

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**

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### **MyPlate**

On June 2, 2011, First Lady Michelle Obama, Agriculture Secretary Tom Vilsack and Surgeon General Dr. Regina Benjamin unveiled the new food icon to replace the previously existing MyPyramid. The new [MyPlate](#) icon, created by the United States Department of Agriculture, is easy to understand and a great reminder to eat a well-balanced, nutritious diet. The icon has been created based on the [2010 Dietary Guidelines for Americans](#). View the new food icon and use the interactive tools at <http://www.choosemyplate.gov/>.

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### **Goodwin Tech Students Participate in Statewide Healthy Connections Symposium**

Two students from Goodwin Technical High School in New Britain, Connecticut participated in a statewide symposium on physical activity and nutrition at the Coco Key Conference Center in Waterbury, Connecticut on Tuesday, May 10th. [Read full article.](#)

## **Research/Studies**

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### **Report shows that Connecticut children with increased blood lead levels had lower test scores**

Children's Environmental Health Initiative (CEHI) recently released its findings in the report "[The Impact of Early Childhood Lead Exposure on Educational Test Performance among Connecticut Schoolchildren](#)". A joint collaboration among CEHI, the Connecticut Department of Public Health, and the Connecticut Department of Education, CEHI examined whether blood lead levels in non-Hispanic white and non-Hispanic black children under the age of 7 were associated with their later performance on the fourth

grade Connecticut Mastery Test in reading and mathematics. Children with increased blood lead levels had lower test scores, on average, after controlling for individual level risk factors. Moreover, non-Hispanic black children were more likely to have higher blood lead levels than white children, which is suggestive of the role that lead exposure may play in contributing to the achievement gap between black and white children. The Connecticut study was based on a [previous CEHI publication](#) on the relationship between early childhood lead exposure and performance on End-of-Grade tests in North Carolina. For resources on lead poisoning prevention and control, visit the [Connecticut Department of Public Health](#).

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## **Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9 – 12 – Youth Risk Behavior Surveillance, Selected Sites, United States, 2001-09**

The Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH) recently released the *Morbidity and Mortality Weekly Report*, "Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9–12 in Selected Sites—Youth Risk Behavior Surveillance, United States, 2001–2009." The report documents the disproportionate rates at which sexual minority students—defined in this report as those who identify as gay, lesbian, or bisexual or who have sexual contact with persons of the same or both sexes—reported many health risks, including tobacco, alcohol, and other drug use; sexual risk behaviors; and violence. The report and supplemental materials is available at [www.cdc.gov/healthyyouth/disparities/smy.htm](http://www.cdc.gov/healthyyouth/disparities/smy.htm).

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## **"Crime, Violence, Discipline, and Safety in U.S. Public Schools: Findings from the School Survey on Crime and Safety: 2009-2010"**

The National Center for Education Statistics (NCES) has just released the First Look report, "Crime, Violence, Discipline, and Safety in U.S. Public Schools: Findings From the School Survey on Crime and Safety (SSOCS): 2009–10." This publication, along with findings from previous SSOCS collections, can be found on the [NCES website](#).

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## **Movement + academics = success**

### **Combining physical activity with classroom lessons results in improved test scores**

When schools cut physical education programs so students can spend more time in the classroom, they may be missing a golden opportunity to promote learning, according to research presented at the Pediatric Academic Societies (PAS) annual meeting in Denver. The [study](#) adds to growing evidence that exercise is good not only for the body but also the mind. It also shows that physical education and academic instruction need not be mutually exclusive.

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## U.S. Middle and High Schools Making Progress to Provide Healthier Lunches, Falling Short on Physical Activity

Major New Study Shows Schools are Providing More Nutritious Foods Through National School Lunch Program, but Many Also Offer High-Fat Items and Empty Calories. A [new study](#) from the Robert Wood Johnson Foundation's Bridging the Gap program finds that U.S. public secondary schools are making an effort to offer students healthier options in the cafeteria. Through the National School Lunch Program, most schools provide fruits and vegetables, more are offering whole grains and fewer are serving french fries. However, pizza, high-fat milk, junk food and sugary drinks are still widely available through the federal program.

## Resources

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### Reducing Adolescent Sexual Risk

*Reducing Adolescent Sexual Risk* is an exciting new book by Douglas Kirby, PhD, and his colleagues, long known for their groundbreaking work on adolescent sexuality. It is available free as a downloadable PDF, the book offers a research-based, step-by-step guide to understanding 7 "sexual psychosocial" factors that affect sexual behavior. [Reducing Adolescent Sexual Risk](#) helps health professionals design, adapt and select curriculum-based programs to effectively address critical factors that affect teens' sexual decision making. It is ideal for program planners, policy makers, district administrators and youth-serving organizations.

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### After a Suicide: A Toolkit for Schools

Developed by a team of national experts, including clinicians and crisis response professionals, this [toolkit](#) draws on scientific research and best practices to guide schools which have recently experienced a suicide. Topics covered include the initial crisis response; helping students cope; working with the community; memorialization and contagion; and social media.

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### NEW: Tools for Healthier Schools

Children spend at least half their day at school, and the environment they experience there shapes eating and exercise habits that can last a lifetime. Public Health, Law and Policy (PHLP) introduces two new tools to help communities nationwide take easy steps to create healthier schools.

1. With PHLP's new model [Parent-Teacher Association \(PTA\) Childhood Obesity Prevention Resolution](#), state and local **parent-teacher associations can show their support for new policies** to promote student health. PTAs can tailor this model to urge any number of strategies – strengthening school nutrition and physical education standards, eliminating "junk food" advertising on school grounds, implementing Safe Routes to School programs, making recreational facilities available to the public after school hours, and more.
2. The federal government recently issued guidance on how schools can comply with new requirements to make free drinking water available to students during lunch. To help schools

and community advocates, PHLP developed a "[policy package](#)" with a set of model goals and actions for schools to incorporate into their wellness policies, as well as examples of how schools across the country have funded drinking water programs. There is also a [new fact sheet](#) filled with innovative strategies for schools and ways for community members to get involved.

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## **CDC Launches New Health Literacy Web Site and Blog**

The Centers for Disease Control and Prevention (CDC) invites you to visit Health Literacy: Accurate, Accessible and Actionable Health Information for All, the agency's new health literacy web site [www.cdc.gov/healthliteracy](http://www.cdc.gov/healthliteracy). The site provides information and tools to improve health literacy and public health and make health information accurate, accessible and actionable for all. The resources are for all organizations that interact and communicate with people about health

## **Professional Development/Events**

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### **Action Institute: Implementing Policy and Environmental Changes to Reduce the Risk of Cancer and Chronic Disease**

Save the Date! Mark Fenton, nationally recognized public health and planning consultant and adjunct professor, Tufts University will be presenting on August 31, 2011, 8:30 a.m. to 4:30 p.m., at the Bishop Conference Center, UCONN Storrs Campus. This event is designed for community teams. To request more information, click on the Hot Topics link at [www.ehhd.org](http://www.ehhd.org) or e-mail [blooma@ehhd.org](mailto:blooma@ehhd.org).

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### **"A Home's Not Just a House: Why Food Security Must be Part of a Strong Affordable Community"**

Housing is the cornerstone of opportunity. Workers, families and children must have an affordable, safe and secure home to live in. But, an affordable home is not enough: a strong, healthy community requires community services, strong schools, recreation facilities and access to fresh, varied and affordable food. On Thursday, June 30, 2011, at 8:30 a.m., Lyceum, Hartford, hear Professor Molly Anderson, Partridge Chair in Food and Agriculture Systems, College of the Atlantic, discuss effective multi-stakeholder collaborations for food systems sustainability. Please visit [www.ctpartnershiphousing.com](http://www.ctpartnershiphousing.com) for more details about this event or contact [David Fink](#) at 860-244-0066.

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## **New Professional-Development Course Supports Teachers' Efforts to Improve Students' Ability to Make Appropriate Health Care Decisions**

United Health Foundation and the National Education Association (NEA) Health Information Network have launched a new online professional-development workshop for K-12 teachers designed to help them enhance their students' abilities to make personally appropriate health and well-being decisions. The course is available at no cost to the more than 3.2 million NEA-member educators, other educators, and education organizations and their constituencies, and can be accessed at <http://ondemand.neacademy.org/>.

## **Funding Opportunities**

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### **Green Thumb Challenge**

**[Sign up now](#) for the 2011 [Green Thumb Challenge](#)!**

Calling on all schools and youth groups: join GEF's [Green Thumb Challenge](#), the largest youth gardening initiative going on today! The [Green Thumb Challenge](#) aims to connect children with nature and the healthy and sustainable benefits of gardening as part of a nationwide movement to get kids growing.

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### **Charles Stewart Mott Foundation**

<http://www.mott.org/about/programs/pathwaysoutofpoverty/improvingcommunityeducation.aspx>

Improving Community Education – This program area seeks to ensure that education serves as a pathway out of poverty by advancing systemic changes that improve educational policies and practices, particularly for children and families living in low-income communities. Eligibility varies. Grant Deadline, Dec 31, 2011. Grant value: 25-100 awards ranging from \$15,000-\$250,000.

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### **NEW! Tony Hawk Foundation Accepting Grant Applications for Creation of Public Skateparks**

<http://www.tonyhawkfoundation.org/skatepark-grants/apply/>

*Deadline for Applications:* July 1, 2011, February 1, 2012

The Tony Hawk Foundation provides grants to encourage and facilitate the design, development, construction, and operation of high-quality public skateparks in low-income areas across the United States. Grants range from \$1,000 to \$25,000. The foundation may also offer technical assistance on design and construction, promotional materials, training materials, and safety information, and may facilitate support from vendors, suppliers, and community leaders.

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### **2011 Catalyst Fund-Accelerating Efforts to Introduce Youth to Outdoor Experiences**

<http://youth.stewardshipcouncil.org/grants/funds/2011catalyst-fund>

*Deadline for Applications:* June 3, 2011

The Stewardship Council's Catalyst Fund supports organizations that connect underserved youth with outdoor experiences within or near their communities. Organizations must identify a significant need related to access to outdoor experiences, describe why that need is a priority for the community, develop a clear plan for translating that need into action, and demonstrate an ability to account for the expenditure of funds.

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## **2011 Impact Fund-Sparking Innovation and Lowering Barriers**

<http://youth.stewardshipcouncil.org/grants/funds/2011-impact-fund>

*Deadline for Applications:* June 11, 2011

The Stewardship Council's Impact Fund is designed to support youth-serving organizations with the resources they need to get underserved youth connected to the outdoors. This round of funding (funding requests from \$15,000-\$50,000) is only open to organizations whose annual operating budgets are more than \$250,000. These funds may be used for, but are not limited to, dedicated programming or operations, program staff, program development and capacity building.

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## **Saucony Run For Good Grants**

<http://www.sauconyrunforgood.com/>

*Deadlines for Applications:* June 13, 2011, December 13, 2011

The Saucony Run For Good Foundation, established to help end childhood obesity by providing financial support to nonprofits across the United States that support children's running and fitness programs, is accepting applications for its grant program. The grants are open to nonprofit organizations that initiate and support running and fitness programs for kids.

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## **2011 Infrastructure Fund Building Parks and Playgrounds**

<http://youth.stewardshipcouncil.org/grants/funds/2011-infrastructure-fund>

*Deadline for Applications:* July 29, 2011

The Stewardship Council's Infrastructure Fund is designed to support efforts to improve community parks and open space to make them more accessible, viable, and safe for children and youth. Proposals will increase and/or greatly improve park infrastructure and will directly result in creating more welcoming environments. These grants (funding up to \$200,000) are intended to support proposals that have identified park projects that address the lack of outdoor space for underserved children and youth and that will result in long-term infrastructure improvements that encourage engagement with natural spaces.

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## **Golf Program Grants for People with Disabilities**

[http://www.accessgolf.org/grants/program\\_grant\\_application\\_guidelines.pdf](http://www.accessgolf.org/grants/program_grant_application_guidelines.pdf)

*Deadline for Applications:* Rolling; Applications are reviewed the last day of each month in 2011

The United States Golf Association (USGA) and the National Alliance for Accessible Golf (Alliance) are working together to provide financial assistance and resources to help make the game of golf more

accessible through a grant program for organizations providing golf programs for individuals with disabilities.

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## **[U.S. Tennis Association Facility Assistance and Funding Available](#)**

<http://ct.usta.com/pfa/>

*Deadline for Applications: Open*

The USTA provides numerous resources to communities who are renovating existing tennis facilities as well as building new ones. Some of the resources include: concept drawings, bid specifications, construction and maintenance manuals, and programming assistance for maximum court utilization.

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## **[Athletics and Wellness Support Grants](#)**

<http://www.finishline.com/store/youthfoundation/review.jsp>

*Deadline for Applications: Rolling Quarterly Reviews.*

Finish Line, an athletic retailer specializing in brand name footwear, apparel and accessories, supports athletic and wellness programs located in communities where their stores are located. The foundation funds projects registered as 501 (c) (3) organizations; 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.

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## **[Baseball Tomorrow Fund Offers Support for Youth Baseball and Softball Programs](#)**

[http://mlb.mlb.com/mlb/official\\_info/community/btf\\_grant\\_process.jsp](http://mlb.mlb.com/mlb/official_info/community/btf_grant_process.jsp)

*Deadline for Letters of Inquiry: Open*

The Baseball Tomorrow Fund is a joint initiative between Major League Baseball and the Major League Baseball Players Association designed to promote and enhance the growth of youth participation in baseball and softball. Grants are intended to finance a new program, expand or improve an existing program, undertake a new collaborative effort, or obtain facilities or equipment necessary for youth baseball or softball programs.

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