



[Illinois Schools Can!](#) is a student wellness initiative funded by a USDA Team Nutrition Training grant awarded to the Illinois State Board of Education to support and encourage elementary schools to successfully take the [HealthierUS School Challenge](#). For future updates on the Illinois Schools Can! initiative, check out the Illinois NET website at [www.kidseatwell.org](http://www.kidseatwell.org) and [sign up for the Illinois Schools Can! newsletter](#).

[New! Free HealthierUS School Challenge training](#) to help schools earn either Silver or Gold certification in the national HealthierUS School Challenge. [Register today for an onsite workshop](#).

**Coming Soon! *Nutrition Standards for Food in Schools Report to be Released by the Institute of Medicine April 25, 2007***

[Nutrition Standards](#) for the availability, sale, content, and consumption of food and beverage products at schools.

### **Join Action for Healthy Kids Today!**

Action for Healthy Kids® is the only nonprofit organization that addresses the epidemic of overweight, undernourished and sedentary youth by focusing on changes within schools. Members work inclusively at the national, state and local levels – in all 50 states and the District of Columbia– to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn. Below are the top five reasons to join the growing network of more than 9,000 volunteers to create a healthy school environment for children:

1. The opportunity to network with other schools in your state to learn about “best practice” models for improving the health of the school environment.
2. Access to a database of resources and tools available to Teams through the Action for Healthy Kids website.
3. The ability to share tools with educators, parents, school administrators and health professionals.
4. Resources and trainings to assist you with Wellness Policy implementation.

5. Template presentations that can be tailored for your specific audience and state. Examples include:

- *Healthy Foods and Healthy Finances: How to Create a Win-Win Proposition in Your School District*
- *The Need for Physical Education and Physical Activity in Our Schools*
- *Working Effectively with School Boards and School Administrators*
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*

Healthy kids learn better! Visit [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org) and sign up to join the Illinois Team today!

### **Student Wellness Training Opportunity**

#### ***We Can!* (Ways to Enhance Children's Activity and Nutrition) Regional Training**

This two-day training offers participants the opportunity to learn more about ***We Can!***, a flexible, turnkey obesity prevention program developed by the National Institutes of Health (NIH). The two dates and locations are South Bend/Gary, Indiana: April 30 – May 1, 2007 and Roswell, Georgia: May 3 – 4, 2007. To register, please visit [www.wecantraining.org](http://www.wecantraining.org)

### **New Grant Opportunity for Illinois Elementary Schools**

#### **2007 Breakfast Awards**

Midwest and St. Louis District Dairy Councils are each recognizing Illinois schools in their service area that are bringing breakfast to students in creative ways with great results, with a monetary award. The application deadline is **November 30, 2007**. For additional information, please contact your local Dairy Council representative.

- Northern Illinois – visit the Midwest Dairy Council [www.midwestdairy.com](http://www.midwestdairy.com).
- Central/Southern Illinois – visit the St. Louis District Dairy Council [www.stldairycouncil.org](http://www.stldairycouncil.org).

### **Free! Helpful Resources**

#### **Mini-Posters to Market Healthful Fruit and Vegetable A La Carte Options**

Four, 11" x 17" posters are available for your school cafeteria to promote increased consumption of 100% juice, grab and go fresh vegetables and mixed fruit. To request the posters, call the Illinois NET Program at (800) 466-7998 or e-mail at [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org).

**New Action for Healthy Kids® Resource! *Engaging School Leaders as Partners in Creating Healthy Schools***

A publication that provides ideas and tips for those interested in improving student wellness by building positive working relationships with educational leaders. [www.actionforhealthykids.org/special\\_exclusive.php](http://www.actionforhealthykids.org/special_exclusive.php)

**Eat Smart. Play Hard.™ Power Plans from USDA Food & Nutrition Service**

Integrated, interactive, and flexible nutrition education lesson Plans for elementary schools.

[www.fns.usda.gov/eatsmartplayhard/collection/collect\\_tools\\_3.html](http://www.fns.usda.gov/eatsmartplayhard/collection/collect_tools_3.html)

**Ready, Set, FIT! -- A fitness education program for elementary students in grades 3 & 4**

*Ready, Set, FIT!* offers in-class lessons and take-home activities aimed at encouraging kids to be active, eat smart, and feel good.

[www.aafp.org/online/en/home/clinical/publichealth/aim/aimschoolprgm.html](http://www.aafp.org/online/en/home/clinical/publichealth/aim/aimschoolprgm.html)

**Students Taking Charge Toolkit**

This resource is designed to provide you with the tools necessary to develop and use your student voice to influence nutrition and physical activity policies within your school. [www.johnstalkerinstitute.org/wellness/students.htm](http://www.johnstalkerinstitute.org/wellness/students.htm).

**School Wellness Success Story**

**Sandy Noel, Physical Education Teacher  
Oak Park Elementary School District 97 – Oak Park, IL**

As a physical education teacher with over 30 years of experience, it is Sandy Noel's passion and mission to provide the students in Oak Park Elementary School District with nutrition and fitness knowledge that will last a lifetime. In an effort to improve student health, Sandy has created a yearly wellness calendar for her school district. Scheduled events that promote nutrition and fitness on a monthly basis include the Action for Healthy Kids program [Game On! The Ultimate Wellness Challenge](#), guest chefs preparing healthful school breakfasts and dinner for families, a yearly school health expo for students, and wellness workshops for parents. She mentioned the importance of "getting the students

involved with how to market these wellness efforts instead of preaching it to them". Sandy is a member of the Illinois Association of Health, Physical Education, Recreation and Dance (IAHPERD) and serves on the Action for Healthy Kids State Team. In the Summer of 2006, in collaboration with Lieutenant Governor Patrick Quinn's office, she wrote a "Walk Across Illinois" curriculum, which is currently being piloted in twenty-eight Chicago Public Schools. Congratulations to Sandy Noel on behalf of her wellness efforts for Illinois Children!

### **Tell Us More About Your Success Story**

Do you have a success story for improving nutrition or fitness for elementary aged children in your school environment? If so, e-mail us at [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org). We may share your story in a future newsletter.

### **Be an *Illinois Schools Can!* Partner**

The Illinois Nutrition Education & Training Program invites your organization to support Illinois schools in their effort to support student wellness. Partnering organizations can help by contributing pertinent information regarding resource, training or grant opportunities to the *Illinois Schools Can!* Newsletter. **The deadline for contributions for the next newsletter is June 15, 2007.** Please email contributions to [ilnet@kidsroe.org](mailto:ilnet@kidsroe.org).

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