November 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 Illinois NET

Last Chance to Register for the HealthierUS School Challenge Webinar - November 18, 2010 at 2:00-3:00 p.m. REGISTER HERE
The ***Go for the Gold*** webinar will show schools how easy it is to 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 four award levels, learn about the application process, and get inspired by schools that have achieved Challenge awards. **Also, find out about a new mini-grant opportunity for schools that commit to taking the Challenge.**

HealthierUS School Challenge Mini-grants - Deadline: January 14, 2011
www.kidseatwell.org/HUSSCMinigrants2010-2011.html
The Illinois NET Program will award thirteen mini-grants of $3,500 to elementary and secondary schools that wish to participate in the HealthierUS School Challenge (HUSSC). The grants are made possible through a USDA Team Nutrition Training grant. The HUSSC is a voluntary program from the USDA that recognizes schools across the nation for taking active steps to support student wellness.

Multicultural Make & Taste REVISED! (PreK-6 teachers)
www.kidseatwell.org/training.htm
This fun, hands-on workshop provides lessons and activities that encourage children to

explore different cultures. Find out how ethnic foods fit into the MyPyramid food groups, make and taste new recipes from around the world and walk away with lesson ideas that link culture and nutrition.

Mark Your Calendar: **February 10, 2011 - *Whole Grains Webinar*** (Foodservice staff)
Learn how to get more whole grains into school meals. This webinar will take the mystery out of the confusing world of whole grains and offer practical tips for menu planning. Find out about whole grain commodities, purchasing specifications and get helpful resources from the Whole Grains Council. More details to come at Kidseatwell.org.

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Wellness Events and Trainings

Recipe for Healthy Kids Challenge - Deadline: December 30, 2010
First Lady Michelle Obama's *Let's Move!* Campaign is challenging schools, chefs, students, parents and community members to create tasty, healthy new recipes for school lunch menus across the country. Winning teams will receive $12,000 in prizes and be invited to prepare their recipes alongside White House chefs.
http://recipesforkidschallenge.com/

Online Workshop - *Nutrition Education That Works* (PreK-5 teachers)
A convenient online training course that will help teachers provide nutrition education while meeting Illinois Learning Standards. Earn CPDUs at your own pace.
www.kidseatwell.org/training.htm

Online Course - *Culinary Techniques for Healthy School Meals* (School foodservice)
These six short courses, developed by NFSMI, will help school nutrition teams prepare healthier school meals that appeal to the taste of today's students. Learn about nutrition, food production and culinary techniques that will improve your school's nutrition program. Earn up to 33 CEUs at your own pace.
www.kidseatwell.org/CulinaryTechniquesforHealthySchoolMealsProject.htm

Webinar - *Refuel Afterschool with Food and Fitness*
www.kidseatwell.org/AfterschoolWebinar.html
You can now view the archived version of this webinar until March 22, 2011. Learn how to add fun, hands-on activities that teach healthy eating and physical activity to your afterschool program. Discover resources that fit your individual program's needs and get great ideas for reaching out to parents to reinforce healthy habits at home. Speakers share their successes and give useful tips to overcome challenges. You will also find information on federal child nutrition programs and helpful resource materials to download.

Mark Your Calendar: **May 3, 2011 - Illinois School Wellness...From A to Z Conference, Decatur, Illinois.**

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Grants and Funding Opportunities

The Silent Hero Grant - Extended to December 1, 2010
www.gotbreakfast.org
The *got breakfast?* ® Foundation will award up to $50,000 in grants to public schools, non-profit private schools or 501 (c)(3) non-profit organizations participating in the National School Breakfast Program who plan to increase access to breakfast programs to help fight obesity, raise test scores and improve overall health.

School Breakfast Grant - Deadline: December 1, 2010
http://enroll.fueluptoplay60.com/funds/introduction.php
The National Dairy Council and General Mills are offering up to $3,000 in grant funds for schools to expand or improve their school breakfast programs.

Winston Equipment Grant - Deadline: December 3, 2010
https://scholarselect.com/scholarships/1179--winston-equipment-award-grant-2010
For SNA members only, win ten new pieces of equipment to improve your school district's kitchen facilities.

Saucony Run for Good Grant - Deadline: December 13, 2010
www.sauconyrunforgood.com
Ten schools will receive a $10,000 grant to create a running program that improves the health and well-being of students.

IAHPERD Program Enhancement Grant - Deadline: February 15, 2011
www.iahperd.org/textpages/offerings/grants/program_enhancement/
For IAHPERD members only, $4,000 grants for projects that will start, enhance, or continue an educational program.

Registered Dietitian Grants - Deadline: Rolling
www.eatright.org/foundation/kidseatright

- **Fuel Up to Play 60 -** $2,000 grants will be awarded to 50 registered dietitians to help organize Fuel Up to Play 60 in targeted school districts during the 2010 - 2011 school year.

- **MetLife Foundation Grant -** $60,000 in stipends and incentives for registered dietitians to develop health and wellness activities that reach parents in a

community or school setting.

To find a registered dietitian in your community to partner with visit www.eatrightillinois.org and contact the dietetic district in your area.

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Educator Resources

Fruit and Veggie Lessons (K-5 teachers)
www.nutritionnc.com/ResourcesForSchools/index.htm
Learn how to easily add fruit and veggie nutrition education into your classroom with Math and Language Arts activities.

***Healthy Afterschool* webpage at KidsEatWell.org** (K-12 afterschool)
www.kidseatwell.org/Healthy-After-school-Programs.html
This webpage has lots of links and resources to help you promote healthy choices afterschool. You will find current grants and news; fun, hands-on nutrition and physical activity resources; ideas to make your program healthy and parent outreach resources. (English and Spanish)

Healthy Bulletin Board Resources (K-12)
http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=526
Bulletin boards are a great way to reinforce healthy messages in the classroom, cafeteria, and throughout the school. Learn how to create colorful, engaging bulletin boards that stimulate the minds of students and school staff.

Healthy Fundraising Ideas (K-12)
www.healthiergeneration.org/schools.aspx?id=3320
Alliance for a Healthier Generation believes fundraising is necessary for schools but should also support healthy choices. Check out some new, creative ideas for healthy fundraising on their website.

NFSMI Best Practice Guide for Increasing High School Student Participation and Satisfaction in the National School Lunch Program (Foodservice staff)
www.nfsmi.org/documentlibraryfiles/PDF/20091022015239.pdf
A research-based tool that can help SN directors produce the most impact on high school students' participation in the NSLP and satisfaction with their school lunch experience.

Network for a Healthy Illinois (K-12)
http://networkhealthyillinois.org/
The Network for a Healthy Illinois has been established for Illinois schools, after-school organizations and communities to put forth a coordinated effort to change and adopt

life-long healthy behaviors. Through this network, a support system has been created for all schools and organizations working together towards solving the health issues that face Illinois. NHI offers online training and forums, an educational library for program support materials, access to evaluation and implementation tools, consulting services, grant listings, speaker's bureau and invitations and discounts for regional Illinois training sessions. We invite you to explore the Network for a Healthy Illinois website and consider joining us in giving our children the knowledge and tools they will need to be healthy for a lifetime.

Integrated Lesson Plans (PreK-12)
www.kidseatwell.org/FreeDownloadsfromIllinoisNET.html
Looking to sprinkle some nutrition education into other core subjects like Math, Science, Health and Language Arts? Illinois NET has searched and compiled a list of the best resources to help you support student health and stay on track.

Nutrition Education Lesson Plans from Drexel University (9-12)
www.drexel.edu/nutritioneducation/hs_lesson_plans.html
Downloadable lesson plans, games, quizzes and activities on nutrition education topics for high school students. Some of the topics include breakfast, drinks, fast food, MyPyramid, fitness, portion sizes, snacks, and whole grains.

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School Success Stories

Community Unit D300
Community Unit D300 in Carpentersville is a large school district in Northern Illinois. Last winter D300 decided to enter all 17 of their elementary schools in the HealthierUS School Challenge (HUSSC). The HUSSC is a national recognition program for primary and secondary schools that strive to improve the health and wellness of their school environment. D300 Superintendent Ken Arndt believes that coming together as a district to take the Challenge and reduce childhood obesity will create a sense of community and teamwork that will help them meet the Challenge criteria. To tackle this challenge, D300 applied for and received a mini-grant for each school from the Illinois NET Program, thanks to a USDA Team Nutrition Training Grant.

D300 is working toward a Gold Level Award in the HUSSC including these achievements:

- A communication campaign was initiated right away to get district and community-wide support.
- They rallied key partners like Aramark-their school foodservice vendor-school

wellness committees, teachers, and other school staff.

- All of the schools added a fresh fruit and vegetable cart to their lunch service. The cart includes a "veggie of the day" that rotates so they have the option of a different vegetable each day. This is one of the criteria they needed to meet for the challenge.

- Several of their schools also participate in the national Fresh Fruit and Vegetable Program, which further supports student health.

- Each day they have four entrees and three side dishes to choose from, which always include whole grains, another Challenge criterion.

- They now offer only 1% and skim milk.

- Prior to the Challenge the students were only receiving 60 minutes of PE each week. D300 was able to increase this to 105 minutes per week! Each of the classroom teachers added 15 minutes of physical activity 3 days per week to their daily schedules.

D300 is looking forward to February 2011 when all 17 elementary schools will get to see the Jump with Jill show, a rock 'n roll approach to teaching nutrition that makes learning fun and interactive. They are proud to report that one of their schools, Golfview Elementary, has been their "model" school and has reached its goals and submitted an application for the HUSSC. Now they are working to get the other 16 schools to meet the criteria so the entire D300 school community can celebrate their Gold Award for student health! Good Luck D300!

Evanston Township High School

The students, staff and school community of **Evanston Township High School (ETHS)** took part in a school-wide Move & Crunch Challenge (www.kidseatwell.org/MoveandCrunchChallenge.html) September 13-17, 2010. Move & Crunch is a weeklong wellness event that encourages principals to be role models and to challenge students and other school staff to eat more fruits and vegetables and be more active. The principal, Oscar Hawthorne, and superintendent, Eric Witherspoon, were asked to lead the ETHS Challenge. They recruited other school staff members and created the "Fit Kit" Team. The team modeled healthy choices on a daily basis.

The Challenge started with a pre-fitness test and an apple for every participant. During the Challenge the Nutrition Services department featured a "fruit or vegetable of the day" as part of the lunch combo meal. Over twenty guest chefs were invited to prepare teen-friendly dishes that included the fruit or vegetable. Teachers and Fit Kit members gave their time to assist the chefs and be onsite to encourage the students to select healthy choices at lunch. After the Challenge, the participants took aerobic, strength,

endurance, and flexibility post-fitness tests.

ETHS even created a webpage on their website to promote the Challenge and provide topical health information. You can read about the chefs that created the recipes and even download some of the recipes to include in your school menus!
http://www.eths.k12.il.us/about_eths/nutrition_services/move_and_crunch.aspx

Kudos to Meghan Gibbons, Director of Nutrition Services, and Theresa Patterson, Physical and Health Education Department Chair, for bringing this event to ETHS. Congratulations to Evanston Township High School District 202 for being a shining example for support 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 llnet@kidsroe.org.

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