



Connections

April 2009

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Help Make a Difference

Schools are under tremendous financial strain as a result of the current economic crunch. Your support is more important than ever and will demonstrate your continued dedication to Action for Healthy Kids and its efforts to impact school wellness. Best of all,

News to Use

Upcoming learning opportunities

Help Kids Get Active with *ReCharge!*

By popular demand, Action for Healthy Kids will offer *ReCharge! Energizing After-School* webinar opportunities throughout 2009. These one-hour orientation sessions teach participants how the *ReCharge!* curriculum educates students about the importance of a healthy diet while having fun and being active. The webinar registration fee is \$75 which includes a *ReCharge!* kit. Participants will receive a certificate of completion to apply towards professional development requirements and other certifications.

Click [here](#) to register for one of the following webinars; the registration deadline is April 23:

Tuesday, May 5
(3pm ET/2pm CT/1pm MT/12pm PT)

Tuesday, May 12
(12pm ET/11am CT/10am MT/9am PT)

Track Your School's Wellness Policy

Action for Healthy Kids is continuing to offer learning opportunities to help with monitoring and improvement of local wellness policies. A train-the-trainer webinar will show you how to use the newly added monitoring component to AFHK's online wellness policy tool to help school districts improve nutrition and physical activity practices. The new feature is customizable and includes a scoring system to evaluate progress, and resources for areas of a policy that need improvement. Click [here](#) to register for the webinar on:

Wednesday, April 29
11am ET/10am CT/9am MT/8am PT

Mounting Evidence

Linking kids' health and success in school

Activity and Improved Grades Related

A recent [study](#) from the University of Illinois supports a positive connection between physical activity and students' performance

your contribution will support our shared mission and ongoing efforts to promote health and learning for all children.

Support our work...
Make a Donation!



Partner News & Resources

Action for Healthy Kids is proud to welcome [America's Promise Alliance](#) and the [Whole Grains Council](#) to our Partner Network. Click on each organization's name to learn about their work to support healthy lives and futures for children.

May 1-7 is National Physical Education and Sport Week, "Be Active Your Way". Visit the [National Association for Sport and Physical Education website](#) for tools and information to promote activity May 1-7.

For tips and resources to celebrate National Physical Education and Sports Month throughout May, click [here](#) for the [President's Council on Physical Fitness and Sports'](#) Spring 2009 e-newsletter.

Upcoming Events

Mark your calendars!

June 9-12: Childhood Obesity Conference

The **5th Biennial Childhood Obesity Conference** will be held June 9-12 in Los Angeles. The agenda will feature evidence-based prevention interventions to reduce overweight and obesity in high-risk and low-income communities; policy and environmental strategies that promote healthy eating and activity behaviors; and collaborative efforts to ensure access to healthy foods

in the classroom. Published in the journal, *Neuroscience*, the study found that physical activity can help to focus students' ability to pay attention and result in improved performance on academic tests. The study tested cognitive control of 20 nine-year-old children both after a 20-minute resting period and after walking for 20 minutes.



Teams in Action for Healthy Kids

Spotlight on Team success

Massachusetts

The **Massachusetts Action for Healthy Kids Team** held a successful legislative breakfast on March 31st, with 35 State Representative and Senate offices, and 100 community partners in attendance. This annual event educates legislators and their staff about how healthy eating and active living impact academic success. Speakers at the event emphasized the need for collaboration at every level to support healthy students and healthy schools. Congratulations to the Massachusetts Team for its role as a mobilizer and advocate for school wellness!

AFHK in the News

Team Members Recognized for Contributions

Founding **Florida Action for Healthy Kids Team member Karen Pesce** was recently [recognized](#) by Florida Governor Charlie Crist as a Points of Light Award recipient for her exemplary community service. Said Governor Crist, "I applaud Karen's efforts to help Florida's children and parents adopt healthy lifestyles that include daily physical activity and healthy eating habits." Karen was recognized for writing and securing a \$25,000 grant to assist Hillsborough County with implementation of its wellness policy. She co-chairs the Hillsborough County School Health Advisory Committee and is a member of the Pinellas County School Health Advisory Committee and the Florida School Health and Education Consortium. In addition to her volunteer efforts, Karen is executive director of More Health, Inc., a nonprofit organization dedicated to providing health and safety lessons to more than 1.7 million school-aged children in Hillsborough and Pinellas county schools.

and physical activity for all children. The conference is hosted by the California Departments of Public Health and Education, University of California, Berkeley, Kaiser Permanente and The California Endowment. Click [here](#) for workshop descriptions and registration information.

June 18-19: PE4life Summit

PE4life is a national nonprofit organization that provides professional development, program assessment, equipment consultation and support services for schools and communities to enhance physical education programs. Its national event will be held June 18-19 in Bentonville, Arkansas. Click [here](#) for information about the PE4life summit including cost and registration details.

Alabama Action for Healthy Kids Team member Marty Tatar was recently [featured](#) in the *Huntsville Times* for her achievement in passing the School Nutrition Association's credentials exam. Marty, a registered dietitian and licensed dietitian, is the supervisor of the child nutrition program for Madison City Schools. "This national certification is the highest you can achieve for a child nutrition director," she said. "It has always been a career goal." Marty shares a commitment with other school nutrition professionals to provide nutritious meals that help students build lifelong healthy eating habits. In 2008, she led the school system to receive the Golden Award from the Food and Nutrition Services division of the U.S. Department of Agriculture, recognizing nutritious cafeteria meals and a wellness study in Madison. The food service program serves 163,000 lunches each school year to 8,400 students. According to Marty, "An outstanding child nutrition program consistently puts students first and focuses on quality food and high nutritional standards."

Congratulations **Karen** and **Marty** for your achievements! Action for Healthy Kids is proud of your dedication to creating healthy learning environments for children in Florida and Alabama.



Action for Healthy Kids | Click [HERE](#) to visit our website.
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