

February 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.

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New at NET

Technology-Enhanced Projects for Teens and Online Training for Teachers

Nutrition A3 (Anytime, Anywhere, Anyplace) is an exciting new program that helps middle school, high school and after-school teachers support student wellness and address Illinois Learning Standards. This program, developed by the Illinois Nutrition Education and Training (NET) Program in partnership with Northwestern University's iCollaboratory, provides educators with resources for 21st century learning. The program consists of six technology-enhanced student projects that empower teens to make healthy food and physical activity choices.

Are you a teacher who is technology-challenged? You can still provide this exciting new program for your students by taking the *Nutrition A3 Teacher eCourse*. Illinois teachers completing the eCourse can earn four CPDU credits and are eligible to receive a \$50 training stipend through June 30, 2010, while funding lasts. Go to kidseatwell.org/NutritionA3.html or call (800) 466-7998 for more details.

Mini-grant Opportunity for After-school Programs! Deadline - July 1, 2010

All Illinois after-school programs participating in the Afterschool Care Snacks Program are eligible to apply for this \$2,000 mini-grant, provided by the Illinois NET Program through a USDA Team Nutrition Training grant. The purpose of this grant is to assist after-school programs in educating students and their

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families about healthy food choices and physical activity through fun, creative and innovative activities. For more details and to download an application, go to Kidseatwell.org.

New Workshop! *Linking Communities, Parents and Schools for Children's Health*

This new workshop from the Illinois NET Program trains school staff to plan awareness, education and outreach programs that promote healthful food choices and daily physical activity in the school and community. Learn tips for creating a successful health fair, parents' night, or Body Walk exhibit and get useful strategies for engaging local community partners. For more information or to schedule training call (800) 466-7998 or visit Kidseatwell.org/training.htm. As with **all** of Illinois NET trainings and resources, there is no cost for this workshop.

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Wellness Events and Trainings

2010 Illinois School Wellness...From A to Z Conference - May 4, 2010 Decatur Conference Center, Decatur, IL.

Attention: educators, food service staff, school nurses, student advocates, and wellness policy team members! You can pick up new strategies and resources to support student health at the 2010 Illinois School Wellness Conference, co-sponsored by the Illinois State Board of Education and Illinois Action for Healthy Kids. Experts in child nutrition, physical education and school wellness will present innovative ideas about healthy food choices and an active lifestyle to excite your whole school community. This year's Keynote speaker is Jill Jayne, MS, RD. Ms. Jayne is the leading expert in creating and delivering interactive media about health to kids and families and she is the creator and lead performer of *Jump with Jill*. She will discuss the current childhood obesity epidemic and ways to use cross-curricular teaching and kinesthetic learning to reverse these health trends and she will perform some of her songs! For more information or to register for this conference visit actionforhealthykids.org/Illinois.

Online Course: *Culinary Techniques for Healthy School Meals*

The National Food Service Management Institute (NFSMI) has developed a series of six complimentary online courses to help child nutrition teams prepare healthier school meals that appeal to students' tastes. These courses help school foodservice staff initiate food production and culinary techniques that incorporate principles of the *Dietary Guidelines for Americans* into the planning and preparation of school meals.

Illinois school foodservice staff members that complete the culinary techniques series will receive a stipend reimbursement of \$75, made available by a USDA

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Team Nutrition Training grant, and a set of *Dietary Guidelines* posters for their cafeteria. For details about the course and stipend go to kidseatwell.org/CulinaryTechniquesforHealthySchoolMealsProject.htm.

A recent SNA report indicated schools are making progress toward healthy meals. The *Culinary Techniques for Healthy School Meals* courses can help support recent efforts. To read the entire report go to schoolnutrition.org.

Local Wellness Policy Evaluation: Strategies to Success - March 2, 2010

The second of three school wellness webinars hosted by the USDA Midwest Region will feature a variety of strategies, resources, and examples that schools can use to successfully evaluate and improve an existing policy. To register go to vovici.com/wsb.dll/s/17fb9g43188.

We Can! Regional Training - May 19-20, 2010 Chicago, IL

We Can! (Ways to Enhance Children's Activity and Nutrition) is a national movement of families and communities coming together to promote healthy weight in children and youth through improved food choices, increased physical activity, and reduced screen time. The **We Can!** training is designed to educate participants about the **We Can!** Program, provide training on the **We Can!** science-based curricula, share innovative ideas to help launch and strengthen **We Can!** programming and network with others trying to prevent childhood obesity around the country. For more details or to register go to nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm.

2010 Society for Nutrition Education (SNE) Annual Conference - July 24-27

This exciting event being held in Reno, Nevada provides access to the latest developments in food, nutrition, and education for nutrition program planners and evaluators, teachers, and policy makers. For details and registration visit sne.org/conference/index.html.

Coming This Summer! June 22-24, 2010 The Illinois School Nutrition Association's 60th Annual Conference "Sentimental Journal" will be held in Oakbrook Terrace, Illinois. For details and registration, go to ilsna.net/Annual%20Conference/default.htm.

Coming This Summer! July 11-14, 2010 The School Nutrition Association's Annual National Conference will be held in Dallas, Texas. For more details and registration information, go to schoolnutrition.org/Level2_ANC2010.aspx?id=12681.

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Grants and Funding Opportunities

Fresh Fruit and Vegetable Program Grant - Deadline: March 15, 2010

isbe.net/nutrition/htmls/ffv_program.htm

The Illinois State Board of Education is accepting applications for the Fresh Fruit and Vegetable Program (FFVP) Grant for the 2010-11 school year. The purpose of the FFVP Grant is to provide fresh fruits and vegetables to elementary students during the school day at times other than meal periods, at a minimum of two times a week. Elementary schools interested in applying must be participating in the National School Lunch Program. Visit the ISBE website for more eligibility requirements.

2010 PEP Grant - Deadline: May 21, 2010

pe4life.org/news---resources/grant-info/pep-grant/?CFID=7919063&CFTOKEN=cc0dd576fcfe583e-B551195F-19B9-F7AC-42055B8089D1D97A

Provides funds to initiate, expand, and improve physical education programs (including after school programs) in order to make progress toward meeting State standards for physical education. (K-12th grades)

ING Run For Something Better - Deadline: April 15, 2010

aahperd.org/naspe/grants/grants/ING/upload/Application2010forWEBFinal.pdf

A minimum of fifty (50) \$2,000 grants will be awarded to schools to establish a school-based running program or expand an existing one. (4th-8th grades)

Annie's Grants for Gardens - Deadline: Rolling

annies.com/grants_for_gardens

Small grants provided to school gardens and other educational programs that connect children to gardening. Funds may be used to buy gardening tools, seeds, or other gardening supplies.

Fruit Tree 101 - Deadline: Ongoing

ftpf.org/fruittree101.htm

Win a fruit tree orchard for your school and help students make a positive environmental impact while creating a source of healthy snacks for decades to come.

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Educator Resources

Fruit and Vegetable Tasting - Bilingual Lesson Plans (K-6)

cookingwithkids.net/CWK_Store/Curriculum/index.html

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Cooking With Kids' lessons provide opportunities for children to explore, learn about, and taste a variety of fruits and vegetables. They require no cooking and minimal food preparation. Students learn to use descriptive language, expand vocabulary, exercise choice, and articulate personal preferences. Download in English or Spanish.

Getting Students Active, *One Minute at a Time* (K-12)

jamschoolprogram.com/

The *Just-A-Minute (JAM) School Program* brings physical activity and health education into the classroom. JAM is designed to teach kids (and their parents) healthier lifestyle habits through a weekly one-minute exercise routine called JAMmin' Minute. There is also a more extensive athlete-featured routine called JAM Blast, and a monthly health newsletter called Health-E-tips. These resources are available at no cost to schools.

TEENS: Teens Eating for Energy and Nutrition at School (6-8)

epi.umn.edu/cyhp/r_teens2.htm

A no-cost downloadable curriculum for middle school students from the University of Minnesota that focuses on increasing fruits and vegetable intake, decreasing fat intake, and increasing physical activity. There are also take-home packets containing easy and healthy recipes to reinforce the information and behavior at home.

Spending Your Calorie Salary (6-12)

lancaster.unl.edu/food/calorie-salary-youth-version.shtml

A no-cost downloadable PowerPoint with handouts for teens and tweens that links into the MyPyramid.gov website and teaches students how to plan and track their daily requirements.

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School Success Story

Phyllis J. Wood, CATCH Director of Egyptian Public and Mental Health Department (EHD) in Ridgway, IL was named CATCH Champion (Coordinated Approach to Child Health) in October 2009! Ms. Wood's organization and affiliates serve the lower 16 counties of Illinois with a focus on child and family health.

In 2007, Ms. Wood assisted in forming the Illinois Catch onto Health Consortium (IHC) in the southern Illinois region to place a greater focus on the childhood obesity issue in her area. With the assistance of a Health Resources and Services Administration grant, Phyllis was been able to integrate the CATCH program into six schools in her area; purchase new P.E. equipment to increase

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the number of students able to participate in P.E. class; and also purchase reusable water bottles to encourage the students to drink more water.

Ms. Wood believes the keys to successfully integrating a program like CATCH are to personalize the program to the school's needs, and remembering that CATCH is meant to change, grow and expand, just as students and schools do. She has received amazing feedback from parents and she is happy to report that the teachers and staff love the CATCH program and find it easy to incorporate into their classes. The CATCH program has even excited school staff to make more independent changes of their own that fit the needs of their students. Last year, Ms. Wood pushed for the CATCH schools to apply for the USDA's Fresh Fruit and Vegetable (FFVP) Program and, as a result, over 40% of the schools began receiving the grant in the fall of 2009. (See information about the FFVP grant above.)

Events planned for the 2009-2010 school year include hosting a **CATCH** training day for school staff, distributing newsletters to families, sponsoring a family fun event, and purchasing additional P.E. equipment.

Ms. Wood's future plans? To make every one of her schools a CATCH school!

Note: You can receive a CATCH curriculum from Illinois NET just by filling out an application at KidsEatWell.org.

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News Flash!

"Kids Eat Less Junk Food When Middle Schools Stop Providing It"

Here is some positive, but not surprising, news from the Rudd Center for Food Policy and Obesity at Yale University. Their researchers looked at snack food consumption in six middle schools in Connecticut over two years. In the three target schools, they replaced snack items that did not meet current nutritional guidelines set by the Connecticut State Department of Education, with snacks that did. The snack items at the three comparison schools remained the same. The researchers found that, as a result of the switch, the kids at the target schools ate less junk food at school and **did not compensate** by eating more at home.

This study provides a positive affirmation to all those schools working to improve their nutrition programs and an incentive to those schools that question if such a simple change could make a significant impact.

The article is published in the Journal of Health Education and Behavior 36(6),

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2009. cfah.org/hbns/archives/viewSupportDoc.cfm?supportingDocID=864

Twenty One Schools Receive HealthierUS School Challenge Mini-grants!

Congratulations to 21 Illinois elementary schools that have been awarded grants from the Illinois Nutrition Education and Training (NET) Program in preparation to take the HealthierUS School Challenge during the 2010 - 2011 school year. The HealthierUS School Challenge is a voluntary recognition program from the USDA Food and Nutrition Service (teamnutrition.usda.gov/HealthierUS/index.html) that recognizes outstanding achievement in healthier school environments. The mini-grants have been provided by a 2009 USDA Team Nutrition Training grant.

Here are the winning schools:

Academy for Global Citizenship - Chicago	LeRoy Elementary - LeRoy
Algonquin Lakes Elementary - Algonquin	Liberty Elementary - Carpentersville
Chester-East Lincoln School - Lincoln	Lincoln Prairie Elementary - Lake in the Hills
Dundee Highlands Elementary - West Dundee	Meadowdale Elementary - Carpentersville
Eastview Elementary School - Algonquin	Neubert Elementary - Algonquin
Gary D. Wright Elementary - Hampshire	Parkview Elementary - Carpentersville
Gilberts Elementary - Gilberts	Perry Elementary - Carpentersville
Golfview Elementary - Carpentersville	Richmond School - St. Charles
Hampshire Elementary - Hampshire	Sleepy Hollow Elementary - Sleepy Hollow
Lake in the Hills Elementary - Lake in the Hills	Westfield Community - Algonquin
Lakewood School - Carpentersville	

In February 2010, First Lady Michelle Obama introduced Let's Move - a national initiative to address obesity. As a part of this effort, Mrs. Obama and the USDA have committed to expanding the HealthierUS School Challenge (HUSSC) within the Child Nutrition Act. To read more about the Let's Move! Campaign and the role of the HUSSC visit letsmove.gov/schools/index.html.

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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 ilnet@kidsroe.org. The deadline for the April 2010 electronic newsletter submissions is March 15, 2010.

The Illinois Nutrition Education & Training Program is supported by the Illinois

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State Board of Education.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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