

September 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 student health and school wellness policies.

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New Training Events and Programs

We are pleased to start the 2010-2011 school year with many new resources that support healthy schools. Illinois NET offers great training opportunities for your in-service days. All resources and services offered by **Illinois NET** are at no charge to your school or organization!

Refuel Afterschool with Food and Fitness Webinar - September 22, 2010

This webinar training from Illinois NET will give afterschool administrators, educators and staff fun ideas and tools for creating a healthy afterschool environment. Learn how to add simple nutrition education and physical activity lessons to your program. Find resources for healthy gardening and hands-on food activities. Get ideas for healthy snacking and discover strategies for connecting with parents. We also have guest speakers from the YMCA *Food and Fun After School Program* and Illinois *Model After School Program*. There is **no charge** for this webinar. Spots are limited, register now at <http://www.kidseatwell.org/AfterschoolWebinar.html>.

On the Road to Healthy School Meals - Onsite Training (Illinois NET)

This training will show school foodservice staff how to improve nutrition in their school meals. Learn how to identify whole grain products and find budget-friendly ways of adding them to your menus. Discover new ideas for marketing healthy

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options to students and get motivated to take the HealthierUS School Challenge. Dates and locations: **October 8 - Elgin; October 22 - Carterville; October 26 - Normal**

Register at Kidseatwell.org/OnTheRoad.html

Go for the Gold: Join the HealthierUS School Challenge - Webinar (Illinois NET)

Prepare your school staff to participate in the HealthierUS School Challenge. Learn how your school can get national recognition and receive financial incentives! See how easy the application process is and be inspired by schools who have won Challenge awards. Date: **November 18, 2010**, more information to come at Kidseatwell.org.

Linking Community, Parents and Schools for Children's Health - Onsite Training (Illinois NET)

School staff will learn how to plan education and outreach programs that promote healthy eating and physical activity. Discover how to create fun and engaging wellness activities that appeal to your target audience. Get ready-to-use ideas and a resource handbook. Kidseatwell.org/training.htm

Marketing 101 - Online Course (School Nutrition Association)

School nutrition directors and managers will learn how to develop a marketing program that targets their specific audience. They will also learn how to develop a marketing budget and timeline. Participants will have access to a *Marketing 101 Staff Training Pack*, available in English and Spanish, to train other staff members. www.schoolnutrition.org/marketing101

Safe Routes to School - Webinar (Robert Wood Johnson Foundation)

"*Hide and Seek: Where is Your School and How Do You Get There?*" will discuss ways to create safe routes to your school and school siting guidelines. Experts will also offer tips on how communities, parents and schools can help more kids walk and bike to school, safely. Date and Time: **September 23, 2010 - 2:00 p.m. (EDT)** <https://cc.readytalk.com/cc/schedule/display.do?udc=sdeg9824xde8>

Mark Your Calendar!

May 3, 2011: Illinois School Wellness...From A to Z Conference, Decatur, Illinois.

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School Wellness Resources

Afterschool Resources at KidseatWell.org

The new *Healthy Afterschool* web page at Kidseatwell.org contains links to resources that promote a healthy afterschool environment. Find nutrition and physical activity lessons, gardening activities and hands-on food activities. Discover resources to help parents reinforce healthy habits at home. Get links to federal funding programs that support healthy snacks and meals and find current grant and training opportunities. A *Best Practice* section is coming soon!

Kidseatwell.org/HealthyAfterschoolPrograms.html.

Join the *Outlook* Newsletter Online List Serv

The ISBE Nutrition Programs publishes the *Outlook* Newsletter ten times per year, from August through May, for school-based Child Nutrition Programs. Get monthly email notices of the Outlook newsletter by sending an email to Outlook10-join@list.isbe.net. Type your email address in the message section. For questions, please email Joan Love at jlove@isbe.net or call 800/545-7892.

Nutrition Education Curriculum Grant

Illinois NET still has many nutrition education curricula to give away. Available curricula include *CATCH* for grades K, 1 and 2; *Planet Health* for grades 6-8; and *Pyramid Plus for Teens* grades 9-12. Go to KidsEatWell.org to download an application.

Bring a Chef into Your School

The USDA *Chefs Move to Schools* Program pairs chefs with schools in their communities to create healthy and budget-friendly school meals. They will work with school staff to help teach students about nutrition and making healthy food choices. http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=225.

Children's Body Mass Index (BMI) Tool for Schools

This BMI tool will assist schools and child care programs in calculating BMI-for-age for a group of up to 2,000 children, such as in a classroom or grade level. The tool gives prevalence of overweight and obesity data. It includes a guide with information about BMI, the purpose for testing, and safeguards to address before deciding to collect BMI data. www.cdc.gov/healthyyouth/obesity/bmi/

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Grant Opportunities for Schools

HealthierUS School Mini-grants

Illinois NET will award mini-grants of \$3,500 to thirteen schools who want to participate in the HealthierUS School Challenge (HUSSC). The grants are funded by a USDA Team Nutrition Grant. More information and the application will be coming soon to KidsEatWell.org.

People's Garden Project - **Deadline: October 8, 2010**

The USDA Food and Nutrition Services has \$1 million in funds for groups who want to start-up and run a community garden at eligible high poverty schools. www.fns.usda.gov/fns/outreach/grants/garden.htm

Salad Bar Grant - **Deadline: November 1, 2010**

Whole Foods is participating with Chef Ann Cooper's thelunchbox.org to provide healthy salad bars to 300 schools across the country in communities served by Whole Foods. www.saladbarproject.org

Saucony Run for Good - **Deadline: December 13, 2010**

Saucony will award \$10,000 each to ten schools to create a program that encourages and supports running to improve the health and well-being of students. www.sauconyrunforgood.com/

School Breakfast Grant - **Deadlines: October 1 and December 1, 2010.**

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. <http://enroll.fueluptoplay60.com/funds/introduction.php>

Subaru Healthy Sprouts Awards - **Deadline: October 1, 2010**

Thirty schools or programs will be awarded a \$500 gift card to the *Gardening with Kids* catalog plus other gardening prizes. Garden projects must focus on teaching about the environment, nutrition and hunger in the U.S. www.kidsgardening.com/grants.asp

Whole Grains Council (WGC) - Whole Grains Challenge! - **Deadline Nov. 5, 2010**

The WGC challenges K-12 school food services to provide at least one healthy

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whole grain option on their school menu at all times. Chosen winners will receive a supply of delicious whole grains for their school food service.

<http://wholegrainscouncil.org/get-involved/whole-grains-challenge>

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School Wellness Success Stories!

Academy for Global Citizenship

Congratulations to the Academy for Global Citizenship (AGC) in Chicago for being the first school in Illinois to be awarded the Gold Medal of Distinction in the *HealthierUS School Challenge* (HUSSC)!

The Gold Medal of Distinction is the highest award a school can earn in the HUSSC. The HUSSC is a USDA program that challenges schools to make important changes that will create a healthy environment for their students. They need to meet criteria for nutrition and physical education curricula, daily physical activity, and the nutritional quality of food offered and sold to students.

AGC was awarded a mini-grant from Illinois NET last year to assist them in taking the Challenge. Here are some of the activities they completed:

- An expert chef in healthy cooking provided training to the kitchen staff to improve their scratch cooking skills. The chef also reviewed their menu and worked with them to improve the nutritional quality of their meals.
- They planned a five-week parent outreach program to promote healthy meals at home. A chef prepared nutritious, plant-based snacks and they were passed out to the students and their parents at the end of the school day. The parents were also given a recipe card with nutritional information and food facts about the snack.
- Purple Asparagus, a non-profit organization, implemented no charge parent workshops for interested parents to learn how to prepare healthy foods at home and how to involve children in the preparation.

AGC was excited to overcome the challenges of creating a healthier environment for their students. They needed to find an expert chef who understood the challenges of a school meal program and who worked well with their kitchen staff. Once the staff saw that the changes were easier than they thought and they would be acquiring timesaving new skills, they were willing to work extra time for the training sessions.

AGC's next initiative is to create seasonal menus that change with locally available produce, including what's being grown in their schoolyard garden. They hope to

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continue to increase awareness of healthier foods and positive nutritional choices that are readily available to their student's families all year long.

Afterschool Mini-grant Winners!

The Illinois Nutrition Education and Training Program would like to congratulate the ten afterschool programs awarded a \$2,000 mini-grant. These grants, funded by a USDA Team Nutrition grant, will be used to increase healthy eating and physical activity among afterschool students and their families.

Sycamore Middle School, Sycamore	Students will learn about good nutrition through food activities and nutrition lessons. They will also create video newsletters and web blasts for parents and families with nutrition and physical activity tips.
Dr. Martin Luther King Elementary School, Urbana	Students will promote healthy choices on posters and banners, in a monthly newsletter, and with student-led presentations. They will create healthy menus and healthy snacks for a cookbook and host a Health and Wellness Fair.
Prairie du Rocher Elementary School, Prairie du Rocher	Students will use the Food Pyramid to create ten balanced meals using items grown in their own garden or from local farmers markets. A cookbook will be developed from their recipes. They will also participate in gardening activities and create their own fitness curriculum.
Chopin Elementary School, Chicago	Students will participate in <i>The Cooking Show</i> , a wellness program that provides lessons on planning a well-balanced diet. The program uses math, science, reading and writing to help students develop their own cookbook with recipes and reviews.
Summersville Grade School, Mt. Vernon	Students will focus on healthy snacking through taste tests of new foods and by preparing healthy recipes. They will build reading and math skills by reading recipes and food labels and learning proper serving sizes. They will also take part in fun, new daily physical activities.
Whitehead Elementary, Gregory Elementary, Julia Lathrop Elementary, William Nashold Elem, Summerdale Elem, Rockford	Leaders from the Discovery Center Museum will provide nutrition and exercise lessons for the students. The lessons will build math and science skills. Students will also participate in hands-on food activities and field trips. They will end their year with a family health event.

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[Contribute to School Wellness](#)

If you have information about resources, trainings, or grant opportunities that support wellness initiatives for Illinois Schools, please email your contributions of 150 words or less to ilnet@kidsroe.org by November 1, 2010.

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