

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

School Health Programs: How States are Helping Students be Healthy

In its 2011 publication, *School Health Programs, Improving the Health of Our Nation's Youth*, the Centers for Disease Control and Prevention featured Connecticut's Healthy Food Certification and Coordinated School Health as one of three successful state level efforts helping students be healthy. The article is titled, [Connecticut: Using School Food Policies to Promote Healthy Eating](#). Does your school district participate in Connecticut's [Healthy Food Certification](#) program? Learn more about a [coordinated approach to school health](#) and how it impacts academic achievement.

President Obama Names September "National Childhood Obesity Awareness Month"

President Barack Obama officially declared September as "National Childhood Obesity Awareness Month" in [a presidential proclamation unveiled on Wednesday](#). Obama highlighted the dramatic rise in obesity rates and urged all Americans to take action to reverse the childhood obesity epidemic. In the proclamation, Obama highlights some of the progress First Lady Michelle Obama's [Let's Move! campaign](#) and other advocates have made tackling childhood obesity since he took office, including the passage of the Healthy, Hunger Free Kids Act, the announcement of MyPlate and new dietary guidelines and pledges from grocers and other retailers to bring fresh, healthy food to underserved areas.

Research/Studies

Results of the 2010 School Health Profiles

Administered by the Centers for Disease Control and Prevention, the School Health Profiles (Profiles) is a system of surveys assessing school health policies and practices in states, large urban school districts, territories and tribal governments. Profiles surveys are conducted every two years through the Connecticut State Department of Education. Surveys are completed by middle and high school principals and lead health education teachers. Visit the [School Health Profiles page](#) to view national and Connecticut data.

Implementing Strong Nutrition Standards in Schools

A new resource from the Centers for Disease Control and Prevention, [Implementing Strong Nutrition Standards for Schools: Financial Implications](#), finds that “while some schools report an initial decrease in revenue after implementing nutrition standards, a growing body of evidence suggests that schools can have strong nutrition standards and maintain financial stability.” This fact sheet features the Connecticut State Department of Education’s [Action Guide for School Nutrition and Physical Activity Guidelines](#) as a resource.

F as in Fat: How Obesity Threatens America's Future 2011

Twenty years ago, no state had an adult obesity rate above 15 percent. Today, only one state has a rate under 20 percent - and 38 states have obesity rates above 25 percent. Sixteen states have higher rates this year than they did last. It's jarring data found in [F as in Fat: How Obesity Threatens America's Future 2011](#), released by the Trust for America's Health and the Robert Wood Johnson Foundation. The report is chock-full of statistics detailing America's obesity crisis, but it's also a call to action. America must redouble its efforts to reverse this epidemic through smart and targeted policy change.

Reproductive Health Behaviors and Outcomes Among Young Adults

Young adults have the highest rates of unintended pregnancy in the United States, as well as high rates of STDs. Two recently published Child Trends' studies in the journal, Perspectives on Sexual and Reproductive Health, assess how risk factors in adolescence and relationship characteristics in young adulthood are associated with reproductive health outcomes among this population. [Risky Adolescent Sexual Behaviors and Reproductive Health in Young Adulthood](#) analyzes data from the National Longitudinal Study of Adolescent Health to assess whether individuals who engaged in risky sexual behaviors during adolescence had increased risk of negative reproductive health outcomes in young adulthood.

Protecting the Health of Connecticut's Young People: Brief Reports

In partnership with the University of Connecticut's Center for Nursing Scholarship, the Connecticut Association of School Based Health Centers (CASBHC) recently examined the impact of school based health centers on student health in four key areas: Asthma, Immunizations, Mental Health, and Addressing Obesity. Data was collected from the state's 78 SBHCs to analyze health trends, cost-effectiveness of the school based health center model, and the impact of barrier-free access to medical and mental health services. Individual [Brief Reports](#) are available for each of the four key areas.

Oral Health Improvement Project Report: 2008 - 2010

The Connecticut Association of School Based Health Centers (CASBHC), with funding from the Connecticut Department of Social Services, created the *Oral Health Improvement Project* to increase oral health education and awareness in Connecticut communities, build capacity for dental hygiene and restorative services in school based health centers, and create partnerships to strengthen the oral health care delivery system. The report on CASBHC's [Oral Health Improvement Project](#) was developed to describe the oral health outreach and education initiative, progress of activities, and the partnerships that have been achieved over the last two years.

Resources

Help Homeless Children Start the New School Year Off Right

Heading back to school should be an exciting time for all young people, even those who are experiencing homelessness. Although these children and youth may face daunting uncertainties in their daily lives, providing them with a stable learning environment is what they need. The beginning of a new school year is a great time to brush up on the basics of the McKinney-Vento Homeless Assistance Act and supports available to help these students be successful in school. Visit the [Homeless Education Web site](#).

Kids Mental Health

Children need to have a good mental health status if they are going to live up to their full potential and truly live a life that is filled with positive experiences and the willingness to do what is best for themselves and the people around them. Visit the [Kids Mental Health Information Portal](#) to find resources and information on children’s mental health.

School Crisis Guide

The NEA Health Information Network recently created [The School Crisis Guide](#) in order to foster the creation of crisis teams with the ideas, tips, tools, and, resources that spur effective leadership and crisis management. Knowing what to do in a crisis can be the difference between stability and upheaval. This step-by-step resource created by educators for educators can make it easier for union leaders, school district administrators, and principals to keep schools safe — before, during and after a crisis.

Let’s Move in School

Have you registered your school yet for AAHPERD’s [Let’s Move in School](#) initiative? Join thousands of physical education teachers across the country who are committed to increasing physical activity in their schools this year. Through www.letsmoveinschool.org we will show you how. AAHPERD’s new, [free online toolkit](#) for physical education teachers will provide you with easy-to-use resources and activities every month that will help you educate your administrators, school board members, parents and colleagues about the importance of a comprehensive school physical activity program, with physical education as its foundation.

Start Strong: Building Healthy Teen Relationships Initiative Puts the Spotlight on Healthy Breakups

Most young people engage in multiple relationships throughout their teenage years. The ensuing breakups (at any age) can be messy, uncomfortable and hurtful. And although “Dear John” letters may be a thing of the past, technology and social media—like texting, Facebook and Twitter—allow messages to live on in cyberspace long after a relationship has ended. On July 20, 2011, the Boston Public Health Commission hosted "Break-Up Summit 2.0 that brought together young people and youth-serving organizations to discuss, plan and identify strategies to help teens engage in healthy relationship breakups. The Commission distributed a series of tools to help teens build healthy relationship and develop conflict resolution skills that can be [downloaded](#) for free.

Lesbian, Gay, Bisexual and Transgender Health

Many lesbian, gay, bisexual and transgender (LGBT) youth are happy and thrive during their adolescent years. Going to a school that creates a safe and supportive learning environment for all students and having caring and accepting parents are especially important. This helps all youth achieve good grades and maintain good mental and physical health. However, some LGBT youth are more likely than their heterosexual peers to experience difficulties in their lives and school environments, such as violence. Visit the [Lesbian, Gay, Bisexual and Transgender Health Web site](#) for resources to support LGBT youth.

Under Pressure: Sodium Reduction in the School Environment

The Centers for Disease Control and Prevention recently released its new guide, [Under Pressure: Sodium Reduction in the School Environment](#). Excessive sodium intake increases blood pressure. Data show that sodium reduction lowers blood pressure in children and, if sustained over time, translates to reduced blood pressure in adults. High blood pressure is a leading cause of stroke, coronary heart disease, heart attack and heart and kidney failure in the United States, all of which contribute to death, disability and disparities as well as the rising costs of health care. Because high blood pressure is a leading risk factor for cardiovascular disease, preventing the gradual rise in blood pressure during childhood and adolescence through dietary interventions such as sodium reduction could result in substantial health benefits as children enter adulthood.

Safe Routes to School News

The Connecticut Safe Routes to School (SRTS) Program is coordinating statewide public outreach on Safe Routes to School initiatives, as well as offering related training activities, technical assistance and administering an infrastructure grant program. Visit their new [Web site](#). SRTS's Second 'Walk It Bike It' [Award Ceremony](#) at State Capitol – Five classrooms received recognition on May 26, 2011, for walking almost 11,000 miles during school year. That's the equivalent distance of almost halfway around the world! In addition, the CT SRTS has partnered with Police Academy to launch the [first statewide school crossing guard training program](#).

Professional Development/Events

Health Education Curriculum Development Workshop

Participants will learn how to develop a comprehensive health education curriculum that increases students' knowledge, builds essential skills and addresses the health needs of children and youth in Grades PK-12. This is a two-day workshop and will be held on October 21, 2011 and November 21, 2011 at the Crown Plaza Hotel, 100 Berlin Road, Cromwell, CT, from 8:30 a.m. to 3:00 p.m. Registration is required. Download workshop [brochure](#) for more details.

Tell Me What You See - Helping Young People Visualize Their Way to a Healthier Future

STD, Hepatitis and HIV/AIDS Prevention Initiative

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. The initiative integrates functional knowledge and skill development through an art-based approach for prevention education. *This workshop has been updated for 2011 - 2nd edition, new artwork, poetry and assessments. This workshop will be held on November 8, 2011, 8:30 to Noon, at the*

Connecticut State Department of Education, 25 Industrial Park Road, Middletown. Registration deadline is October 24, 2011. Download workshop [brochure](#) for more details.

A Healthier Connecticut...The Journey Continues Celebrating 90 Years!

The [2011 CTAHPERD Fall Conference and Awards Banquet](#) will be held on November 17 and 18, 2011, at the Crowne Plaza in Cromwell. Participants will find topics that are cutting edge, speakers who are enthusiastic and knowledgeable, and exhibitors who will bring the latest in product innovations.

How Welcoming is Your School?

Welcoming Walkthrough Training

When schools create a welcoming environment, they make families feel like part of the schools community and active partners in their children's education. This half-day workshop will incorporate hands-on activities, receive the Walk Through Tool Kit and develop a plan to create a welcoming climate to engage families and the community. This workshop is offered on multiple occasions. [Download the flyer to learn more.](#)

Dust Off Your Old School-Parent Compact

Linking Family Engagement to your School Improvement Plan

This workshop will show you how to engage families, teachers and students in designing a school-parent blueprint for *action* tied to your school improvement plan. Participants will receive sample templates and resources for creating their own School-Parent Compact using a new 10-step process. This workshop is offered on multiple occasions. [Download the flyer to learn more.](#)

Connecting Faith, Families and Schools

Research has demonstrated again and again that family engagement is one of the major indicators of student success. Schools across the country are discovering that faith-based leaders and community groups are often very effective in enhancing family involvement and are key allies in improving educational outcomes for all students. For the fourth year, this conference is an opportunity for faith and worship leaders, educators, families and representatives of community organizations to come together and share ideas about the practices that they can individually and collectively undertake to support student learning. The conference will be held on September 23, 2011, 9:00 a.m. to 3:30 p.m. at the Crowne Plaza Cromwell. [Download workshop brochure for more details.](#) Is your agency interested in securing a table in the Resource Cafe? [Download the vendor form.](#)

Funding Opportunities

Federal and Foundation Funding Opportunities

Verizon Foundation Grants for Education, Violence Prevention, and Health

The [Verizon Foundation](#) is interested in funding programs that help individuals increase their educational achievement, avoid being an abuser or victim of domestic violence, and sustain a healthy and safe lifestyle. Applications should include information on measuring results and tracking outcomes. Award amounts vary. Eligible entities includes nonprofits with 501(c)(3) status, elementary and secondary schools that are registered with the National Center for Education Statistics, hospitals or medical research organizations with specific IRS status, and churches, provided their proposals benefit individuals regardless of religious affiliation. Deadline: October 16, 2011

Fuel Up to Play 60

Funding is available to K-12 schools enrolled in [Fuel Up to Play 60](#). The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. Funds can be used to conduct in-school promotions focused on creating a healthier school and to implement Healthy Eating and Physical Activity Plays. Funds can also be used for professional development, nutrition education materials, and physical education equipment & materials. Award Amount: \$3,000. Deadline: October 1, 2011.

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