



Indiana
Department
of
Health

Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

October 2022 Edition

Farm to School Month

Ways to Celebrate Throughout October

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

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 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

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 promote apples through both Indiana Food Day and Great Lakes Apple Crunch. Celebrate Indiana apples using this [toolkit](#) from IDOE.

**NATIONAL
FARM to
SCHOOL
MONTH**



**NATIONAL
FARM to SCHOOL
NETWORK**

G R E A T L A K E S



Afterschool Time

Celebrate Lights On Afterschool Event on Oct. 20

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 support students by offering them opportunities to learn new things, such as science, community service, robotics, physical activity programming, and discover new skills.

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.



Afterschool Alliance

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:

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

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, well-being, 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 jspererry@health.in.gov or Emma Smythe at esmythe@isdh.in.gov for details.

WellSAT: 3.0

Wellness School Assessment Tool

School Health Events & Resources

Indiana Youth Institute Kids Count Conference

When: Nov. 1-2

Where: Marriott Downtown Indianapolis

Description: The IYI Kids Count Conference will include trainings, resources, and best practice models for programs to increase child well-being. [Click here](#) to register.



National Conference on Child Health and Well-Being

When: Nov. 2-4

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 Conference

When: June 14-15, 2023

Where: Embassy Suites Plainfield

Description: Since 2008, the Indiana School Health Network has assembled key stakeholders and experts in school health for the annual School Health Conference. This year's conference theme, additional details, and registration link are forthcoming.



SNAP Outreach in Schools Toolkit

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, and a customizable flyer. All resources in the toolkit are available in English and Spanish.



You·ology

A PUBERTY GUIDE
for EVERY BODY



You·ology: A Puberty Guide for EVERY Body

The American Academy of Pediatrics recently released this [guide](#) 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.

Health Education

Oct. 17-21 is National Health Education Week

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.

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.

[Click here](#) for activity ideas!



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 the students they see, initiate treatment, and connect them to tobacco and vaping cessation services that are best suited for the student.

Do you know the signs of vaping and addiction?

Signs of vaping:

- New behaviors, such as secrecy or anger
- Change in school performance
- Dry cough or increased wheezing

Signs of nicotine addiction:

- Needing to vape after waking up in the morning
- Feeling anxious or irritable due to cravings
- Vaping without thinking about it
- Having trouble concentrating or sleeping
- Thinking about vaping throughout the day
- Vaping after learning the health risks

*FDA, Center for Tobacco Products

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

- 1-2 p.m. EDT Oct. 20

[Grant Writing Workshop](#) — 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 Nov. 17

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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