



Division of
**Nutrition &
Physical Activity**



Indiana Healthy Schools Newsletter

August 2022 Edition

Back-to-School Resources

It's back to school time for Indiana schools! Teachers, principals, other school staff, and families play a critical role in providing students with health education, helping students feel connected, and ensuring students thrive and succeed starting day one of the school year. Here are a few back-to-school resources to help you along the way to start the year off right!

- [Action for Healthy Kids Back to School Physical Activity & Nutrition Resources](#)
- [American School Counselor Association's School Counselor Resources](#)
- [CDC's Body & Mind Classroom Resources for Teachers](#)
- [Top 10 Resources for Prepping Parents for Their Children Going Back to School](#)
- [PBS for Kids for Parents Back-to-School Time Resources](#)



BACK-TO-SCHOOL RESOURCES

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DNPA Spotlight

Youth Adolescent Physical Activity Grantees Awarded

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is excited to announce the chosen 2022-2023 Youth Adolescent Physical Activity (YAPA) grantees. For this one-year grant cycle, the division will fund: **Boys & Girls Clubs of Seymour County, Firefly Children & Family Alliance, Perceptions Yoga, Mindfulness, and Art, The Beacon Resource Center, The Riviera Club Foundation and the Vigo County YMCA.**

Each school and organization will focus on providing physical activity and physical education opportunities for youth and adolescents 6-17 years of age (K-12) in the classroom, school and before or after school program settings with various programming and initiatives customized to their unique community. **For more information on what each grantee will be implementing, or the YAPA grant, please email Emma Smythe at ESmythe@isdh.in.gov.**



Back-to-School Vaccinations

The COVID-19 pandemic has brought many challenges to Hoosiers over the past two years, one of which being a significant delay in school-aged children receiving their routine immunizations. Families can use the [CDC's Vaccine Assessment Tool](#) or access their child's vaccination records from [MyVaxIndiana*](#) to determine if their child is up to date.

Most childhood vaccinations are available from healthcare providers, and many are available at local pharmacies and health departments. IDOH is also partnering with local healthcare entities to host back-to-school immunization clinics. [Click here](#) to find a location in your area. Children under age 19 who are eligible for Medicaid, are uninsured or underinsured, or are American Indian or Alaskan Native can obtain vaccines for free through the Vaccines for Children (VCF) program. [Click here](#) to find a VCF Provider in your area.

For information about COVID-19 vaccines for children and teens, [click here](#). For other immunization-related school resources, [click here](#).

*A Patient ID Number (PIN) is required to access a record using MyVaxIndiana. A PIN can be requested from a medical provider, local health department, school, and many other

Immunization rates have fallen

10%

In Indiana over the past two years

START SMART!

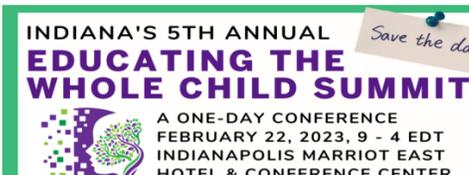
Schedule your child's routine back-to-school immunizations today.



Upcoming Events

Mark your calendars

Be sure to mark your calendars for these two upcoming events you won't want to miss. Click the image for more information.



NOVEMBER
1-2, 2022

Trainings and Resources

Free CATCH Professional Development Trainings — REGISTER NOW!

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is providing one [Coordinated Approach to Child Health \(CATCH\)](#) training focusing on grades 6th-8th physical education, physical activity, and social emotional learning (SEL) activities and curriculum, and two trainings focused on grades K-5th physical education, physical activity, and SEL activities and curriculum. Indiana physical educators, health educators, and before and after school professionals who work with grades K-12 are encouraged to register. These activity-based trainings will include teaching easy ways to engage students and inspire movement and healthy lifestyle habits, as well as introducing SEL into lesson plans.

For more information and to register for a training, see below:

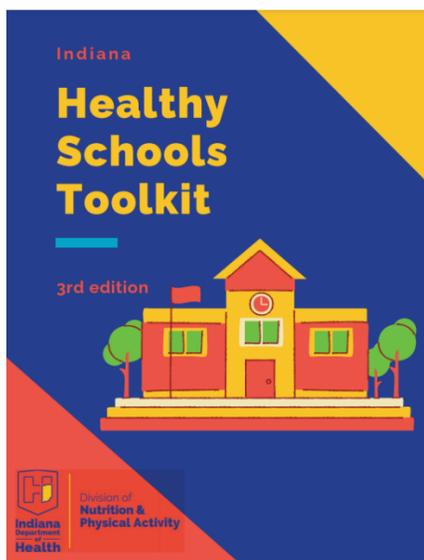
- **Grades K-5th PE, PA & SEL:** 8:30 a.m.—2:30 p.m. EDT Tuesday, Sept. 20, at Boys & Girls Club of Lawrence County, Bedford. [Register here.](#)
- **Grades 6th-8th PE, PA, & SEL:** 9 a.m.—3 p.m. EDT Wednesday, Sept. 21, at Broad Ripple High School, Indianapolis. [Register here.](#)
- **Grades K-5th PE, PA, & SEL:** 8:30 a.m.—3 p.m. EDT Thursday, Sept. 22, Baker Youth Club, Warsaw. [Register here.](#)



Indiana Healthy Schools Toolkit: 3rd Edition

IDOH, DNPA is excited to announce the release of the third edition of the [Indiana Healthy Schools Toolkit](#). The toolkit is designed to assist schools in writing, implementing and evaluating a district wellness policy and includes Indiana-specific resources and opportunities. Refer to the toolkit for information regarding:

- The Whole School, Whole Community, Whole Child Model
- Wellness Policy Recommendations
- School Wellness Councils
- Physical Activity & Nutrition Best Practices
- Family and Community Engagement



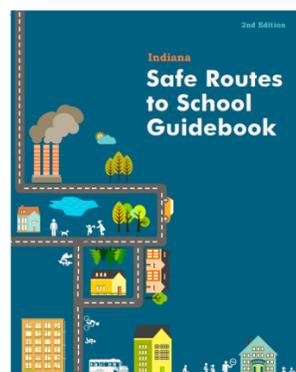
2022 Indiana Safe Routes to School Report Card

The Safe Routes Partnership recently released their [2022 Safe Routes to School report cards](#) to provide an overview of how supportive each state is of walking, bicycling and physical activity for children and adults. The report cards focus on state policy in four areas:

- Complete Streets and Active Transportation Policy and Planning
- Federal and State Active Transportation Funding
- Safe Routes to School Funding and Supportive Practices
- Active Neighborhoods and Schools

Indiana received an overall score of 81 out of 200, which is down slightly from 82 in 2020 and 102 in 2018, indicating we have some work to do. To see a detailed breakdown of Indiana's 2022 score, [click here](#).

To learn more about improving conditions in your area to promote active transportation, check out this [fact sheet](#) by the Safe Routes Partnership and [Indiana's Safe Routes to School Guidebook](#).



Breastfeeding Month

August is National Breastfeeding Month, and this year's theme is, *"Together We Do Great Things."* The U.S. Breastfeeding Committee's vision of thriving families and communities cannot be achieved by any one person, or by just one organization. It happens with daily effort by us all, and by working together to make change. [National Breastfeeding Month](#) is also a time to highlight under-resourced communities where families and schools do not have equal access to support, care and education. So how can we support and ensure mothers and babies of any age receive the appropriate care to live a healthy life? It is important to include a breastfeeding policy in your school's employee and student handbooks. The policy does not need to be complex, it just needs to include the essentials of how the school supports nursing mothers.

For support or questions on breastfeeding, email Ann Marie Neeley, IBCLC, statewide breastfeeding initiatives manager, Indiana Department of Health Division of Nutrition and Physical Activity at aneeley1@isdh.in.gov.

See the email attachment for additional guidance on how and why schools should support breastfeeding students and staff.



National Breastfeeding Month 2022

Upcoming Webinars



[Meal Talk: Local School Wellness Policies](#) (virtual) — USDA Team Nutrition

- 3-4 p.m. EDT Aug 17

[Farm to School Month Celebrations](#) (virtual) — Indiana Grown for Schools Network

- 3-4 p.m. EDT Aug 24

[Trauma-informed Nutrition Security Training \(virtual\) – Leah's Pantry](#)

- Session 1: 1-2:30 p.m. EDT Sept. 8
- Session 2: 1-2:30 p.m. EDT Sept. 22
- Session 3: 1-2:30 p.m. EDT Oct. 8

[Action For Healthy Kids Archived School Health Webinars](#)

[No Kid Hungry Indiana Archived Physical Activity and Nutrition Webinars](#)

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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