseatwell.org/flyers/IL Net 2011 2012 Services Flyer v2.pdf](http://Kidseatwell.org/flyers/IL_Net_2011_2012_Services_Flyer_v2.pdf)

Coming in February 2012

Raise the Grade with Nutrition Education

Earn CPDU credits online! Learn how you can integrate nutrition education into your

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curriculum and create a classroom environment that supports healthy choices. Brush up on the latest dietary advice. Find fun, interactive nutrition education activities you can plug in to your existing curriculum. Energize students and improve their focus with activity breaks. More information to come at Kidseatwell.org. *Grades K-12 teachers*

Putting your Local Wellness Policy into Action

This **updated training** program addresses the new expanded rules for local wellness policies and provides strategies and tools to implement and evaluate your school wellness policy. Learn about effective nutrition education programs and physical activity resources you can use in the classroom and tools for wellness policy assessment. Walk away with a list of key resources that will make you a school wellness policy expert! Visit Kidseatwell.org/training.htm. *School administrators and staff*

Save the Date! Thursday, February 23, 2012 from 2:00-3:00 pm CST

Step Up and Stand Out: Join the HealthierUS School Challenge Webinar

Is your school interested in taking the HealthierUS School Challenge? Learn all you need to know to submit an award-worthy application. Take away resources and success stories from Illinois schools that are meeting the Challenge criteria. The HealthierUS School Challenge is a USDA recognition program that recognizes schools that have created a healthier school environment with nutrition education, physical education, and physical activity. More information to come at KidsEatWell.org.

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Wellness Events and Trainings

NFSMI Webinar - Back to Basics: How to Incorporate Scratch Cooking Techniques into Your School Kitchen

This webinar walks you through the basics of scratch cooking and "speed scratch" cooking in school nutrition services. Hear from school nutrition directors who have implemented these techniques in their districts. Watch a live culinary demonstration to begin building your own scratch cooking skills and learn about available resources to help you get started.

November 28, 2011 1:00-2:15 pm CST

3.gotomeeting.com/register/602585070

AAPHERD's Wednesday Webinars

2nd Wednesday of each month 12:00-1:00 pm CST

Join the American Alliance for Health, Physical Education, Recreation and Dance

(AAHPERD) the second Wednesday of every month during the 2011-2012 school year for a webinar about what's new with [Let's Move in School](#), resources to use in your school, and real life examples from those in the field. The next two webinars are:

- **December 14, 2011 - Physical Activity During School** [Register Now!](#)

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- **January 11, 2012** - Staff Involvement [Register Now!](#)

SNF's Webinar Wednesdays

Wednesdays 1:00-2:15 pm CST

The School Nutrition Foundation's monthly web-seminar series features hot topics in the school nutrition arena. The next webinar is:

- **December 14, 2011** - Chefs in Schools: Increasing Participation and Gaining Renewed Excitement around your School Meal Program [Register Now!](#)

Interactive Breakfast Webinar Series

A series of five webinars from Action for Healthy Kids and the BreakfastFirst Campaign will demonstrate the health, fiscal, and academic benefits of an effective school breakfast program. Each webinar, presented throughout the 2011-2012 school year, will feature an expert panel that will share key resources, discuss best practices, and answer questions. Learn how to be a school breakfast champion in your community. For upcoming webinars go to: cfpa.net/breakfast-first-campaign

Body Walk Workshop

Looking for more ways to reach your local wellness policy goals? This hands-on workshop from Illinois NET gives teens and their advisors the tools and resources needed to organize a fun, interactive "walk" through the human body for elementary students. Each school receives classroom lessons and step-by-step instructions to set up a Body Walk event. Body Walk is perfect for a health fair or parent night and teens get a chance to practice health advocacy, role modeling and community service. *K-Grade 5 teachers* Kidseatwell.org/training.htm

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Grants and Funding Opportunities

Winston Equipment Grant

Deadline: November 29, 2011

Ten pieces of kitchen equipment will be awarded to a school district in need of improvement of its school meal kitchen facilities.

beyondbreakfast.org/winston-equipment-award-application-deadline-nov-29/

Saucony Run for Good Grants

Deadline: December 13, 2011

Grants to encourage active and healthy lifestyles in children through increased participation in running. Up to \$10,000 in funds are available.

sauconyrunforgood.com/how-to-apply/

I Can Grow Youth Garden Awards

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Deadline: December 23, 2011

These awards support urban school and community gardens across the United States. Schools, youth groups, community centers, public garden organizations, and others interested in supporting urban youth garden installations are eligible to apply.

burpeehomegardens.com/ICanGrow/YouthGardenAward.aspx

School Garden Grants

Deadline: December 31, 2011

The Whole Kids Foundation is providing \$2,000 mini-grants to teach kids to garden and learn about sustainability, conservation and food systems in their community.

wholekidsfoundation.org/gardengrants-application.php

FIND YOUR BALANCE Challenge

Deadline: January 31, 2012

Three schools will win monetary awards (\$30,000 1st prize and two \$10,000 2nd prizes) to improve their health and physical education programs. This challenge was designed to engage students and school personnel in creating an action plan to take steps to achieve energy balance in their school community. energybalance101.com/be-involved/classroom-challenge/

"Stirring Up Health™" National Middle School Recipe Contest

Deadline: March 2, 2012

Calling all **teachers, home schools, youth leaders or parents!** Join the Healthy Kids Challenge in its **10th year** offering healthy cooking fun for 7th and 8th graders. Engage the kids you know to create or modify a recipe to make it healthier, using USDA MyPlate guidelines. Kids will learn basic food preparation and cooking skills they'll use throughout life with this hands-on experience. healthykidschallenge.com/content/kids-healthy-recipe-contest

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Resources for Educators

The Power of 3: Get Healthy with Whole Grains

A school-based curriculum designed to increase the intake of whole grain foods in elementary students in grades 3-6. This five lesson curriculum is based on the Dietary Guidelines for Americans and includes newsletters to send home to parents and information for school foodservice staff on increasing whole grains in school menus.

extension.umn.edu/nutrition/power3.pdf *Grades 3-6*

Two New Breakfast Resources from Midwest Dairy Association

[Contemplate Your Breakfast Plate](#) : When it comes to NUTRITION not all breakfasts are created equal! This one-page PDF shows the nutritional breakdown and cost of six different

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breakfast menus. A great teaching tool for tweens, teens and adults! *Grades 6-12*

[Benefits of Breakfast](#): A list of interesting facts that explain why eating a healthy breakfast is the right choice. Post in your cafeteria, teachers lounge and send home to parents! *Grades K-12*

Power Up

Power Up is a 9-week health education program for middle school students in grades 6-8. This program is designed to equip students with the knowledge to make healthier choices by encouraging consumption of healthy foods, supporting regular physical activity, teaching students to make their own healthy snacks, and building healthy self-esteem. This is a Team Nutrition project from the Kansas Dept. of Education. [Click here to download.](#) *Grades 6-8*

Cooking with Kids Tasting Lessons

Fruit and vegetable tasting lessons that provide opportunities for children to explore, learn about, and taste a variety of fruits and vegetables. The lessons require no cooking and minimal food preparation. English & Spanish materials available.

cookingwithkids.net/store/free-lessons/ *Grades K-6*

Nancy's Garden

Nancy's Garden is a complete curriculum developed for 4th grade students that utilizes math and science skills to teach kids how to garden.

mathscience.mt.gov/files/NancysGardenTeachers%20Guide.pdf *Grade 4*

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School Staff Resources

New MyPlate Resources from National Food Service Management Institute (NFSMI)

Looking for training materials on the U.S. Department of Agriculture's (USDA) new MyPlate icon? NFSMI offers eight lessons in the *No Time to Train Short Lessons for School Nutrition Assistants* resource, plus a lesson on the *2010 Dietary Guidelines for Americans*.

nfsmi.org/ResourceOverview.aspx?ID=256

New Food Buying Tool for Child Nutrition Programs

NFSMI and Team Nutrition have developed an online calculator to be used with the [USDA Food Buying Guide \(FBG\)](#). This interactive and simple to use calculator allows child nutrition professionals to build shopping lists of foods from the FBG and determine how much of each item to purchase to provide enough servings for the children in their program.

fbg.nfsmi.org/

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New Wellness Policy Resources from CDC

The CDC has developed nine guidelines that promote healthy eating and physical activity among children, adolescents and schools. *The School Health Guidelines to Promote Healthy Eating and Physical Activity* serve as the foundation for developing, implementing, and evaluating school-based wellness policies and practices for students. They have also developed a PowerPoint® presentation and accompanying materials that can be used to train staff members at education and health agencies, schools, community groups, and other organizations interested in promoting healthy eating and physical activity through schools. cdc.gov/healthyyouth/npao/presentation.htm

New! Fuel Up to Play 60 Toolkit

This new toolkit from the School Nutrition Association (SNA) will help school nutrition professionals meet HealthierUS School Challenge criteria; increase participation in breakfast and lunch programs; obtain grants for kitchen equipment; build strong relationships with students, teachers and principals; get positive media attention; and, earn CEUs for SNA credentialing and certification. schoolnutrition.org/FuelUpToPlay60

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School Success Stories

St. Mary's Grade School Rises to the Challenge! Sterling, IL

St. Mary's Grade School was awarded a \$3,500 USDA Team Nutrition mini-grant from the Illinois NET Program in February 2011. The purpose of the mini-grant is to improve the health and wellness of their school community and apply for the HealthierUS School Challenge (HUSSC). The HUSSC is a USDA program that recognizes schools that have created a healthier school environment with nutrition education, physical education, and physical activity. With the full support of their school community, St. Mary's has implemented many successful activities and programs to reach their goals:

- Students participated in a Walk-a-thon to raise money and get physically active. They raised enough money to purchase Dance Dance Revolution and the AV equipment necessary to display it. The student who raised the most money won a bicycle!
- The students and staff started a school garden in the spring. They purchased two raised garden beds and a storage shed. The garden plants were donated. The garden has been a huge success. Families volunteered to maintain the garden over the summer and now

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the fresh produce is used in school meals, in taste testings, and donated to the local food bank.

- The entire school staff has been trained in the Coordinated Approach to Child Health (CATCH) program and it is now being used at all grade levels. They also have a CATCH display in their cafeteria to promote a healthy lifestyle.
- The last week of September was St. Mary's Nutrition Week. The students took part in a healthy poster contest, decorated MyPlate placemats and participated in games throughout the week in the cafeteria and gym classes. They also had an essay contest titled "Why I Can Be a Healthy Chef." The essay winners competed in an "Iron Chef" event at the end of the week at the Fit, Fun for Kids assembly for the whole school.
- They updated their website with a Health Section that provides healthy living information for families and the community.
- They started a Mighty Milers Program - an in-school program that uses running to get the students active while having fun.

The main barrier they initially encountered when starting their health and wellness initiatives was a negative response from parents about prohibiting sweet treats within the school. But, after only a few short months, parents are reporting that "healthy changes in their homes are being driven by the children." They are requesting fewer desserts and more of the healthy foods they are being exposed to at school.

One of their strengths is engaging community partners to support their goals. Their major partner is Community General Hospital, who provided funding for the CATCH program.

Future plans for St. Mary's include updating their nutrition education program with MyPlate resources, purchasing more CATCH equipment, focusing on the sustainability of their health and wellness programs and, submitting their application for the HealthierUS School Challenge in January 2012.

Congratulations to St. Mary's Grade School for being a shining example of student health and wellness in Illinois!

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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.

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