



Indiana
Department
of
Health

Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

September 2022 Edition

Free CATCH Trainings

Spots Still Available!

The Indiana Department of Health's 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.](#)

New Resources

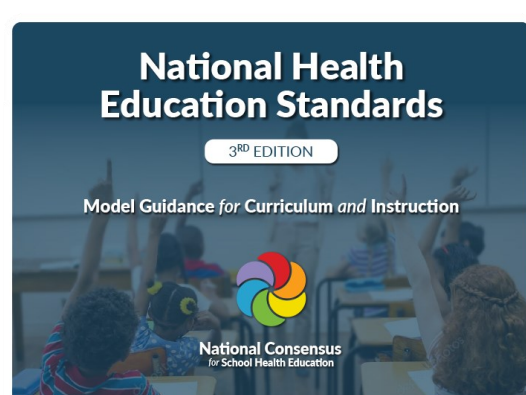
School Meals Applications Outreach Toolkit

With the end of free school meals for all students this school year, No Kid Hungry recently published this [toolkit](#) to assist school districts in communicating with families about free and reduced-price (FRP) school meals applications. The toolkit includes guidance, examples, and customizable resources to help schools maximize the return of FRP applications.



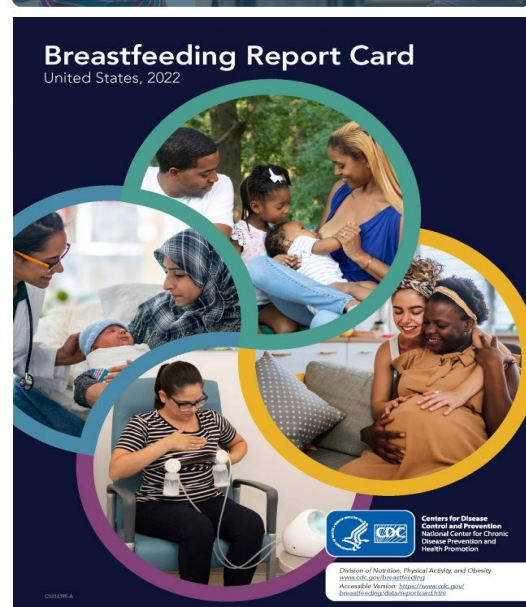
National Health Education Standards (3rd Edition)

The National Consensus for School Health Education (NCSHE) has recently updated the [National Health Education Standards](#) to help guide the development of health education curricula, instruction, and assessment for preK-12 students to promote healthy behaviors and improve health and academic outcomes.



Breastfeeding Report Card, United States, 2022

The Centers for Disease Control and Prevention recently published the 2022 edition of the Breastfeeding Report Card. This document displays breastfeeding support indicators and practices nationwide and at the state-level in pursuit of increasing breastfeeding rates (the American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months). This year's report shows that most infants start out receiving some breastmilk, but that rates decline, in large part due to a lack of systems-level support. For more information and to explore Indiana-specific data, access the full report [here](#).



Mental Health Spotlight

September is Suicide Prevention Awareness Month

This month is a time to raise awareness to mental health, substance use, and suicide prevention. Mental Health is often a stigmatized topic to discuss. By bringing awareness, it ensures students, schools, staff, families, and communities have access to the resources they need to discuss suicide prevention and to seek help. Throughout the month of September, the [National Alliance of Mental Health \(NAMI\)](#) will highlight the "Together for Mental Health," campaign which encourages people to use their voices together to advocate for better mental health care.

To help spread the word and promote Suicide Prevention Awareness Month, [click here](#). Use #SuicidePrevention or #Together4MH on your social media accounts.



The new number
to call or text
is now available

988

For mental health, substance use and suicide crisis

Mental Health America's Back-to-School Outreach Toolkit

MHA released their 2022 Back-to-School Outreach Toolkit for students, schools, organizations, and families! These resources look at the issues young people face that are having an impact on their mental health and offer tips on how to deal with these issues and the resulting emotions. The MHA toolkit can also help parents and school personnel better understand the issues, such as the effects of social media on youth mental health and how to be supportive.

[Click here](#) to access the toolkit.



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, 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's DNPA is offering free wellness policy reviews using the [WellSAT 3.0](#) scoring tool to assess your policy's content and strength while also highlighting areas for improvement. Please email Jenna Sperry at jsperry@isdh.in.gov or Emma Smythe at esmythe@isdh.in.gov for details.

WellSAT: 3.0

Wellness School Assessment Tool

October School Events

Join the Great Lakes Apple Crunch

Celebrate National Farm to School Month by collectively purchasing and crunching into locally and regionally grown apples at **NOON on Thursday, Oct. 13**. Then share photos from your Crunch on social media!

K-12 schools, early care and education sites, hospitals, colleges, farmers, and anyone who wants to show support for local farmers and school food can join! The goal is to crunch on Oct. 13, but you are welcome to crunch any day or time in October that works for you!



[Click here](#) for information on how to participate in the Great Lakes Apple Crunch today!

Walk & Bike to School Day

Walk to School Day is officially on Oct. 5, and The National Center for Safe Routes to School is encouraging participation throughout the month of October. Recognizing that this fall, many schools are in session in different ways, you are welcome again to register your participation as an entire school, a neighborhood, or a family. Hearing from participants for Bike to School Day in May, The National Center for Safe Routes to School knows that these events are important opportunities to gather as a school or community, encourage physical activity, and promote safety in your neighborhoods and near schools.

[Click here](#) to find out how to get a start on planning and share the excitement for Walk to School Day this year!



Family PE Week is Next Month

Family PE Week is Oct. 3-7. Help your students and parents understand that physical education is about teaching, learning, and fun. Students of all ages and grades are encouraged to showcase their age-appropriate leadership skills by planning and facilitating a PE lesson with guidance from their teacher. [Active Schools](#) has partnered with [Online Physical Education Network \(OPEN\)](#) to create enjoyable and engaging instructional content to help students bring PE to their families.

[Click here](#) to join in on the physical activity videos and resources now!



Welcome, Brianna!

Brianna Goode is IDOH, DNPA's new Farm to School Coordinator. Brianna is from a rural community east of Indianapolis. She received her bachelor's of science in education from the University of Central Missouri. Over the last five years, Brianna has served her local community as an elementary educator. She is passionate about education and building a positive learning community.

As the Farm to School Coordinator, Brianna will lead the Indiana Grown for Schools Network. Please email Brianna at bgoode@health.in.gov for Farm to School assistance or to begin networking!



Upcoming Webinars & Events



Indiana Youth Institute (IYI) Events — Various in-person and virtual events including informational webinars Youth Worker Cafés focusing on local issues

- Year-round events

[How to Increase Student Engagement, Learning, Physical Activity, and Joy](#) (virtual) — The Walking Classroom

- 6 p.m. EDT Sept. 21

[White House Conference on Hunger, Nutrition, and Health](#) (virtual) — Biden-Harris Administration

- 9a.m.-6 p.m. EDT Sept. 28

[Agriculture, Nutrition, and Garden Education](#) (virtual) — Indiana Grown for Schools Network

- 3-4 p.m. EDT Sept. 21

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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