



# Indiana Healthy Schools Newsletter

October 2024 Edition

## Spotlight Story

### IDOH, DNPA Offers Four Statewide Professional Development Trainings

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) sponsored four, free, one-day professional development trainings designed for K-12 Indiana physical education teachers, health educators, and youth-serving organization program coordinators this past September. The trainings were facilitated by the Chicago-based organization, [School Health Corporation](#) where content and activities focused on teaching participants new and creative ways to engage youth and adolescents to become physically active in before, during, and afterschool settings, including techniques on inclusive and adaptive play, social emotional learning activities, and activities to offer with limited physical education equipment available.

School Health Corporation utilized their [Five for Life® curriculum](#) and provided each participant a one-year long subscription to the website and curriculum for their use. The Five for Life® curriculum is an evidence-based PE curriculum. It delivers developmentally appropriate fitness, health, nutrition, motor, and social emotional learning skills and concepts through activity-based lessons that blend into a traditional physical education program. It's also aligned with SHAPE America's National Standards and Grade-Level Outcomes for Physical Education.

School Health Corporation Trainer Carlye Satterwhite traveled from Iowa where she brought her professional experience to engage participants from across the state of Indiana. The four trainings were held in the cities of Bloomington, Indianapolis, Lafayette and South Bend, where a grand total of 70 professionals participated.

For more information on professional development opportunities, physical activity and physical education resources, or technical assistance, please contact Emma Smythe at [esmythe@health.in.gov](mailto:esmythe@health.in.gov).



## CSPAP Videos

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) recorded five [Comprehensive School Physical Activity Program \(CSPAP\)](#) videos. 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 the knowledge, skills and confidence to be physically active for a lifetime. Each video focuses on a different topic of CSPAP as it relates to creating a successful program at your school or school district. Click below to watch the videos.

- A Guide to CSPAP — [Webcast](#) | [PowerPoint Slides](#)
- Physical Education and Classroom Physical Activity — [Webcast](#) | [PowerPoint Slides](#)
- Recess Implementation — [Webcast](#) | [PowerPoint Slides](#)
- Before and Afterschool Physical Activity— [Webcast](#) | [PowerPoint Slides](#)
- Staff, Family, and Community Engagement — [Webcast](#) | [PowerPoint Slides](#)



For more information on creating a CSPAP, please contact Emma Smythe at [esmythe@health.in.gov](mailto:esmythe@health.in.gov).

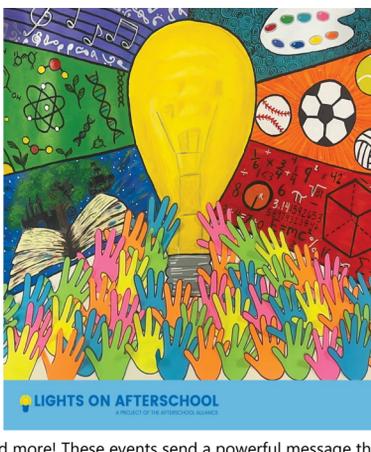
## Lights On Afterschool

### Celebrate the 25th Annual Event on Oct. 24

Launched in October 2000, **Lights On Afterschool** is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. The effort has become a hallmark of the afterschool movement and generates media coverage across the country each year.

[The Afterschool Alliance](#) organizes Lights On Afterschool to draw attention to the many ways afterschool programs support students by offering them opportunities to learn new things, such as science, community service, robotics, physical activity programming, and discovering new skills. The Afterschool Alliance salutes the many Lights On Afterschool partners and programs who make this event a success: Healthier Generation, the After-School All-Stars, Boys & Girls Clubs of America, 4-H Afterschool, Junior Achievement, the 21st Century Community Learning Centers, Young Rembrandts, the YMCA of the USA, and more! These events send a powerful message that millions more kids need quality afterschool programs. Lights On Afterschool is one of the best opportunities to show parents, policymakers, and community leaders the importance of afterschool programming.

[Click here](#) for your Lights On Afterschool planning checklist, tips to showcase your program on social media – whether it's posting a collage or video from past work, or sharing the special Lights On Afterschool activity you do with students, or hosting a live or virtual event. Use [#LightsOnAfterschool](#) in your social media posts.



## Indiana Food Vision Survey

### Survey Deadline Extended

The Indiana Food Vision is for every Hoosier who eats or grows food and who wants to have a voice in shaping our future! Together, we are creating a road map for cultivating a nourishing and equitable food system where all communities in Indiana thrive, and we need YOUR voice to shape that vision!

Please take a few minutes to share about your day-to-day food system experience and what good food access looks like to you. We also encourage you to share with your neighbors!

You can participate through **Nov. 1** by clicking [this link](#) to the survey (*available in English and Spanish*).

Please reach out to Cori Chatterton at [cchatterton@health.in.gov](mailto:cchatterton@health.in.gov) with any questions you may have.



## Events and Webinars

**Better Kid Care Webinar—Oct. 24:** Join Child Care Aware of America, the National Association of County and City Health Officials and Better Kid Care as they launch Collaborating for Child Well-being: a toolkit for Local Health Departments and Early Care and Education Programs. [Click here](#) to register.

**Indiana Youth Institute Social Media, Technology, and Mental Health Webinar—Oct. 29:** Learn to understand what is happening in teen brains against the effects of technology on mental as well as ways to create a healthy relationship with technology. [Click here](#) to register.

**Indiana Department of Health, Tobacco Prevention and Cessation CATCH My Breath (CMB) Trainings —Oct. 29-30 and Nov. 12-13:** Virtual trainings that cover an evidence-based vaping prevention program for grades 5-12. The curriculum is grade-level specific and meets health education standards. *Please see the attached flyer in email for more details.*

**INSHAPE Annual Conference—Nov. 7-8:** Professional development conference for health, physical education, recreation, dance, fitness, and exercise science staff. [Click here](#) for registration details.

**Girls on the Run Indiana 5K — Nov. 16:** Each Girls on the Run season comes to an end with a celebratory 5K. This closing event gives program participants of all abilities a tangible sense of accomplishment. Crossing the finish line instills confidence through completion and is a joyful moment program participants always remember! [Click here](#) for details.

**2024 Indiana Association Nursing Conference— Nov. 20-21:** Professional development conference for school nursing professionals. [Click here](#) for details.

**2024 Kids Count Conference—Dec. 3-4:** Annual conference with professional development and resources for youth professionals who support the well-being of children. [Click here](#) for details.

**HANDS Developmental Disabilities and Autism ECHO Webinar Series (FREE every Friday):** The Developmental Disabilities and Autism ECHO is based on the Project ECHO™ model that aims to share best practices and amplify training insights. The model serves as a means for specialists to deliver curriculum topics while peers and panelists offer insights on the corresponding cases presented. [Click here](#) to register (*recordings are also available*).



## Farm to School Month

### Theme: From Soil to Sea—Nourishing People and Planet

**October is National Farm to School Month!** Join the National Farm to School Network and thousands of schools, early care and education sites, farms, communities and organizations across not only in Indiana, but across the country to celebrate food education, school gardens, and lunch trays filled with healthy, local ingredients! Here are several easy ways to get involved:

- **Be Inspired:** Follow the National Farm to School Network's [blog](#), [Facebook](#), [Twitter](#), and [Instagram](#) to see inspiring examples of farm to school success and innovation.
- **Get Involved:** Explore our [national calendar of Farm to School Month events](#) to see how you can celebrate in your state. If you are hosting events for Farm to School Month, we encourage you to submit them to the calendar!
- **Spread the Word:** Shout out about farm to school and share what you're doing for National Farm to School Month with the hashtags [#F2SMonth](#) and [#farmtoschool](#) on social media.
- **Explore Resources:** Check out these [free resources](#) for planning and promoting celebrations in your community, including the National Farm to School Network Celebration Toolkit, customizable posters and bookmarks, stickers and more. This year, all the Farm to School Month artwork on posters, stickers, and bookmarks has been beautifully redesigned by artist Rachel Yumi Chung.



## Grant Opportunity

### Bicycle and Pedestrian Improvement Planning Grant

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) focuses on increasing in partnerships and activities that work toward improving the health of all Indiana residents. The DNPA focuses on investing in healthy eating and physical activity and decreasing obesity. Poor nutrition, sedentary behaviors, and obesity are serious threats to the health, academic achievement, and productivity of Indiana's residents. Each of these threats is linked to an increased risk for chronic diseases such as heart disease, stroke, some cancers, and diabetes. Chronic disease is the leading cause of death and disability in Indiana. The adoption of bicycle and pedestrian master plans by Indiana communities is seen as an effective way to invest in changes to policy and the built environment that supports healthy community outcomes.

IDOH, DNPA is providing funding to communities to assist in the preparation of community-wide Bicycle and Pedestrian Master Plans to facilitate more active living and higher rates of physical activity in Indiana. This funding will assist in the preparation of community-wide planning activities supporting bicycle and pedestrian activities focused on three groups of community sizes. This announcement is for one round of funding is for projects that are anticipated to start in the winter of 2024 and be substantially complete by Sept. 30, 2025.

[Click here](#) for the application. **Deadline to apply: Oct. 31 by 4 p.m. ET.**

For any questions, contact Pete Fritz at [pfritz@health.in.gov](mailto:pfritz@health.in.gov).

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.

**Emma Smythe, Youth Physical Activity Coordinator**     **Jenna Sperry, School Health Coordinator**

[esmythe@health.in.gov](mailto:esmythe@health.in.gov)

[jsperry@health.in.gov](mailto:jsperry@health.in.gov)

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

