



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?

Nutrition A3 (Anytime, Anywhere, Anyplace) - **Updated!**

This is a six lesson program that empowers students to make healthy food choices and be more physically active. Each lesson encourages students to get creative with technology and have fun while learning about nutrition. ILNET received a lot of great feedback from field testers and we have updated the program to make it more user-friendly. Some of the changes you will find are:

- Improved visual appeal and graphics to peak student interest
- Quick reference navigation links at the top of the page
- Simplified instructions on Google documents
- Expanded content in forum activities
- Revised Activities
- A user-friendly Nutrition A3 Teachers' Manual (Coming soon!)

Get started with the teacher's eCourse and earn 4 CPDU's. Then get ready to excite your students with fun, innovative activities! www.kidseatwell.org/NutritionA3.html

Healthy Afterschool Web Pages - Best Practices!

The winners of the Afterschool Care Snacks Program mini-grants have been implementing their projects to teach kids how to eat healthy and get more physical activity. Their efforts have been inspiring and we are sharing their creative ideas on the *Healthy Afterschool* web page at KidsEatWell.org. Check it out!

Healthy Webinars

ILNET has three archived webinars that will help you create a healthy school environment:

- **Whole Grains (Foodservice Staff)** - Become a whole grain expert at your school! Learn how to identify whole grain products *and* how to cost-effectively integrate them into a school menu. www.kidseatwell.org/wholegrainswebinar.html
- **Go for the Gold (School Staff)** - Join the HealthierUS School Challenge! Walk through the application process and get inspired by award-winning schools. www.kidseatwell.org/HUSSCMinigrants2010-2011.html
- **Refuel Afterschool with Food and Fitness (Afterschool Staff)** - Discover how easy it is to provide fun, hands-on activities that teach good nutrition and get kids active. www.kidseatwell.org/AfterschoolWebinar.html

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Wellness Events and Trainings

Mark your calendar!

4th Annual Wellness Conference announces lineup

Dr. Toni Yancey, author of *Instant Recess: Building a Fit Nation 10 Minutes at a Time*, has been selected as keynote speaker for the 4th Annual Illinois School Wellness ... from A to Z Conference on **May 3** at the Decatur Hotel and Conference Center in Decatur.



Yancey, who played basketball for Northwestern University, is currently a professor in the UCLA Department of Health and a national board member for Action for Healthy Kids. Her presentation will be based on her book, which provides "doable" solutions for any setting to get Americans moving, according to Dr. David Satcher, a former U.S. Surgeon General and founder of AFHK.

The first 50 people to register for the conference will receive a complimentary copy of Dr. Yancey's book.

The conference, which is co-sponsored by AFHK-Illinois and the Illinois State Board of Education, is perfect for school administrators, school nurses, educators, food service staff, wellness committee members and anyone else who wants to learn more about encouraging

healthy lifestyles and healthy food at school. Other topics will include Food Trends in Schools, Fuel Up To Play 60, The New P.E., wellness success stories from Illinois and healthier fundraisers including healthy food options for school stores and concession stands. During lunch, representatives of AFHK and FORWARD of DuPage will talk about plans for a *Get in the Action* volunteer project and how other counties and communities might organize similar events.

Early registration (through April 19) is \$45; late registration is \$55. A registration link and more information about the conference will be posted in March on the [IL-AFHK website](#). For more information about Dr. Yancey, please visit her website at www.toniyancey.com/home.html.

Chefs Move to Schools Webinar - Thursday, February 24, 2011
11:00pm - 12:00pm CST

The USDA Food and Nutrition Service invites you to participate in this one-hour webinar to learn more about how chefs and schools are working together to help children make healthier food and beverage choices. This webinar is appropriate for chefs and school personnel participating in the Chefs Move to Schools program. For more information or to register go to http://healthymeals.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=14&tax_subject=758

FamilyFarmed EXPO: Farm to Schools and Institutions - March 18, 2011

The FamilyFarmed EXPO runs from March 17-19, 2011. The EXPO is a three day gathering of Chicago-area fans of locally grown and responsibly produced food and artisanal goods. On the second day of the EXPO, school and institutional administrators can meet and talk with local farmers, food producers and distributors. For more information or to register go to www.familyfarmedexpo.com/home.html.

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Grants and Funding Opportunities

Fresh Fruit and Vegetable Program (FFVP) grant - Deadline: March 31, 2011

www.isbe.net/nutrition/htmls/ffv_program.htm

The FFVP grant application for the School Year 2011-2012 will be available online February 23, 2011.

Fresh Fruit and Vegetable Program (FFVP) webinar - February 24, 2011 from 9:00 - 10:30am (CST)

Reserve your Webinar seat at www1.gotomeeting.com/register/232121505.

Staff with the Nutrition Programs Division of the Illinois State Board of Education will present a webinar for National School Lunch Program sponsors that are interested in applying for the FFVP grant for school year 2011-2012. The webinar is highly recommended for schools that would like to apply for the FFVP grant for the first time and for schools that have

participated in the FFVP previously, as the application process has changed. There will be limited time for questions during the webinar.

Captain Planet Foundation Grants - Deadline: March 31, 2011

www.captainplanetfoundation.org/default.aspx?pid=3&tab=apply

Funds are available for innovative programs such as a school garden that empower children and youth to work toward solving environmental problems in their neighborhoods and communities. (Grades K-12)

Fuel Up To Play 60 Grants for School Wellness Policies - 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.

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.

Good Sports Equipment Grant - Deadline: Rolling

<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.

The SPARK Grant Finder

www.sparkpe.org/grants/grantfunding-resources/

A great resource for locating national and state-specific grants for your physical education, afterschool, early childhood or coordinated school health program.

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Resources for Educators and School Staff

Lesson Plans that Integrate Nutrition *into Math*

- **Out of this Whirled Smoothie (Grades K-3)** - Nutrition meets fractions. Students will also review MyPyramid and learn how to determine if a snack is healthy or unhealthy. www.tcoe.k12.ca.us/NFAHC/LessonPlans/Grade3.shtml
- **Dole Math Lesson Plans (Grades 3-4)** - Fun and interactive lessons where students will solve simple math problems, identify equivalents among common measurements and explore money and budgeting problems. www.dole.com/SuperKids/Educators/LessonPlans/Math/tabid/735/Default.aspx
- **A Meal of Endurance (Grades 5-8)** - Students will categorize the foods they eat for one day, calculate the calories consumed and evaluate their results

www.pbs.org/teachers/connect/resources/4236/preview/

Lesson Plans that Integrate Nutrition *into Science*

- **Passing the Sugar (Grades 6-8)** - Integrate health concepts with chemistry, physiology and math. Students evaluate the sweetened beverages they consume each day. www.planet-health.org/pdf/Lesson_19.pdf
- **The Science of Picky Eaters (Grades 9-12)** - Students investigate the sense of taste by testing their tasting ability and sampling various food items. www.pbs.org/teachers/connect/resources/7139/preview/

Wellness IN the Rockies (Grades 5-6) - A series of thirteen lessons designed to help classroom and community educators teach youth how to enjoy healthy eating, get active and respect body-size differences. Includes printable handouts and assessments.

www.uwyo.edu/WINTHEROCKIES_EDUR/WINKidsLessons.asp

Kids Health in the Classroom (Grades K-12) - Teach students how to improve their own health. Topics include healthy habits for life, healthy weight, breakfast, energy balance, school lunch and healthy snacking. <http://classroom.kidshealth.org>

Eating from the Garden Program (Grades 4-5) - Encourages consumption of fruits and vegetables among high-needs youth in schools and community programs. The program also promotes healthier food choices, gardening knowledge and physical activity.

<http://missourifamilies.org/eatfromgarden/>

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School Success Stories

Golfview Elementary, Carpentersville, IL

Congratulations to Golfview Elementary for being the first school in their district to receive a Gold Award of Distinction in the HealthierUS School Challenge!

Loves Park Elementary, Loves Park, IL

On October 1, 2011 Loves Park Elementary held their first "Farmers Market". This was not a traditional farmers market, as there was no produce for sale. Instead, the students provided nutrition information and samples of interesting produce for students and staff at the school. All 380 students were involved as each classroom selected one or two fruits and vegetables to feature at the market. The students prepared for the market by researching their produce items and gathering interesting facts and nutrition information. At the market the students presented their findings on posters. They also had samples of their items for taste testing. The students presented 20 varieties of fruits and vegetables including some they had never tried before:

mangos, avocados, sugar snap peas, raspberries and nectarines. They also had an opportunity to prepare and sample guacamole and hummus!

The Farmers Market is one of the projects stemming from the Fresh Fruit and Vegetable Grant Loves Park Elementary received this year. Through this grant, students are enjoying fresh produce twice a week, learning about the nutritional benefits of eating a variety of fruits and vegetables, and engaging in fun projects like the Farmers Market. They feel it has been a wonderful opportunity to expose the students to new fruits and vegetables each year.

Congratulations to Loves Park Elementary for being a shining example of student health 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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The Illinois Nutrition Education and Training Program is supported by the Illinois State Board of Education.

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