



# Connections

April 2008

## MEET OUR NEWEST STAFF MEMBER

Action for Healthy Kids is proud to introduce Joi Anissa-Russell who joined the national office on March 31<sup>st</sup> as the new director of development. Welcome, Joi!

**Education:** B.S., Broadcast Journalism (Northwestern University); pursuing M. Ed., Curriculum and Instruction (Loyola University Chicago)

**Role with organization:** To engage key decision makers in various grantmaking arenas to feel responsible for improving nutrition and physical fitness for youth

**Best resource Action for Healthy Kids has developed:** *ReCharge!* and *Game On!* are wonderful step-by-step tools to help schools and parents give students an opportunity to be their best physically, mentally and emotionally

**A goal for your area of work in the next year:** To work with staff in securing a major gift that impacts the way we work positively and enhances how we educate schools on improving nutrition and providing physical fitness for youth

## TEAM CORNER

**APRIL PHONE SYMPOSIUM**  
*Parents are the Power!*  
**Thursday, April 17, 2008**

3pm ET/2pm CT/1pm MT/12pm PT  
*registration is required*

It is no secret that parents have a strong voice and can help to advocate for school wellness. However, engaging busy parents can often be a challenge. Action for Healthy Kids is pleased to present William Juzang from MEE Productions and Kristin Tucker from Colorado Action for Healthy Kids, as speakers for this informative call to introduce new tools, resources and replicable strategies from Action for Healthy Kids that can help Teams to meaningfully engage parents.

The following materials will be sent to participants in advance:

- a Parent Advocacy Guide developed by Action for Healthy Kids & MEE Productions
- the Colorado Team's "Parents are the Power Toolkit"

Please register for this phone symposium by sending an email to [StateTeams@ActionForHealthyKids.org](mailto:StateTeams@ActionForHealthyKids.org). Call information and supporting documents will be sent to registrants on Tuesday, April 15<sup>th</sup>.

## **SPOTLIGHT ON TEAMS:**

### **66 Healthy Hoosier Schools in Indiana**

Four years ago, the Indiana Team developed the Healthy Hoosier School Award, a practical and significant resource that guides and motivates schools in their efforts to adopt and implement sound wellness policies. The Healthy Hoosier School Award is an opportunity for all Indiana elementary and secondary schools to highlight their work to promote wellness.

During the 2007-2008 school year, the Indiana Team is proud to award 66 Hoosier schools with the 2007-2008 Healthy Hoosier School Award. Nine schools received the Gold Level Award, 35 schools received the Silver Level Award, and 22 schools received the Bronze Level Award!

**Favorite healthy snack & activity:** Granola, blueberries and brown sugar in oatmeal; favorite activity is with my children, watching Ava dance and sing and hearing Mark speak on the importance of social justice

**Favorite school lunch when you were a kid:** Pizza and fries; I know, not so healthy!

"We are extremely pleased with this year's results. The application process itself requires committed leadership, so for 66 schools to receive awards represents a significant trend," said Beth Foland, Indiana Action for Healthy Kids Steering Committee member and Registered Dietitian with the Indiana Department of Education.

Applications are submitted by a school building and require a team effort of school staff and administrative support. Winning schools receive banners and certificates, and are eligible to receive monetary awards. For more information, click [here](#).



## Making Better Food Choices & Moving More

As part of a monthly series, Action for Healthy Kids is highlighting theme-based challenges of the expanded version of *Game On! The Ultimate Wellness Challenge*, designed to help youth, families and schools incorporate healthy food choices and physical activity on a daily basis. Each Making Better Food Choices and Moving More challenge includes tools, tips and resources for how to plan, experience, track and celebrate the specific challenge.

### **Making Better Food Choices:** [Milk and Milk Products](#)

This challenge focuses on low-fat and fat-free milk and milk products, identified in the *2005 Dietary Guidelines for Americans*' "Food Groups to Encourage." Activities include:

- Milk/milk product taste tests - A fun way to share with students the great ways to make better food choices by adding low-fat and fat-free milk and milk products to their daily diet.
- Mix it with Milk Party - Help students create nutritious alternatives to soft and juice drinks.
- Mustache Photo Contest - A popular event to encourage kids to drink more milk.

The challenge includes links to the following take-home materials to communicate to parents and other caring adults the importance of milk and milk products as an essential food group:

- Flyers, recipes and activities from *Nutrition Explorations* (National Dairy Council)
- Resources from *Milk Matters* (National Institute of Child Health and Human Development) and the *National Bone Health Campaign* (Centers for Disease Control and Prevention)

### **Moving More:** [After School Challenge](#)

After-school is a critical time to help kids learn about and practice healthy behaviors that include good nutrition and physical activity. This challenge suggests ways to raise awareness about the importance of being active after-school, and activities to help kids (and adults!) limit their screen time in favor of moving more. Resources and activities promoted through this challenge include:

- *Media-Smart Youth: Eat, Think, and be Active!* - An interactive, after-school education program from the National Institute of Child Health and Human Development designed to help young people ages 11-13 understand the complexities of the media and how it can affect their health, particularly nutrition and physical activity habits.
- *TV-Turnoff Week* - A challenge to encourage students, families and school staff to turn off their TVs after school and get up off the couch.
- Monthly Fitness Calendars - Calendars from the National Association for Sport & Physical Education that feature activities for children to do at home in their free time alone, with friends

or with family members.

- Daily Activity Logs - A great way to ensure that everyone in the family stays active by keeping a daily activity log from *We Can! Ways to Enhance Children's Activity & Nutrition*.
- *ReCharge! Energizing After-School* - An after-school curriculum developed by Action for Healthy Kids and the National Football League for students in grades 3 to 6 to learn about and practice good nutrition and physical activity habits through fun, team-based activities.
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The Milk and Milk Products and After School challenges, along with the complete online *Game On! The Ultimate Wellness Challenge* toolkit, are available through the Action for Healthy Kids website; click [here](#) to access this resource directly.

## NEW PARTNER RESOURCES

### YMCA

*Healthy Kids Day, April 12, 2008\**

The annual YMCA Healthy Kids Day is a free, fun-filled day of activities that encourages kids and families nationwide to stay active and healthy. The event celebrates how to make fitness fun, and introduces kids to YMCA programs and tools that teach healthy behaviors and healthy ways to play - an essential lesson in learning how to take care of themselves throughout their lifetimes. Click [here](#) for a list of YMCAs hosting Healthy Kids events; activities at participating YMCAs will vary and may include games, sports, health screenings and more.

This year's YMCA Healthy Kids Day will launch Healthy Family Home, a program to help families incorporate healthier habits at home. Healthy Family Home focuses on practical, achievable lifestyle changes in the areas of family life where small changes can have the biggest impact such as playing every day, eating healthy and setting aside time for family. Visit [www.healthyfamilyhome.org](http://www.healthyfamilyhome.org) after April 12<sup>th</sup> for a starter kit and additional information.

*\*Some YMCAs may have different event dates; please call your local YMCA or visit their web site for more information.*

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### National Institute of Child Health and Human Development

*Milk Matters Online Parent Resources*

New materials are now available through the *Milk Matters* calcium education campaign, sponsored by the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development of the National Institutes of Health. These take-home materials are designed to help parents understand the importance of calcium for bone health for teens and tweens, and are consistent with National Health Education Standards. Based on the existing *Milk Matters* resources for teachers, materials for parents can be used at home to reinforce calcium health concepts that children are learning in school.

For more information on calcium and these new materials, click [here](#) to visit the *Milk Matters* web site.

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### National Association for Sport & Physical Education

*National Physical Education and Sport Week: May 1-7*

Each year the National Association for Sport & Physical Education (NASPE) develops integrated activities for teachers and students to do during National Physical Education and Sport Week. NASPE leaders and staff encourage all K-12 physical education teachers to take advantage of these resources to showcase quality sport and physical education programs in their schools and communities. This year's theme, "Moving is a Learning Experience", supports the link between physical activity and

academic achievement. All activities have been designed to integrate physical activity with various academic content areas, and were developed to meet national and state standards for physical education. Click [here](#) for information about National Physical Education and Sport Week, and to access ideas, daily activities and logos for newsletters to parents, classroom bulletin boards, school websites or other promotional communications.

## **NEWS FROM OUR PARTNERS**

### **School Nutrition Association**

#### *Town Hall Reauthorization Update*

The School Nutrition Association (SNA) held a town hall meeting in March in preparation for reauthorization of the 2009 federal child nutrition programs. The meeting provided SNA members the opportunity to provide input on priorities for reauthorization with SNA leadership, USDA officials and allied organizations.

SNA believes that through the reauthorization, child nutrition programs must be modified to advance the mission of ending childhood hunger and improving the nutritional health of all children across the country. At the town hall meeting, SNA members identified several issues as critical to address, including:

- Uniform, national nutrition standards
- Increased funding and reimbursements
- Expansion of school breakfast programs
- Simplification of the child nutrition programs

Click [here](#) to visit the SNA website for information about the Child Nutrition and WIC Reauthorization Act of 2004 that will expire on June 30, 2009; resources, links and information on the reauthorization are continually updated.

### **Afterschool Alliance**

#### *7<sup>th</sup> Annual Afterschool for All Challenge, May 13-14*

The 7<sup>th</sup> annual *Afterschool for All Challenge* will bring together afterschool staff, administrators, advocates and youth from across the country in Washington, DC, May 13-14. This two-day conference includes workshops, networking opportunities, meetings with Congressional offices and celebrations of the importance of afterschool. This year, the Afterschool Alliance is partnering with the National League of Cities and their National City Afterschool Summit. City officials, superintendents, school board members and afterschool providers will have the opportunity to share ideas and strategies for ensuring the growth of quality afterschool programs.

Click [here](#) to register to attend the *Annual Afterschool for All Challenge*.