



Division of Nutrition & Physical Activity

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.

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.



Division of Nutrition & Physical Activity

PL3Y INC.

See Below for Training Locations:

- 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
[Click here](#) to register and for more details
- Terre Haute:** Thursday, Sept. 21 from 8:30 a.m.-3 p.m. EDT. at Indiana State University; Health and Human Services 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 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 esmythe@health.in.gov 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.



Opportunity Reminder

Farm to School Recognition Program

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.

Schools and other qualifying entities can be recognized by applying for badges in the areas of 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 application, please email Brianna Goode, Farm to School Coordinator, at bgoode@health.in.gov.



Other Upcoming Events

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

INSHAPE
health. moves. minds.

IASN
Indiana Association of School Nurses

INDIANA YOUTH INSTITUTE
Championing Kids. Strengthening Communities.

Wellness Policies

Is it time to review and update your district wellness policy?

WellSAT: 3.0

Wellness School Assessment Tool

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. 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 jsperry@health.in.gov or Emma Smythe at esmythe@health.in.gov for more details.

Back to School Resources

- OPEN Phys Ed has published [free K-12 resources](#) to help students build relationships, routines, and a love of health-enhancing physical activity.
- Explore Alliance for a Healthier Generation's free [back to school resources and trainings](#) to strengthen 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.
 - The CDC has posted [resources and sample social media posts](#) to promote student health and well-being.
 - [Teachers' Treasures](#) provides free school supplies to Marion County teachers, principals, school nurses, and other school staff who work in a school with a 60% or higher free or reduced lunch rate. [Click here](#) to read the eligibility requirements and to register to shop.



OPEN

ALLIANCE FOR A HEALTHIER GENERATION

Teachers' Treasures
Helping Teachers Help Kids!

Leading Healthy Schools

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 and practices.

Participants will:

- Join a cohort of 20-25 administrators from schools and districts across the country;
- Receive 7.5 hours of virtual, biweekly rigorous and relevant professional development from October to December 2023;
- Develop a plan to implement the most relevant aspects of their learning through spring 2024;
- Receive individual and community support for plan implementation, and;
- Travel to SHAPE America's National Convention & Expo in Cleveland to share knowledge with convention attendees and meet the cohort in person.

Interest forms are due by August 28th. [Click here](#) to learn more.

SHAPE America

LHS
Leading Healthy Schools

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

Indiana Department of Health

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