# **Indiana Healthy Schools Newsletter**

**August 2023 Edition** 

# **Professional Development**

# **Get Students Active with Purpose** Join PL3Y, Inc. and the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA)

for FREE "Get Students Active with Purpose" professional development trainings for K-12 Indiana physical education teachers, health educators, and youth-serving organization program coordinators to engage students in active movement throughout before, during, and afterschool settings and enhance your understanding of physical literacy. Division of Explore new games that develop fundamental movement skills and learn about

Teaching Games for Understanding (TGfU), a student-centered approach that develops decision-making and skill acquisition through game-based activities. Discover the benefits of mindfulness and learn practical strategies to promote focus and well-being through dance, brain breaks, indoor recess activities, and more! Leave empowered with practical ideas to improve physical activity and physical literacy in the youth and adolescents you serve. **See Below for Training Locations:** 

**Nutrition & Physical Activity** 

- Fort Wayne: Wednesday, Sept. 13 from 8:30 a.m.-3 p.m. EDT. at The Boys and Girls Club of Northeast Indiana **Click here** to register and for more details
- South Bend: Thursday, Sept. 14 from 8:30 a.m.-3 p.m. EDT. at The Beacon Resource Center **Click here** to register and for more details
- Indianapolis: Tuesday, Sept. 19 from 8:30 a.m.-3 p.m. EDT. at Broad Ripple High School <u>Click here</u> to register and for more details
- Building **Click here** to register and for more details \*NOTE: Due to a 40-person maximum for each training, we ask you to register for only one training. This is an active

Terre Haute: Thursday, Sept. 21 from 8:30 a.m.-3 p.m. EDT. at Indiana State University; Health and Human Services

training, with limited sitting involved, so please be prepared to engage in movement and dress comfortably!

For more information on PL3Y, Inc., please visit their website. Please contact Emma Smythe, Youth Physical Activity Coordinator, IDOH, DNPA at <a href="mailto:esmythe@health.in.gov">esmythe@health.in.gov</a> with any additional questions.

# **Breastfeeding Month**

August is National Breastfeeding Month! This year's theme is "This is Our Why," to help show the importance of the work being done to improve breastfeeding support and to center the conversation on babies and families. Districts and schools can contribute to these efforts by having and enforcing a supportive breastfeeding policy that ensures appropriate time and space for nursing parents in the building to pump. The

policy doesn't have to be complex, and can be included in the school wellness policy and/or staff and student handbooks. This is also a great way to ensure your district is in compliance with the recently enacted **PUMP for Nursing Mothers Act**. **Upcoming Breastfeeding Month Special Recognition Weeks:** 

# **Black Breastfeeding Week: August 25-31**

#### **Black Breastfeeding Week 2023** Theme: We Outside! Celebrating Connection & Our Communities

Latina/x Breastfeeding Week: September 5-11

# Semana de la Lactancia Latina 2023

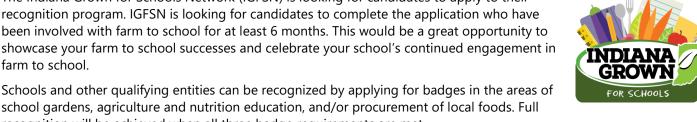
- Theme: Our Stories Make the World/Nuestras Historias Crean el Mundo

Please contact Ann Marie Neeley, IBCLC, IDOH statewide breastfeeding initiatives manager, at aneeley1@health.in.gov for information on breastfeeding or how to create a supportive work environment for nursing parents.



The Indiana Grown for Schools Network (IGFSN) is looking for candidates to apply to their recognition program. IGFSN is looking for candidates to complete the application who have been involved with farm to school for at least 6 months. This would be a great opportunity to showcase your farm to school successes and celebrate your school's continued engagement in farm to school.

school gardens, agriculture and nutrition education, and/or procurement of local foods. Full



recognition will be achieved when all three badge requirements are met. The application for this program is ongoing and candidates will receive all benefits and materials as soon as the application is complete and approved by the Indiana Grown for Schools Network. You can find more information and the application by visiting the recognition program page. If you have any questions or need assistance with your











### Nov. 9-10 at SportZone Indy: 2023 INSHAPE Conference Professional development conference for health, physical education,

**Other Upcoming Events** 

- recreation, dance, fitness, and exercise science Nov. 15-16 at Embassy Suites Noblesville: 2023 Indiana Association of School
  - **Nurses Conference** Professional development conference for school nursing professionals
  - Nov. 14-15 at Indianapolis Downtown Marriott: 2023 Indiana Youth Institute Kids Count **Conference** 
    - Annual conference with professional development and resources for youth professionals who support the well-being of children





and a love of health-enhancing physical activity.

Wellness Policies

### policy to guide school wellness activities and promote student health, wellbeing, and learning ability. Districts are required by the Indiana Department of Education to review the policy at least once every three years. IDOH, DNPA offers free wellness policy reviews using the WellSAT 3.0 scoring tool and technical assistance with policy updates. Please email Jenna Sperry at <a href="mailto:jsperrry@health.in.gov">jsperrry@health.in.gov</a> or Emma Smythe at <a href="mailto:esmythe@health.in.gov">esmythe@health.in.gov</a> for more details.

WellSAT: 3.0

**Back to School Resources** 

All schools that participate in the National School Lunch Program are required to have a district-level school wellness

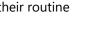
#### collaboration and meet the needs of students, parents, and caregivers as young people learn and develop. Resources can be accessed by creating a free online account.

Share the Indiana Department of Health's Routine Immunizations Catch Up Map to encourage families to get children caught up on their routine vaccinations as a part of their

back to school routine.

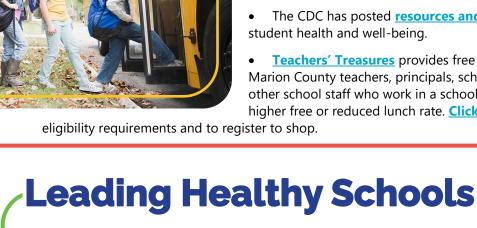
OPEN Phys Ed has published free K-12 resources to help students build relationships, routines,

Explore Alliance for a Healthier Generation's free back to school resources and trainings to strengthen



**Leading Healthy Schools** 

jsperry@health.in.gov



The CDC has posted <u>resources and sample social media posts</u> to promote student health and well-being. **Teachers' Treasures** provides free school supplies to eachers' Marion County teachers, principals, school nurses, and easures

higher free or reduced lunch rate. Click here to read the

Leading Healthy Schools by SHAPE America is a free professional development program designed to equip school and district administrators with the knowledge and skills to lead healthy schools grounded in equitable policies

other school staff who work in a school with a 60% or

# Develop a plan to implement the most relevant aspects of their learning

- through spring 2024; Receive individual and community support for plan implementation, and;

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.

Travel to SHAPE America's National Convention & Expo in Cleveland to share knowledge with convention

Visit our **webpage** for other resources and archived newsletters. **Emma Smythe, Youth Physical Activity Coordinator** Jenna Sperry, School Health Coordinator

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

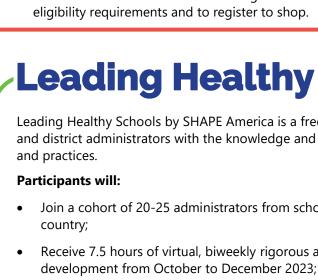
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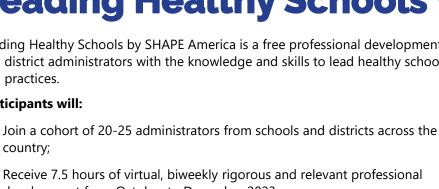
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attendees and meet the cohort in person.

Interest forms are due by August 28th. Click here to learn more.

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