Indiana Healthy Schools Newsletter

October 2022 Edition

Ways to Celebrate Throughout October

Farm to School Month

October is National Farm to School Month! This is a time to celebrate

the connections happening all over the country between children and local food. National Farm to School Month is a great opportunity to plan a new Farm to School activity, organize a special celebration of your current efforts, or initiate a new partnership! Sharing your farm to school story is an important strategy for growing awareness and building support for the Farm to School movement. October is a prime time to spread the word about how Farm to School is a



win for your community. The Indiana Grown for Schools Network would love to help spread the word by sharing your success stories through our social media platforms and in our monthly newsletter! Share your story **here**. Upcoming Farm to School events are listed below: **Great Lakes Apple Crunch**

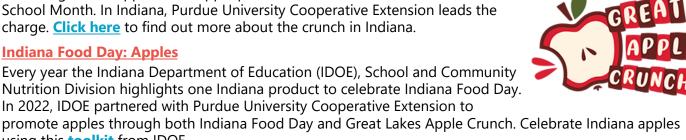


School Month. In Indiana, Purdue University Cooperative Extension leads the charge. Click here to find out more about the crunch in Indiana. **Indiana Food Day: Apples**

The Great Lakes Apple Crunch is an event that happens throughout the Great Lakes Region to support local apple producers and celebrate National Farm to

Every year the Indiana Department of Education (IDOE), School and Community Nutrition Division highlights one Indiana product to celebrate Indiana Food Day. In 2022, IDOE partnered with Purdue University Cooperative Extension to

using this **toolkit** from IDOE. **Afterschool Time**



Celebrate Lights On Afterschool Event on Oct. 20

activity programming, and discover new skills.

Launched in October 2000, Lights On Afterschool is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. The effort has

become a hallmark of the afterschool movement and generates media coverage across the country each year. The Afterschool Alliance organizes Lights On Afterschool to draw attention to the many ways afterschool programs

The Afterschool Alliance salutes the many Lights On Afterschool partners and programs who make this event a success, in particular the After-School All-Stars, Boys & Girls Clubs of America, 4-H Afterschool, Junior Achievement, the 21st Century Community Learning Centers, Young Rembrandts, and the YMCA of the USA. These events send a powerful message that millions more kids need quality afterschool programs.

Lights On Afterschool is one of the best opportunities to show parents, policymakers, and community leaders the importance of afterschool programming. Check out these simple ways to showcase your program on social media – whether it's posting a collage or video from past work, or sharing the special Lights On Afterschool activity you do with students, or

hosting a live or virtual event. Use #LightsOnAfterschool in your social media posts.



Healthy Halloween

Tips and Resources for Educators:

Instead of passing out candy, consider introducing healthy snacks and games. Action for Healthy Kids published this article with game suggestions, including Halloween charades, a gourd spoon challenge, and

an apple eating contest! OPEN Physical Education Network has also published free activity ideas and resources that can be used in physical education during the fall season.

Tips for Families:

dinner before heading out. This can reduce the temptation to snack on candy throughout the night.

Select walkable neighborhoods for trick-or-treating to avoid driving from house to house.

Create rules around how much candy will be allowed to

If your family will be trick-or-treating this year, fill up with

- take home and eat on a daily basis. Donate or repurpose excess candy.
- Check your child's candy and throw out any allergens, choking hazards (for young children), and anything that's not commercially wrapped.
- **Wellness Policies**



WellSAT: 3.0

Wellness School Assessment Tool

Did you know? All schools that participate in the National School Lunch Program are required to have a district-level school wellness policy to guide school

wellness activities and promote student health, wellbeing, and learning ability. Per USDA regulations, an assessment of the school's wellness policy is required to be completed by June 30, 2023. IDOH, DNPA is offering wellness policy reviews at no cost using the WellSAT 3.0 scoring tool to assess your

policy's content and strength while also highlighting areas for improvement. Please contact Jenna Sperry at **jsperrry@health.in.gov** or Emma Smythe at **esmythe@isdh.in.gov** for details. **School Health Events & Resources**

Where: Marriott Downtown Indianapolis INDIANA Description: The IYI Kids Count Conference will include trainings, resources, and best practice models for programs to increase child well-being. Click here to

Indiana Youth Institute Kids Count Conference

register. **National Conference on Child Health and Well-Being**

When: Nov. 2-4

When: Nov. 1-2

Where: Loew's Chicago Hotel **Description:** This national conference is designed to strengthen district-

school-family-community partnerships by mobilizing a community of individuals invested in child health and well-being to implement sustainable solutions to real world challenges. **Click here** to register.

Save the Date: Indiana School Health Network

When: June 14-15, 2023 coverin Where: Embassy Suites Plainfield kids&famil **Description:** Since 2008, the Indiana School Health Network has assembled key

Conference. This year's conference theme, additional details, and registration link are forthcoming.

Spanish.

Conference

No Kid Hungry recently released this **toolkit** to help inform school professionals of the Supplemental Nutrition Assistance Program (SNAP) benefits available to help support families with groceries and ensure kids have the food they need to

fuel their education. The toolkit includes background information, social media

graphics, resources for school websites, sample letter to parents and caregivers,

stakeholders and experts in school health for the annual School Health

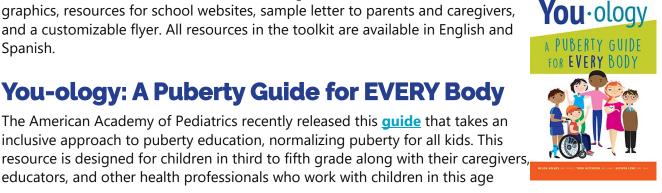
SNAP Outreach in Schools Toolkit

Health Education

<u>Click here</u> for activity ideas!

are best suited for the student.

You-ology: A Puberty Guide for EVERY Body The American Academy of Pediatrics recently released this **quide** that takes an inclusive approach to puberty education, normalizing puberty for all kids. This resource is designed for children in third to fifth grade along with their caregivers, educators, and other health professionals who work with children in this age group.



NOKID

HUNGRY

National Health Education Week (NHEW) promotes awareness of public health issues and a better understanding of the role of health education. For more than 23 years, Society of Public Health Education (SOPHE) has celebrated National Health Education Week during the third week of October.

Oct. 17-21 is National Health Education Week

Join SOPHE to promote the value and role of health education professionals in improving health and wellness through health education and health promotion in your schools and organizations throughout October 17-21.

Tobacco & Nicotine Cessation Asking students about tobacco use and advising them to quit are the first steps toward the use of effective treatments to quit. School health care professionals are uniquely positioned to screen for tobacco use in



Do you know the signs of vaping and addiction? **Signs of vaping:** Signs of nicotine addiction: Needing to vape after waking New behaviors, such as secrecy or anger up in the morning

Thinking about vaping throughout the day Vaping after learning the

Dry cough or increased Vaping without thinking about wheezing Having trouble concentrating or sleeping

Change in school performance

For more information, including the free downloadable Vape Free Schools Toolkit, click here.

Upcoming Webinars Farm to School in Urban vs. Rural Environments — Indiana Grown for Schools Network 3-4 p.m. EDT Oct. 19

Healthy Schools: An Imperative or Impossibility? — American Association of School Administrators

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).

<u>Grant Writing Workshop</u> — American School Health Association Self-paced with a Q&A session (4 p.m. EDT Oct. 27) and a virtual coaching session (5 p.m. EDT Nov. 10) **Serve Grieving Students** — American School Counselor Association

1-2 p.m. EDT Oct. 20

1-2 p.m. EDT Nov. 17

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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Indiana Department of Health