



Division of  
**Nutrition &  
Physical Activity**

# Indiana Healthy Schools Newsletter

February 2023 Edition

## Safety Mini Series

### CPR and AEDs

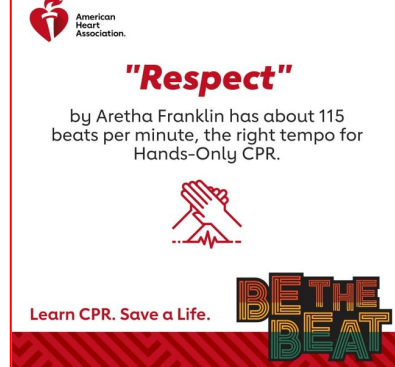
**February is National Heart Month!** Devoting some time every day to care for yourself can go a long way toward protecting your heart health. Self-care—like moving more, preparing healthier meals, getting enough quality sleep, and taking a moment to de-stress, helps your heart. While taking care of your heart is crucial to living a long life, it's also important to know how to help save a staff or students' life if you find yourself in an emergency situation. As this month is all about heart health, what a perfect time it is to discuss the importance of knowing how to administer CPR and how to use an automated external defibrillator (AED).

**The American Heart Association (AHA)** is committed to creating the Next Generation of Heartsavers™ through their Be the Beat Hands-Only CPR programs. During the month of February, AHA encourages schools and organizations to share how they will be celebrating the importance of healthy hearts by including **#HeartMonth** on all social media platforms!

In addition, AHA has teamed up with the Elevance Health Foundation to teach Americans of all ages how to perform Hands-Only CPR. All songs in the "Don't Drop the Beat" playlist and Elevance Health Foundation Station are between 100- 20 beats per minute, the same rate at which you should perform compressions when administering CPR. **Be the Beat** provides free resource tools to help start and sustain Hands-Only CPR and AED training programs in communities and schools so that everyone has a chance to learn this life saving skill. If you are called on to perform CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent, or a friend.

Along with learning CPR, having an automated external defibrillator (AED) onsite is also another quick step to help save a life. An AED is used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

AHA supports the health and well-being of our nation's students. That's why they are awarding CPR and AED grants to schools as part of the Kids Heart Challenge™ and American Heart Challenge™. The time is now to educate our youth on the importance of heart health!



Please see the email attachment for CPR and AED funding details.

## Grant Opportunities

### Strengthening Youth Programs in Indiana

The Lilly Endowment is pleased to announce Strengthening Youth Programs in Indiana (SYPI), a competitive initiative to help advance the academic, physical and social development of Indiana youth. The Endowment seeks to support and strengthen eligible youth-serving organizations that provide programs and services to youth in communities throughout Indiana. **Proposals are due by noon EDT on May 1.** [Click here for the application and additional funding details.](#)

### Urban Agriculture and Innovative Production (UAIP) Competitive Grants Program

The U.S. Department of Agriculture (USDA), Natural Resources Conservation Service (NRCS) is soliciting applications from eligible entities to host the UAIP Competitive Grants pilot project. The primary goal of the UAIP pilot project is to support the development of urban agriculture and innovative production. The two types available for application under this NFO are Planning Projects and Implementation Projects. Planning Projects are projects that will initiate, develop, or support the efforts of farmers, gardeners, citizens, government officials, schools, members of tribal communities, and other stakeholders in areas where access to fresh foods are limited or unavailable. Implementation Projects are for accelerating existing and emerging models of urban and/or innovative agricultural practices that serve multiple farmers or gardeners. [Click here for additional funding details.](#)

### No Kid Hungry Spring Cycle Grant Opportunity

Does your district or organization need assistance expanding the reach of your school meals program? No Kid Hungry Indiana has funds available to help districts and community-based organizations maximize participation in their school breakfast, lunch, and afterschool meal programs. Funds will be prioritized to support applications with a strong and sustainable plan for maximizing participation in child nutrition programs. **Applications are due March 17.** [Click here for additional funding details.](#)



Lilly Endowment Inc.  
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## Upcoming Trainings and Events

- **Sensory Skate Day for Kids with Special Needs**— 5-7 p.m. EDT, Feb. 26, in Carmel, Indiana
- **3Rs Curriculum Trainings: Help educators meet the evolving sexual health needs of students**— Advocacy of Youth  
*\*Not all trainings are free*
- **Family Networking Opportunities for Culturally Responsive Engagement**—Alliance for a Healthier Generation
- **March is National Nutrition Month**— Ideas on how to celebrate and resources on nutrition and healthy eating
- **March is National Reading Month** - Ideas on how to celebrate reading all month long
- **Upcoming Events Calendar**— Indiana Youth Institute
- **Indiana Afterschool Network Out-of-School Time Conference**— April 25-26 hosted by the Indiana Afterschool Network
- **Playworks Early Childhood Power of Play & Play Based Group Management**— 5:30 - 8 p.m. EDT on May 16—18 virtually



## Nutrition Resources

### Indiana Federal Nutrition Programs Toolkit

This resource was adapted from D.C. Hunger Solutions' District of Columbia Federal Nutrition Programs Toolkit. It was developed by Indy Hunger Network, Feeding Indiana's Hungry, Indiana Department of Education, Indiana Department of Health, Indiana Family and Social Services Administration. [Click here](#) to access the toolkit.

### National School Breakfast Week: March 6-11

**National School Breakfast Week (NSBW)** celebrates the importance of a nutritious school breakfast in fueling students for success. This special observance during the first week of March celebrates the national School Breakfast Program and the many ways it gives kids a great start every day.

**Use #NSBW23 on all social media platforms to show how you will be celebrating!**

#### Nutrition Education and Classroom Celebration Ideas

- Invite local celebrities to be servers or cafeteria monitors for the day such as your school nurse, PE teacher, superintendent, principal, parents, or the school mascot
- DIG IN to nutrition facts
- Host a station to teach students about the nutrition facts label
- Guess the item based on the nutrition facts
- Create a QR Code with nutrition information and facts for older students
- DIG IN to menu items
- Consider nutrition education about the root vegetables you offer on your menu
- DIG IN to creativity
- Coloring contest with images of the breakfast meal components
- DIG IN Recipe Contest
- Challenge students to create healthy breakfast recipes and conduct taste testing during meal service
- DIG IN to different cultures
- Display of breakfast meals eaten around the world

#### Additional Resources:

- [Team Nutrition Popular Events Ideas](#)
- [NA SBP Week Resources](#)
- [No Kid Hungry School Breakfast Toolkit](#)



## Lactation Support for Teachers

The **Pump for Nursing Mothers Act**, signed into federal law on December 29, 2022 makes important changes to existing federal protections for nursing parents including:

- Almost entirely closing the coverage gap that previously left 9 million workers nationwide without federal protection of their right to break time and a private space to pump during the workday, including teachers, nurses, farmworkers, and more.
- Giving workers the right to file a lawsuit for monetary remedies if their employer fails to comply (this goes into effect April, 2023) and protects employees from employer retaliation.
- Mandating that pumping time must be paid if an employee is not completely relieved from duty.

### How can school leaders support staff in reaching their breastfeeding goals?

Teachers have long shared stories of pumping at work in bathrooms or other spaces with little to no privacy and not receiving enough breaks to pump throughout the day, which can lead to reduced milk supply, clogged ducts, and even painful infections. With three in four people working in education being women, many of whom are of childbearing age, it is important that school administration take the following steps to support nursing employees:

- Providing a private room with a chair, table, outlet, covered windows, and an "occupied" door sign. An empty classroom may be used, but only if privacy can be guaranteed (e.g., with window coverings, locking doors, etc.). If school support staff are not able to access an empty classroom, an additional space for pumping should be provided.
- Providing access to a sanitary place to wash supplies and store milk (i.e., a cooler or refrigerator).
- Providing a substitute or floating teacher so that educators can take reasonably timed breaks (about 20 minutes every 2-3 hours).

Creating a lactation policy for supporting nursing employees can lead to healthier, happier staff; reduced employee absences; and improved employee retention.

For assistance developing and implementing a lactation policy in your workplace, please contact Ann Marie Neeley ([aneeley1@health.in.gov](mailto:aneeley1@health.in.gov)), IDOH's Statewide Breastfeeding Initiatives Manager.

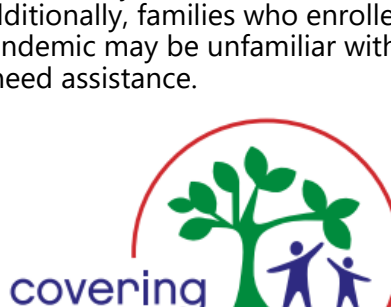


## Important Medicaid Changes

In Indiana, about one in three children receive health coverage through Medicaid and/or CHIP. In 2023, important changes are taking place with Medicaid, including an eligibility review process starting in April, 2023 (continuous enrollment was provided during the height of the COVID-19 pandemic). This means families will need to submit various information about their household and income in order to determine if they still meet eligibility requirements.

Schools can help by distributing this information to families, as their renewal letters may have been missed or sent to an old address. Additionally, families who enrolled in Medicaid during the pandemic may be unfamiliar with the renewal process and need assistance.

To read more about these new requirements, and the assistance available, [click here](#). To help families, include the blurb to the right (prepared by Covering Kids and Families) in emails, newsletters, etc.



#### Does your child have Hoosier Healthwise health insurance?

**Do you have the Healthy Indiana Plan (HIP) insurance?** Everyone with health insurance from the State (also known as Medicaid) will need to renew their coverage in the coming year and should make sure the **Indiana Family and Social Service Administration (FSSA) has their correct address.**

**You can update your information** on the benefits portal (<https://fssabenefits.in.gov>) or by calling 800-403-0864.

It is also important to **open and respond to all mail from FSSA and your health plan** (Anthem, CareSource, MDwise, MHS, or United Healthcare).

**Questions? Free, unbiased help is available** from Indiana Certified Navigators.

Find a navigator near you at <https://in-fssa.force.com/HNav/>.

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

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