



Division of  
**Nutrition &  
Physical Activity**

# Indiana Healthy Schools Newsletter

Summer 2022 Edition

## Indiana Grown for Schools Recognition Program

Indiana Grown for Schools Network is thrilled to announce the Indiana Grown for Schools Recognition Program. This marketing-based program offers a way for qualifying entities (individual schools, school corporations, residential childcare institutions, early care and education (ECE) providers, afterschool programs, or other qualifying entities) to highlight the work they do within farm to school; supporting local economies through local food procurement, teaching students about agriculture and nutrition, and offering experiential learning through the use of school gardens.

For qualifying entities, there are three levels to the program that align with the three focus areas of farm to school:

agriculture and nutrition education, school gardens, and local procurement. Once all three badges are obtained, the Indiana Grown for Schools Network will host a media day at your school. For more information on the program guidelines and to access the application, [click here](#).



## 2022-2025 Indiana Healthy Schools Grantees

The Indiana Department of Health, Division of Nutrition and Physical Activity is excited to announce the chosen 2022-2025 Indiana Healthy Schools grantees. For this three-year grant cycle, the division will fund: **Circle City Prep, Culver Community Schools Corporation, MSD of Pike Township, Vigo County School Corporation, and Western Wayne Schools.**

Each school/corporation will focus on providing creative physical activity and nutrition opportunities for their K-12 students. For more information, please contact Jenna Sperry at [jsperry@isdh.in.gov](mailto:jsperry@isdh.in.gov).



CircleCityPREP



Culver Community  
Schools Corporation



## Upcoming Trainings

**Racial Equity in Farm to School Trainings**  
(virtual) — Center for Environmental Farming Systems

- Session 1: Implicit Bias — 3-5 p.m. ET July 19
- Session 2: Language Analysis and Speak Up — 3-5 p.m. ET Aug. 30
- Session 3: History and Policy — 3-5 p.m. ET Sept. 20
- Session 4: Curriculum/School Meals — 3-5 p.m. ET Oct. 25
- Session 5: Community Praxis Sharing in Farm to School — 3-5 p.m. Nov. 8

**Fostering Belonging through Physical Activity**  
(online training) — Alliance for a Healthier Generation (must create a free login to access)

- 20 minutes — access anytime on-demand

**Trauma-informed nutrition security training (virtual) – Leah's Pantry**

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





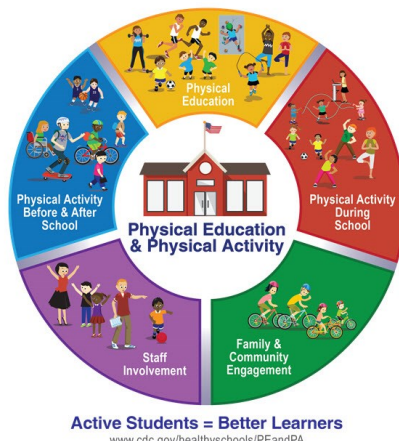
# Physical Activity

## Comprehensive School Physical Activity Program recordings

IDOH, DNPA recorded four Comprehensive School Physical Activity Program (CSPAP) training webinars (Part 1 and Part 2).

CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of physical activity each day, and develop knowledge, skills and confidence to be physically active for a lifetime.

- CSPAP Part 1  
[Webcast](#) (45 min) [PPT slides](#)
- CSPAP Part 2, Module 1  
Recess: [Webcast](#) (16 min) [PPT slides](#)
- CSPAP Part 2, Module 2  
Classroom Physical Activity: [Webcast](#) (25 min) [PPT slides](#)
- CSPAP Part 2, Module 3 Community Success: [Webcast](#) (30 min) [PPT slides](#)



## Old School Physical Activity Games — It's time to get moving!

Summer is an excellent time to try out some old school games and activities! Encourage kids and families to stow away their electronic devices, gather the neighborhood friends, and head outside.

[Action for Healthy Kids](#) has shared simple ways to incorporate physical activity throughout the day—whether it's at home, a community cookout, summer camp, or summer school physical activity break, these activities are sure to get everyone up and moving! [Click here](#) to read more.

**ACTION** FOR HEALTHY KIDS

# National Summer Learning Week

## Help celebrate National Summer Learning Week (NSLW) from July 15-22!

NSLW is a celebration dedicated to elevating the importance of keeping kids learning, safe, and healthy every summer, ensuring they are ready and prepared to return to school.

This year, the [National Summer Learning Association \(NSLA\)](#) is bringing back themes you can use to highlight activities during the week. **Some suggested themes are: Dive into a Book Adventure, Discover STEM and Soar, Eat Healthy and Grow Strong to Win at Wellness, Celebrate the Future Leaders of Tomorrow, and Make a Masterpiece.**

NSLA also encourages you to check out new resources at [DiscoverSummer.org](#) so families can discover summer programs, both in-person and virtual, right in their community.



**#SUMMERLEARNINGWEEK**



# 2022 Asthma Summit

## 2022 ASTHMA SUMMIT: HIGHLIGHTING STRATEGIES TO IMPROVE ASTHMA CONTROL, PREVENTION, & TREATMENT

**WHEN:**  
**AUGUST 25, 2022 AT 10:00 AM - 2:00 PM EST**  
**VIA ZOOM**

**FREE REGISTRATION:**  
**HTTPS://GO.IU.EDU/4IJX**

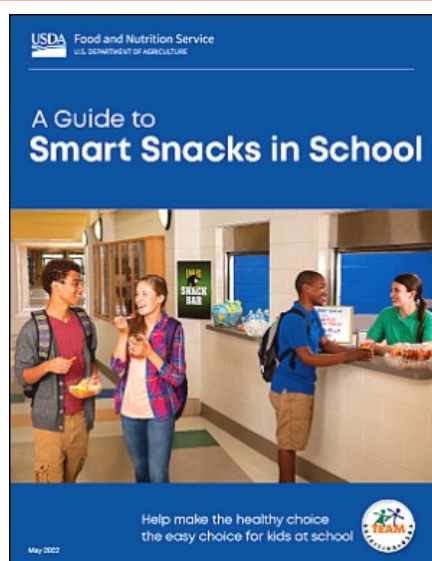
THIS PROJECT WAS FUNDED, IN PART, BY GRANTS 1U51EH001382 AND 1U51EH001381 FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION AND WITH SUPPORT FROM THE INDIANA CLINICAL AND TRANSLATIONAL SCIENCES INSTITUTE FUNDED, IN PART, BY AWARD NUMBER UL1TR0002529 FROM THE NATIONAL INSTITUTES OF HEALTH. NATIONAL CENTER FOR ADVANCING TRANSLATIONAL SCIENCES, CLINICAL AND TRANSLATIONAL SCIENCES. THE VIEWS EXPRESSED IN WRITTEN CONFERENCE MATERIALS OR PUBLICATIONS AND BY SPEAKERS AND MODERATORS ARE SOLELY THE RESPONSIBILITY OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THE OFFICIAL POLICIES OR VIEWS OF THE DEPARTMENT OF HEALTH AND HUMAN SERVICES OR THE NATIONAL INSTITUTES OF HEALTH NOR DOES MENTION OF TRADE NAMES, COMMERCIAL PRACTICES, OR ORGANIZATIONS IMPLY ENDORSEMENT BY THE U.S. GOVERNMENT.

# Updated Resource!

## A Guide to Smart Snacks in School

Published in May 2022, [this resource](#) provides tips on how to meet USDA Smart Snacks standards and explains why they are important.

A Guide to Smart Snacks in School is designed for anyone who sells foods and/or beverages to students outside of the school meals programs during the school day. This includes school principals who might oversee vending contracts, snack bar managers, fundraising chairs, and local school wellness policy coordinators.



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

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).

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