

Dear Colleagues:

The Connecticut Coordinated School Health Team is pleased to share with you the latest Coordinated School Health e-Bulletin. The e-Bulletin is organized into sections: News; Research/Studies; Resources; Professional Development/Events and Employment Opportunity.

News

Call to Action - Reduce the Amount of Sodium (salt) Americans Consume Daily

The American Heart Association issued a call to action for the public, health professionals, the food industry and the government to intensify efforts to reduce the amount of sodium (salt) Americans consume daily. To learn more, [click here!](#)

Healthy People 2020 Objectives: Now Available for Viewing and Implementation

The United States Department of Health and Human Services has unveiled the Nation's new 10-year goals and objectives for health promotion and disease prevention, marking the beginning of Healthy People 2020. For more details, visit the newly redesigned Healthy People Web site at www.healthypeople.gov.

USDA Unveils Critical Upgrades to Nutritional Standards for School Meals

The U.S. Department of Agriculture published a proposed rule to update the nutrition standards for meals served through the National School Lunch and School Breakfast programs as part of the Healthy, Hunger-Free Kids Act of 2010. The proposed changes to school meal standards, which would add more fruits, vegetables, whole grains, fat-free and low-fat milk to school meals, are based on recommendations released in October 2009 by the National Academies' Institute of Medicine. Schools would also be required to limit the levels of saturated fat, sodium, calories, and trans fats in meals. USDA is currently seeking public input on the proposed rule. To learn more, [click here!](#)

Research/Studies

Relationship of Nutrition and Physical Activity Behaviors and Fitness Measures to Academic Performance for Sixth Graders in a Midwest City School District

A recent research article published in the American School Health Association's Journal of School Health featured a midwest city school district that assessed the association of selected categories of nutrition and physical activity behaviors, fitness measures, and body mass index (BMI) with academic performance for 800 sixth graders. The conclusion demonstrated that many positive nutrition and physical activity behaviors and fitness measures were associated with higher measures of academic progress scores supporting the school district focus on healthy lifestyles. To download the article, [click here!](#)

Resources

Green Cleaning Information for School Administrators, Staff and Parents

The Connecticut Department of Public Health has issued a Guidance Document to assist schools in the reduction of chemicals people are exposed to every day. This document also provides an overview of a law passed by the Connecticut Legislature in 2009 that requires all schools to start a green cleaning program by 2011. To download this Guidance Document, [click here!](#)

Professional Development/Events

Healthy ConneCTions! – Second Annual Physical Activity and Nutrition Symposium

Save the Date! The Healthy ConneCTions! – Second Annual Physical Activity and Nutrition Symposium will be held on May 10, 2011. Stakeholders from across Connecticut's communities will be invited to participate in this full day event to learn how to collaborate and implement effective strategies that increase opportunities for physical activity and healthy nutrition for Connecticut's youngest citizens. Watch for more information.

33rd Annual School Health Conference -- Critical Issues in School Health 2011

The Connecticut Chapter of the American Academy of Pediatrics announced its 33rd Annual School Health Conference. It will be held on Thursday, May 5, 2011, at the Farmington Marriott Hotel. For additional information call 914-734-1269.

Save My PE Program! Webinar

If your physical education program is in danger of being cut then this new and practical webinar is perfect for you. The Save My PE Program! webinar will be held on January 26, 2011, at 3:00 p.m. To register for this webinar, [click here!](#)

Sexetc.org

Answer, a national sexuality education organization based at Rutgers University, launched a new, expanded section of their award-winning teen Web site, Sexetc.org, that includes the most up-to-date resources on issues affecting lesbian, gay, bisexual, transgender and queer (LGBTQ) young people. All of the new resources can be found at sexetc.org/topic/lgbtq.

Healthy Sexpectations: A Webinar Series on Sexuality Education for Youth with Developmental Disabilities

Answer's 2011 webinar mini-series explores the challenges that students with developmental disabilities face when learning about sexuality. Educators and youth-serving professionals will learn strategies and techniques and walk away with resources to assist in teaching sexuality education to this group of students. The webinar topics are listed below:

3/31/2011 - [Making the Case for Sexuality Education for Youth with Developmental Disabilities](#)

4/5/2011 - [Innovative Tools for Teaching Sexuality Education to Youth with Developmental Disabilities](#)

4/14/2011 - [Sexuality Education for Youth with Asperger's Syndrome](#)

Employment Opportunity

Child Nutrition Program, Education Services Assistant

The Connecticut State Department of Education is currently recruiting for a part-time (20 hours per week) Education Services Assistant position in the Bureau of Health/Nutrition, Family Services and Adult Education. This position will assist in the development and improvement of services and programs for children in the Child Nutrition Programs, including the provision of serving healthful and nutritional meals to school children. To download this job opportunity, [click here!](#)

Connecticut Campaign to End Childhood Hunger Campaign Manager

End Hunger Connecticut is seeking to fill a position to coordinate and facilitate the planning and implementation of the *No Kid Hungry* Campaign in Connecticut. This position will conduct statewide activities for enhancing food security for Connecticut's children through the promotion and expansion of federal child nutrition programs and educate individuals and organization about children's hunger issues and solutions to end childhood hunger by 2015. To download this job opportunity, [click here!](#)

Connecticut's children and adolescents are healthy, learning and succeeding in life.

Connecticut's Coordinated School Health Vision

To learn more about Coordinated School Health, [click here!](#)

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