

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; Funding Opportunities/Contests; Professional Development/Events and Employment Opportunity.

## News

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### Healthy, Hunger-Free Kids Act of 2010

On Monday, December 13, 2010, President Barack Obama signed into law the Healthy, Hunger-Free Kids Act of 2010 authorizing funding for federal school meal and child nutrition programs and increasing access to healthy food for low-income children. To learn more, [click here!](#)

## Research/Studies

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### New Report Highlights Changes Needed to Support Healthy Eating and Physical Activity in U.S. Elementary Schools

A comprehensive new report from *Bridging the Gap* and the Robert Wood Johnson Foundation shows that elementary schools across the nation commonly offer their students junk food and soda, serve meals that don't meet current dietary guidelines and provide little time for physical activity. To learn more, [click here!](#)

### Healthy People 2020

*Healthy People* provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, *Healthy People* has established benchmarks and monitored progress over time in order to:

- Encourage collaborations across sectors;
- Guide individuals toward making informed health decisions; and
- Measure the impact of prevention activities.

*Healthy People 2020* continues in this tradition with the launch on December 2, 2010, of its ambitious, yet achievable, 10-year agenda for improving the nation's health. To learn more, [click here!](#)

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## The State Oral Health Policy Comparison Tool

The State Oral Health Policy Comparison Tool provides an overview of the current state of state oral health plans to facilitate cross-state comparisons. Over the past four years, states funded through the Centers for Disease Control and Prevention (CDC) State-Based Oral Disease Prevention Program and other states have updated or created new plans. To use this new tool, [click here!](#)

## Resources

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### Expanded Coordinated School Health Web site

The CDC's Division of Adolescent and School Health has launched an expanded Web site about Coordinated School Health (CSH). The Web site provides answers to frequently asked questions about CSH, key goals, a model framework for planning, strategies for implementing and evaluating a coordinated approach to school health, fact sheets on the status of school health programs and policies and more. To learn more about CSH, [click here!](#)

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### Safe Routes to School (SRTS) Survey

The Connecticut Department of Transportation's SRTS invites you to participate in a survey designed to take a snapshot of the existing student travel modes (busing, parent drop-off, walking, biking) at elementary and middle schools in Connecticut. To participate in this survey, [click here!](#)

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### New Tools to Support Students' Health and Learning

A coordinated approach to school health addresses health issues applying systemic processes in collaboration with school, family and community partners. The National School Boards Association and the American School Health Association, with ASHA's Council for Administrative Support for School Health, have developed parallel documents:

- *What **School Boards** Can Do to Enhance Student Learning by Supporting a Coordinated Approach to Health*, [click here!](#)
  - *What **School Administrators** Can Do to Enhance Student Learning by Supporting a Coordinated Approach to Health*, [click here!](#)
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### CDC Learning Connection

The CDC recently released the *Learning Connection*, a newly established Web site, designed to help users locate public health learning products created by the CDC and partner organizations. It includes courses and programs on a range of public health topics, including chronic diseases, environmental health, food safety, preparedness, epidemiology and many others. To visit this new Web site, [click here!](#)

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### Open Airways for Schools

The American Lung Association's Open Airways For Schools is a school-based curriculum that educates and empowers children through a fun and interactive approach to asthma self-management. It teaches children with asthma ages 8-11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health. To learn more, [click here!](#)

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### A Silent Crisis: Creating Safe Schools for Sexual Minority Youth

This resource guide includes a wealth of information for teachers, counselors, administrators and others who want to learn more about creating conditions for learning that are physically and emotionally safe

for all students, including those who are or are perceived to be lesbian, gay, bisexual, or transgender. To order a copy of the guide, [click here!](#)

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### Identification of Students Without Health Insurance

School districts are reminded of the need to identify students without health insurance. In May 2008, the Connecticut State Department of Education (CSDE) requested that school districts establish a systematic approach to identify students who lack health insurance and develop a system to consistently provide families of students identified as lacking health insurance with HUSKY information. For more information about HUSKY, [click here!](#)

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## Funding Opportunities/Contests

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### Walk It, Bike It to School, Connecticut!

Connecticut classrooms are invited to compete in the second annual **Walk It, Bike It to School, Connecticut!** contest, a fun statewide contest that encourages kids in grades K-8 to walk or bike to school. The contest challenges students to walk or bike the distance of the perimeter of the state of Connecticut, approximately 375 miles. To learn more, [click here!](#)

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### School Employee Wellness (SEW) Awards Program

The Directors of Health Promotion and Education is now accepting applications for the 2010-11 School Employee Wellness (SEW) Awards Program that recognizes schools and school districts that demonstrate commitment to the health of their employees by implementing school employee wellness programs. To learn more, [click here!](#)

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### HealthierUS School Challenge (HUSSC)

HUSSC is a voluntary initiative that recognizes schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. Monetary incentive awards are available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction. To learn more, [click here!](#)

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### Fuel Up to Play 60

Fuel Up to Play 60 provides money to help schools jumpstart and sustain healthy nutrition and physical activity improvements. Eligible schools can apply for up to \$3,000 to help them increase awareness of and access to nutrient-rich foods and physical activity opportunities for students. To learn more, [click here!](#)

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## Professional Development/Events

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### Helping Young People Visualize Their Way to a Healthier Future: The *Tell Me What You See* STD, Hepatitis and HIV/AIDS Prevention Initiative

Don't miss a professionally enriching training opportunity! The *Tell Me What You See* initiative is a supplemental resource that health educators can use to enhance existing curricula for high school-aged

youth addressing STDs, hepatitis and HIV/AIDS prevention. Training will take place on February 4, 2011 (snow date: February 24, 2011). [Click here](#) to learn more!

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### **A New Online Training Program Gives Teachers and Education Support Professionals Information on *How to Help Students Manage Their Asthma at School***

The National Education Association (NEA), the NEA Health Information Network and the Merck Childhood Asthma Network, Inc. are launching a free online training program that will educate the 3.2 million members of NEA on how to help students better manage their asthma while at school. The online training can be accessed at [www.neacademy.org](http://www.neacademy.org) and is also available to other members of the school community such as parents, principals, superintendents and school board members.

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### **“Implementing Positive Choices: Practical Strategies for Educators and Clinicians”**

*Positive Choices* is an innovative program designed to increase judgment about healthy relationships, sexuality, and safe boundaries for secondary students with intellectual and developmental disabilities. This seminar introduces the audience to best practices for the implementation of *Positive Choices*, and provides opportunity for rehearsal of teaching strategies. Training will take place on Friday, January 21, 2011. To learn more, [click here!](#)

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## **Employment Opportunity**

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### **Supports for Pregnant and Parenting Teens Grant Program**

CSDE is currently recruiting for a durational Education Service Specialist in the Bureau of Health/Nutrition, Family Services and Adult Education to provide leadership and technical assistance for the implementation of **Supports for Pregnant and Parenting Teens** grant program. This position will work collaboratively with staff supporting Connecticut’s existing Young Parents Program and Coordinated School Health Program and serve as the coordinator of the grant, building on existing state and federal programs and services that focus on the health of the pregnant and or parenting teens and their children. To learn more, [click here.](#)

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***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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