

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

Fresh Fruit and Vegetable Program (FFVP) Assistance Expanded

Last week the U.S. Department of Agriculture (USDA) Secretary Tom Vilsack announced that USDA will expand assistance to state agencies for the USDA FFVP for the 2011-12 school year. The expanded assistance could help serve an additional 600,000 to 950,000 students a year. Read more about FFVP as well as the breakout of the amount of additional funding each state and territory will receive in this [USDA press release](#). Applications for Connecticut schools to apply to participate will be available on April 15, 2011, and available on Connecticut's Fresh Fruit and Vegetable Program. To visit the Connecticut FFVP Web site, [click here!](#)

Alliance for a Healthier Generation Healthy Schools Program is Expanding in Connecticut

The Alliance for a Healthier Generation is recruiting additional Connecticut school districts to join the Healthy Schools Program for the 2011-12 school year. The Healthy Schools Program provides free onsite and online training, tools and resources to help schools create environments where physical activity and healthy eating are accessible and encouraged. For more information on this exciting opportunity, please visit www.healthiergeneration.org or contact Stephanie Myers (Email: stephanie.myers@healthiergeneration.org, Phone: 206-818-3595) by April 15, 2011.

Research/Studies

Annual Health Check-Up Highlights Healthiest and Least Healthy Counties in Every State

How healthy is your county? A new set of reports rank the overall health of nearly every county in the nation, confirming for the second year the critical role that factors such as education, jobs, income, environment and access to health care play in how healthy people are and how long they live. Published online at www.countyhealthrankings.org.

Playground Research Brief

A new research brief from Active Living Research summarizes the importance of playgrounds for children's physical activity. To download the brief, [click here!](#)

New Brief Linking Physical Activity to Academic Achievement

Leadership for Healthy Communities has released a new [brief](#) that links academic achievement to policies that promote physical activity. The brief provides suggestions for ways to improve the quality and amount of physical education and physical activity in schools as well as outside of classroom time. To download the brief, [click here!](#)

New Report on Effectiveness of School Discipline Policies

Limited Evidence that Zero Tolerance is Effective; Nonpunitive Alternatives Show Promise

A new Child Trends brief highlights nonpunitive alternatives to zero tolerance that have shown promise in improving school safety and student outcomes. The brief, [Multiple Responses, Promising Results: Evidence-Based, Nonpunitive Alternatives To Zero Tolerance](#), also finds a lack of research on the effectiveness of zero tolerance school discipline policies and the existing research shows no evidence that these policies decrease school violence. To download this brief, [click here!](#)

Resources

American School Counselor Association Releases New Resource

The Gay, Lesbian and Straight Education Network (GLSEN) has launched an ambitious initiative which seeks to place a Safe Space Kit in every middle and high school in the United States over the next three years. Responding to the persistent reports and sometimes tragic consequences of bullying and harassment facing lesbian, gay, bisexual and transgender (LGBT) students, GLSEN is working to create visible allies for LGBT students and, ultimately, ensure safe learning environments for all. To learn more, [click here!](#)

American Association of School Administrators Launches New Asthma Resources

In order to improve health outcomes for children with asthma, there needs to be an awareness of asthma wherever children are. *In the Schoolyard and Beyond: Addressing Childhood Asthma in Your Community* provides youth-serving organizations, families and schools with action steps that each can take to ensure a consistent, asthma-friendly environment. To download the guide, [click here!](#)

Let's Move! Cities and Towns Releases New Toolkit

Let's Move! Cities and Towns is part of First Lady Michelle Obama's Let's Move! initiative. It serves to engage mayors and other local leaders to join the effort to combat childhood obesity. A new toolkit was recently released to help these local policymakers adopt long-term, sustainable and holistic approaches toward solving the childhood obesity epidemic crisis. Download the [toolkit](#).

CDC's National Asthma Program

CDC's National Asthma Program is delighted to announce that a special supplement of the Journal of Urban Health on the Controlling Asthma in American Cities Project (CAACP) was released this week. To access it, [click here!](#)

New Bicycle and Pedestrian Curricula Guide

The Safe Routes to School National Partnership is pleased to announce the release a new publication called *Bicycle and Pedestrian Curricula Guide: Making the Case for Bicycle and Pedestrian Youth Education*. To download a copy, [click here!](#)

Teen Addiction: Helping Parents Understand, Connect and Navigate Services

Nine million of America's teens and young adults are struggling with drugs and alcohol, yet unlike most other adolescent health issues or diseases, there has been no concise path for parents to get resources and support for teen drug and alcohol addiction. To help guide parents in the right direction, [The Partnership at Drugfree.org](#) has developed a new, science-based resource called [Time To Get Help](#).

American Association for Health Education (AAHE) Announces New On-Line Resource

AAHE is pleased to launch the on-line [Teaching Techniques Journal](#). This first issue has eleven articles and every few months they will release a new issue and archive the past issues.

Professional Development/Events

National Start Walking Day Toolkit

Mark your calendar for April 6 for National Start! Walking Day. Sign up now to receive your FREE, downloadable Tool Kit. It includes lots of fun materials and tips to easily promote National Start! Walking Day in your workplace and make your special event a success. To learn more, [click here!](#)

Youth and Cyber Bullying: What Families Don't Know Will Hurt Them

Studies of young people using the Internet indicate that 35 percent of them have been targets of cyber bullying and more than 10 percent have bullied others online. This workshop is designed to help adult family members address this critical issue. Thursday, May 5, 2011, 5 to 7:00 p.m. (Dinner included). SERC Library Community Room, Middletown. Registration is required. To download flyer, [click here!](#)

Screen-Free Week is April 18-24, 2011

Screen-Free Week is a national celebration where children, families, schools and communities spend seven days turning off entertainment screen media and turning on life. It's a time to unplug and play, read, daydream, create, explore and spend more time with family and friends. Learn more, [click here!](#)

National Association for Sport and Physical Education Announces New Webinar

Me2: Promoting Physical Activity for Students of All Abilities Through Play
Thursday, April 21, 1 - 2:00 p.m. Presented by: Jennie Sumrell & Lisa Moore of PlayCore, Inc.
Space is limited so reserve your Webinar seat now! [Click here!](#)

Funding Opportunities

Safe Routes to School Program Open Call for Infrastructure Applications

The Connecticut Department of Transportation is announcing a call for project applications for federal fiscal years 2010-11, Safe Routes to School (SRTS) Infrastructure Program.

Approximately \$2 million in funding is available this funding cycle. For more information, [click here!](#)

2011 ING Run For Something Better School Awards Program

The 2011 ING Run For Something Better School Awards Program will provide a minimum of 50 up to \$2,500 grants to schools that desire to establish or expand upon an existing school-based running program. Programs must target K-8th grade students and be a minimum of eight 8 weeks. [Click here to learn more!](#)

Office of Safe and Drug-Free Schools (OSDFS) Announces Carol M. White Physical Education Program Grant

The Carol M. White Physical Education Program (PEP) provides grants to local educational agencies and community-based organizations to initiate, expand and improve physical education for students in grades K–12. Grant recipients must implement programs that help students make progress toward meeting State standards. To learn more, [click here!](#)

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

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