

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 Funding Opportunities.

## News

---

### 2010 Dietary Guidelines for Americans

On Monday, January 31, 2011, the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) released the 2010 Dietary Guidelines for Americans. These guidelines are the cornerstone of Federal nutrition policy and nutrition education activities and are the basis for all MyPyramid nutrition education materials and tools. To view the guidelines, [click here!](#)

## Research/Studies

---

### Overweight Kids Who Exercise Improve Thinking, Math Skills

A new study from the Georgia Prevention Institute at Georgia Health Sciences University suggests that when overweight, sedentary kids start to exercise regularly, their ability to think, to plan and even to do math improves. In addition, exercise was linked to increased activity in the parts of the brain associated with complex thinking and self-control, according to brain imaging scans analyzed by the researchers. Read more in HealthDay, [click here!](#)

### New Physical Activity Estimates Released for All U.S. Counties

A 2008 Centers for Disease Control and Prevention (CDC) survey found that 25.4 percent of U.S. adults did not spend any of their free time being physically active, including activities such as walking for exercise, gardening, golfing or running. The 2004-08 estimates, posted online, provide county-level estimates for leisure-time physical inactivity for all U.S. counties. To view this Web site, [click here!](#)

## Resources

---

### Circular Letters

The Connecticut State Department of Education has recently issued three Circular Letters:

- C-8 [Bullying Policies](#)
  - C-9 [School Closures and School Calendar](#)
  - C-10 [Requirements for Beverages Sold to Students in Schools](#)
- 

### **Lesbian, Gay, Bisexual and Transgender Health Web Site**

Bullying is a significant problem for all youth, but lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are victims of bullying at rates higher than their heterosexual peers. CDC's Division of Adolescent and School Health has launched a new Web page on the topic of LGBTQ youth and bullying. It includes advice and resources on how teachers and school administrators can prevent bullying in schools and what parents can do to support their children. To visit the Web site, [click here!](#)

---

### **Let's Move in School**

The goal of Let's Move in School is to ensure that every school provides a comprehensive school physical activity program with quality physical education as the foundation so that youth will develop the knowledge, skills and confidence to be physically active for a lifetime. They are urging physical educators, parents, school administrators and policymakers to get involved in bringing quality physical education and physical activity to schools through a [comprehensive school physical activity program](#). Your school can start by [registering](#) for a Let's Move in School event during National Physical Education and Sport Week.

---

### **EnviRN Web Site**

**EnviRN** is a new ONE-STOP-SHOP for nurses who are interested in environmental health. **EnviRN** is an active learning environment for gathering essential environmental health information from experts, connecting with nursing researchers and creating your very own blog posts on an area of interest to you. [www.enviRN.org](http://www.enviRN.org)

---

### **Diabetes Health Education Resources**

The CDC Native Diabetes Wellness Program distributes health education resources which include universal health messages addressing diabetes prevention, physical activity, healthy eating and health promotion. These materials are available to the general public free of charge. To order materials, [click here!](#)

---

## **Professional Development/Events**

---

### **The School, Family & Community Engagement Forum**

Schools with strong connections to their families and communities are four times more likely to improve in reading and 10 times more likely to improve in math than schools without these crucial links. Learn more! The CSDE, in collaboration with the CT Parent Information and Resource Center (CT PIRC), is hosting a forum for school, parent and community leaders on Saturday, March 26, 2011. To learn more and download the event flyer, [click here!](#)

---

## **Forum: How Housing Insecurity Can Unravel Families, Opportunity and Educational Success**

Approximately five to eight percent of youth under the age of 18 in America become homeless each year, occurring at higher rates in cities. On February 28, 2011, the Partnership for Strong Communities presents Monica Brase at the Lyceum in Hartford. Brase will discuss her experience working with Hartford youth and her interviews with urban youth who experienced homelessness in high school. Topics will include reasons youth become homeless, perceived available resources and recommendations from young people to better meet the needs of homeless and unaccompanied youth. To learn more, [click here!](#)

---

## **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.

---

## **Play Everyday For A Healthy Brain! Upcoming FREE Webinar!**

The brain NEEDS play! The human brain is an amazing and complex organ that allows each of us to think, feel and act. The brain systems that regulate those activities are largely shaped by experience. Learn why play is essential for optimal early brain development and why it is vital for all parents and educators to be play partners and play advocates. This informative webinar will be held on Tuesday, February 22, 2011, 1– 2:00 pm. [Register now!](#)

---

## **Funding Opportunities**

### **Finish Line : Athletics and Wellness Support Grants**

Finish Line, an athletic retailer specializing in brand name footwear and accessories, supports athletic and wellness programs located in communities where their stores are located. The foundation funds projects that have a primary focus on assisting children and young adults 18 and under; concentrate on athletics or wellness; and benefit communities in which Finish Line stores are located. (Manchester, Waterbury, Milford) Deadline for Applications: Rolling Quarterly Reviews. For more information, [click here!](#)

---

### **Jamba Juice: It's All About the Fruit**

The Jamba Juice It's All About the Fruit grant program provides schools with fruit trees to create engaging nutrition and gardening experiences. Observing and exploring fruit production gives a deeper understanding and appreciation for this essential element of our diet. For more

information, [click here!](#)

---

### **Robert Wood Johnson Foundation**

Grants are available to build evidence to prevent childhood obesity and support research to inform policy and environmental strategies for increasing physical activity among children and adolescents, decreasing their sedentary behaviors and preventing obesity. There is a total of \$1.5 million, \$150,000 maximum per award for non-profits and public organizations. For more information, [click here!](#)

---

### **National Inclusion Project**

Up to \$20,000 to support recreation programs for children with special needs. Please learn more at Let's All Play, [click here!](#)

---

### **Shade Structure Grants**

The American Academy of Dermatology's (AAD) Shade Structure Program awards grants for the purchase of permanent shade structures designed to provide shade and ultraviolet ray protection for outdoor areas. AAD also provides a permanent sign to be displayed near the shade structure that promotes the importance of sun safety. Each shade structure grant is valued at a maximum of \$8,000. For more information, [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!](#)***

[Donna Heins](#)

Coordinated School Health Consultant  
Connecticut State Department of Education

[Kari Sullivan](#)

Physical Activity, Nutrition and Tobacco Coordinator  
Connecticut State Department of Education

[Lisa Budris](#)

Coordinated School Health Coordinator  
Connecticut Department of Public Health

[Dr. Bonnie J. Edmondson](#)

Education Consultant  
Coordinated School Health  
Comprehensive School Health, HIV/STD Prevention  
Connecticut State Department of Education

[Dr. Jean Mee](#)

Physical Education & School Health Education Consultant  
Connecticut State Department of Education

Visit HealthyConneCTions online! Click [here!](#)



***Connecticut's children and adolescents are healthy, learning and succeeding in life.***  
Healthy ConneCTion's Vision