Indiana Department of Health

Division of **Nutrition & Physical Activity**

Indiana Healthy Schools Newsletter

2022 End-of-Year Edition

Student Health Program

The Handle with Care Program provides local students' schools with a "heads up" when a child has been identified at the scene of a potentially traumatic event. When police notify a school that there was a child present at the scene of an incident, schools are prepared to provide trauma-sensitive support to support that child the next school day. No additional information pertaining to the incident is shared with the school, only the child's name, age, and school with the words, "Handle with Care (HWC)."

School staff have been trained on the impact of trauma on learning, and incorporate many interventions to mitigate the negative impact of trauma for identified students, including: sending students to the school nurse's office to rest (when a HWC has been received and the child is having trouble staying awake or focusing); re-teaching lessons; postponing testing; etc. When identified students exhibit continued behavioral or emotional problems in the classroom, the teacher may send them to the counselor or to the nurse. While there, students can take time to decompress, take a nap, talk to a trusted adult about what they've experienced, or anything else they may need.

Schools partner with community mental health providers to provide on-site therapy when school-based interventions are not enough. Therapy is provided to children and families at times which are least disruptive for the student. The mental health providers can provide assessments of the child's need, psychological testing, treatment recommendations, accommodation recommendations, and status updates to key school personnel as authorized by the child's parent or guardian.

For additional information on how to bring Handle with Care to your community, please contact Chelsie Irwin, Trauma Informed Communities Project Coordinator, Indiana Department of Health, Division of Fatality Review and Prevention at cirwin@health.in.gov.

School Spotlight

Two Tippecanoe Schools Make Top Healthiest Schools List

East Tipp and Klondike Middle Schools of Tippecanoe School Corporation were chosen as two **2022 America's Healthiest Schools** by Healthier Generation's prestigious annual recognition program. This program celebrates schools for implementing best practices to support the physical, mental, and social-emotional health needs of the learning community. Awardees must meet criteria in the **Thriving Schools Integrated Assessment**, an evidence-informed tool that helps schools identify strengths and opportunities for improving policies and practices to advance health and learning with an integrated approach.

Both schools initially utilized the assessment to identify their strengths and weaknesses pertaining to physical activity, health, and community involvement. Once they identified these weaknesses, they set to improve these areas within each school. The Tippecanoe School Corporation provides a lifestyle strategies program, Nu-Start, that has been working hand in hand to promote wellness in their schools. Each school has an integrate champion, and their focus is on getting staff and students to think about their overall wellness, eating healthier, moving more, drinking more water, which strengthens students' physical and mental health.

Kit Mast and Danielle Wynn have been the corporation's integrate champions for several years now, and they both enjoy getting the school staff and students excited about their health and wellness. "It is definitely a team effort for our schools to receive this honor, and everyone plays a role in helping to achieve this designation including cafeteria staff, janitorial staff, nursing staff, health and physical education teachers, our students, and an administration that understands the importance of wellness for our staff, students, and families within our school community," says Wynn. "We are both very humbled and honored to have our schools receive this distinction from the Alliance of a Healthier Generation, and we also thank Nu-Start for their help throughout this process. We are motivated to focus on the things that matter most–our overall health and wellness, and these two areas can always be improved! We can never become complacent in what we are offering at our schools, and we must seek to make changes and modifications each school year!"

Go NAPSACC

Did you know?

Early Care and Education (ECE) providers in Indiana have access to Go NAPSACC. **Go NAPSACC** is a trusted online tool that helps childcare programs go the extra mile to support children's healthy eating and physical activity. Providers can use Go NAPSACC to assess their current health practices, environments, and policies and receive personalized action plans along with trainings and resources to make their ECE setting healthier. Go NAPSACC focuses on child nutrition, breastfeeding and infant feeding, farm to ECE, oral health, infant and child physical activity, outdoor play and learning, and screen time. Complete this **survey** to receive a registration code to make a free Go NAPSACC account!

Upcoming Webinars

Thriving Schools through Individual & Collective Staff Well-Being — Kaiser Permanente

- Dec. 6 at 4 p.m. ET

Game Plan Webinar Series — Playworks

- Wednesday, Dec. 7, – Indoor Recess; Wednesday, Feb. 1, 2023 – Group Management; Wednesday, April 5, 2023 – Junior Coach Empowerment
- All webinars will be offered twice at 3:30 p.m. ET and 6:30 p.m. ET

Play Leadership Essentials for Early Childhood — Playworks

- Dec. 13 and 15 from noon—5 p.m. ET

5 Steps to Transition to a Skills-Based Health Program — American School Health Association

- Dec. 7 at 4:30 p.m. ET

Stay Active This Holiday Season

During the holidays season, taking time to exercise often falls to the bottom of the list thanks to work and family celebrations. But making time to exercise doesn't have to be boring or difficult—after all, 30-60 minutes of physical activity a day is enough to maintain a healthy lifestyle.

To help adults and children stay active this holiday season, here are some suggestions to keep moving whether you stay inside or go outside for some fresh air!

For Adults

- Online free and low-cost exercise videos and phone apps
- Chores around the house such as vacuuming, mopping, and dusting
- Take hikes or walks – check the weather and dress appropriately
- Volunteer opportunities – walking dogs, shoveling snow for elderly neighbors
- Mall walking
- Find exercise classes in your area at a local YMCA, community center, or yoga studio

For Kids

- Take a trip to the local library or museum to walk around and exercise your mind
- For older kids, take them to the gym with you to try out the equipment
- Outdoor activities: sledding, snowball fights, ice skating, snowboarding, skiing
- Dance party – put on your favorite holidays music and start moving
- Games requiring movement (e.g., Twister, charades, tag, redlight greenlight, video games including movement)
- Young children – set up obstacle course using pillows
- Visit a local zoo
- As a family, walk around your neighborhood to see your neighbors' holidays lights

Call for Proposals

Indiana School Health Network (ISHN) Conference

ISHN is inviting school health professionals and advocates to submit proposals to present a session at the **2023 Indiana School Health Network Conference on June 14-15, 2023**. The conference will be held at the Embassy Suites Plainfield Hotel. This year's theme is "School Health: Connecting the Pieces."
Sessions will be 60 minutes long, including Q&A and evaluation.
Proposals of interest include, but are not limited to:

- Policies, practices or programs that promote cross-sector collaboration
- Managing health & behavioral health conditions that affect educational achievement, especially proposals on chronic diseases, suicide and substance use disorder
- Role of school-based health centers in school health
- Emerging trends in early childhood education and health
- Promising practices advancing diversity, equity and inclusion
- Neuroscience-based tools to transform challenging childhood behaviors
- Care of children with special health care needs in school
- Best practices addressing ethics and boundaries
- Policies and legislation that advance school health outcomes for all students
- Effective Navigator outreach and enrollment practices for healthcare coverage
- Innovative Whole School, Whole Community, Whole Child (WSCC) Model implementation

Special consideration will be given to proposals focused on alignment and coordination of services and resources, social justice in education, social-emotional learning and social influencers of health and education.

The deadline to submit an **application** is **Jan. 13, 2023**. For more information or questions on submitting a proposal, please contact Sarah Thompson at **sthompson@ckfindiana.org**.

Hoosiers: Give Kids a Smile

Many people are aware that one's diet can affect their oral health. Dentists often warn that consuming foods and drinks high in sugar can increase the risk of developing cavities. However, it is less well-known that the state of your oral health can also affect your nutritional status. Having dental pain or missing teeth can make it more difficult to chew or swallow, which may result in eating fewer meals and/or meals with lower nutritional value.

Developing oral hygiene habits early in childhood and receiving regular dental care are important factors to maintaining good oral health. To help ensure Hoosier children are receiving the care they need, the Indiana Department of Health (IDOH) is partnering with participating providers to deliver free oral health care services to children across the state in February 2023 for the 20th anniversary of **Give Kids a Smile**. Give Kids a Smile is an annual volunteer program that provides free educational, preventative, screening, or restorative services to children.

Examples of how you can help Give Kids a Smile:

- Clinicians can volunteer their services to children in need or from low-income families
- Dentists, hygienists, dental and hygiene students can provide oral health education in schools
- Schools can promote oral health by providing education to students about good dental hygiene

Clinicians interested in participating can **register their services** to be added to a map of participating providers. To view the map of providers (forthcoming), keep an eye on the IDOH Give Kids a Smile **webpage**.

Hoosiers:
Give Kids a Smile!
Give Kids A Smile® 20th Anniversary

Indiana Department of Health

If you would like more information on school health or have content to share, please contact the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA).

Click here to subscribe or unsubscribe to our newsletter.

Visit our **webpage** for other resources and archived newsletters.

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To **promote**, **protect**, and **improve** the health and safety of all Hoosiers