



Division of  
**Nutrition &  
Physical Activity**

# Indiana Healthy Schools Newsletter

End-of-Year 2023 Edition

## Success Story

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) offers funding through a one-year Youth Adolescent Physical Activity (YAPA) grant. This grant is focused 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 in Indiana. In the 2022-2023 cycle, IDOH, DNPA awarded six statewide schools and/or organizations to conduct this work. [The Riviera Club Foundation \(RCF\)](#), based in Indianapolis, was one of these awardees.

The RCF aims to provide water safety and swimming opportunities for those who wouldn't otherwise have access. The primary long-term goal for the organization is to end preventable drownings in the community, while helping youth of color overcome the generational aversion to swimming that has formed after years of exclusionary practices.

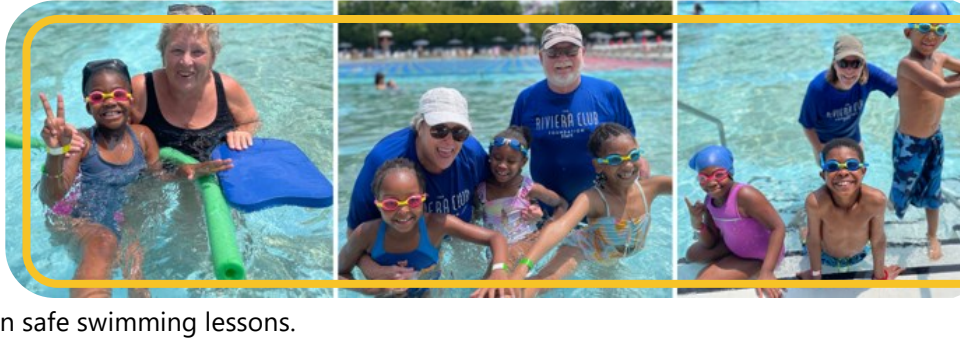
By awarding the YAPA grant to The RCF, they were able to partner with the local [MLK Center](#) to offer six weeks of Learn to Swim lessons in the summer of 2023. A total of 61 youth enrolled in the MLK Center's summer program participated in the swim lessons! RCF also purchased and provided swimsuits, goggles, swim caps, and other swim materials to ensure youth had everything they needed to participate in safe swimming lessons.

"I want to thank you for the swimming lessons you gave to the youth who enrolled in the MLK Center summer camp. I saw the change in the kids over the summer as they learned to swim," said MLK Center Volunteer, Julia Hogan. "It was so exciting to watch the kids' confidence and enthusiasm build as the summer progressed. What a great partnership The RCF and MLK Center have built!" said Hogan.

For more information on the YAPA grant, please contact Emma Smythe, Youth Physical Activity Coordinator; IDOH, DNPA at [esmythe@health.in.gov](mailto:esmythe@health.in.gov).



THE  
**RIVIERA CLUB**  
FOUNDATION



## Call for Proposals

The Indiana School Health Network is inviting school health professionals and advocates to submit proposals to present a session at the [2024 Indiana School Health Network Conference](#) on June 4-5, 2024, at the Embassy Suites Plainfield Hotel. This year's theme is "Seeds of Hope: Growing a Strong Future for Hoosier Kids."

All sessions are 60 minutes long, including Q&A and evaluation. Proposals will be selected based on the speaker's knowledge and expertise on the subject. Proposals of interest include but are not limited to the following:

- Policies, practices or programs that promote cross-sector collaboration
- Managing physical, behavioral, and mental health conditions that affect educational achievement, especially proposals on chronic diseases, suicide and substance use disorder
- Role of school-based health centers in school health
- Emerging trends in early childhood education and health
- Promising practices advancing diversity, equity and inclusion
- Best practices in school-based Medicaid billing
- EPSDT screenings in schools
- Care of children with special health care needs in school
- Best practices addressing ethics and boundaries
- Policies and legislation that advance school health outcomes for all students
- Effective navigator outreach and enrollment practices for healthcare coverage
- Innovative Whole School, Whole Community, Whole Child (WSCC) Model implementation

Special consideration will be given to proposals focused on alignment and coordination of services and resources, policy changes, social justice in education, and evidence-based programs promoting physical and mental health in schools.

For more information or questions on submitting a proposal, please contact Sarah Thompson at [sthompson@ckfindiana.org](mailto:sthompson@ckfindiana.org).

The deadline to submit is Jan. 9, 2024. [Click here](#) to access the application.



## Grant Opportunities

**Farm to School Sub-Grant:** IDOH, DNPA announced the release of the 2023 Farm to School sub-grant application. In partnership with the Indiana Grown for Schools Network and Indiana Grown, subgrants will be administered to 10 Local Education Agencies (LEAs) participating in the Local Food for Schools (LFS) program. These sub-grants will aim to support the implementation of a holistic and sustainable farm to school program in your school community. These grants are a result of the 2023 USDA Farm to School Grant award.

Applications are due on Dec. 15. [Click here](#) to apply and for additional details.

**Youth Garden Grant:** Since 1982, the Youth Garden Grant has supported school and youth educational garden projects that enhance the quality of life for youth and their communities. In early 2024, 50 organizations will be awarded \$500 in funding and a collection of gardening supplies for their youth garden program.

Applications are due Dec. 15. [Click here](#) to apply and for additional details.

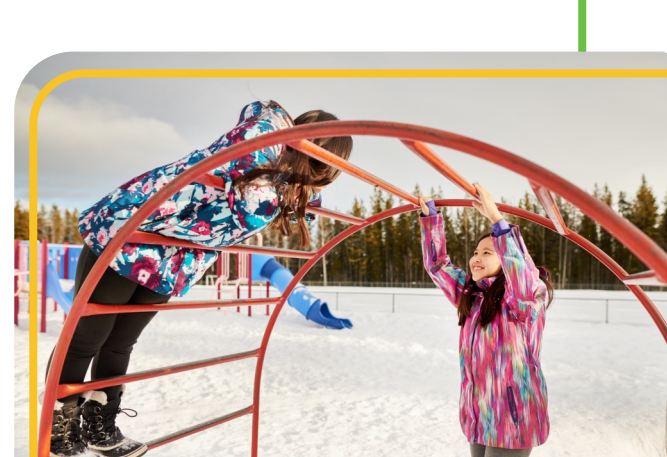
**Partnerships for Local Agriculture and Nutrition Transformation in Schools (PLANTS) Grant:** Chef Ann Foundation is partnering with the USDA to offer funding for projects led by groups of local partners with systemic and equity-driven approaches to transform school food supply chains. Projects should seek to build and strengthen relationships among community-based food system stakeholders and School Food Authorities (SFAs) as well as expand scratch cooking in schools in order to build more nourishing school meal programs.

Applications are due Jan. 22, 2024. [Click here](#) to apply and for additional details.



## Webinars and Events

- Indiana Afterschool Network (IASN) Webinar, "Family Engagement in your Out-of-School Time" on Dec. 7, Noon-1 p.m. EST. [Click here](#) to register.
- Indiana Youth Institute (IYI) Webinar, "Addressing the Stigma: Youth Mental Health and Substance Use" on Dec. 13, Noon-1p.m. EST. [Click here](#) to register.
- Playworks Webinar, "Playing Across Age Groups" on Dec. 13, offered twice at 3:30 or 6:30 p.m. EST. [Click here](#) to register.
- Indiana Youth Institute (IYI) Webinar, "The Science of Mentoring" on Jan. 17, 12-1 p.m. EST. [Click here](#) to register.
- Playworks Virtual Play Leadership Essentials Workshop on Jan. 23, 2024 from 12-5 p.m. EST. [Click here](#) to register.
- Playworks In-Person Play Leadership Essentials Workshop from Feb. 22-23, 2024 at Henry S. Evans Elementary School, Lake Station. [Click here](#) to register.



## Wellness Policies

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

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.

**WellSAT: 3.0**

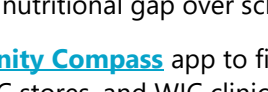
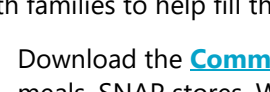
Wellness School Assessment Tool

Please email Jenna Sperry at [jsperry@health.in.gov](mailto:jsperry@health.in.gov) or Emma Smythe at [esmythe@health.in.gov](mailto:esmythe@health.in.gov) for more details.

## Winter Break Food Assistance

Like summer, winter break can be difficult time for families facing food insecurity to ensure that children receive a full and well-balanced diet in the absence of reliable school meals. Here are some resources you can share with families to help fill the nutritional gap over school winter break:

- Download the [Community Compass](#) app to find free groceries, free meals, SNAP stores, WIC stores, and WIC clinics near you



- [No Kid Hungry's Free Meals Finder](#) (or text FOOD to 304-304)
- [Feeding Indiana's Hungry Find Your Food Bank map](#)
- Dial 211 or visit [the Indiana 211 website](#) to get connected to various local resources from food pantries to housing assistance
- Call USDA's National Hunger Hotline (1-866-3-HUNGRY or 1-877-8-HAMBRE) to find meal resources near you



## New IDOH, DNPA Staff

The IDOH, DNPA has hired two new staff members to join our team! Please join us in welcoming:



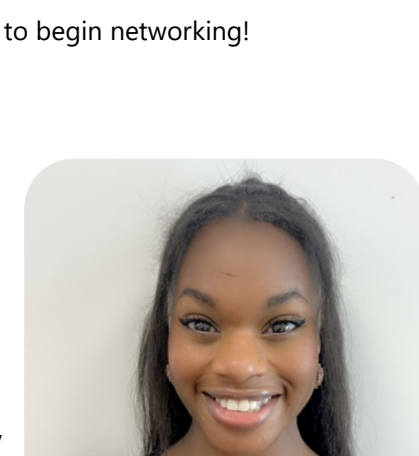
Allison Lansman, MPH, RDN. Allison is the new community food systems manager at IDOH, DNPA. She is originally from central Iowa, where she grew up on a rural farm and completed her education in dietetics (Iowa State University) and public health (Des Moines University). Over the past six years, Allison has engaged in expanding nutrition—and nutrition professionals—as essential components of agriculture, environmental health, and long-term community wellbeing work at the local, state, and national levels. She is excited to bring her experience and passion for just, nourishing, and sustainable food systems transformation to her new home of Indiana!

Please email Allison at [alansman@health.in.gov](mailto:alansman@health.in.gov) to begin networking!



Kia Bolden is the new SNAP-Ed community partnerships coordinator within IDOH, DNPA. She has been in Indiana for 14 years. She recently received her Master of Public Health degree in May 2023 from Indiana State University. She has four years of public health experience. Her first role was working on the COVID-19 response during the pandemic. Kia is passionate about health equity and mentorship. As the SNAP-Ed Community Partnership Coordinator, Kia will lead the Indiana State Nutrition Action Committee (SNAC).

Please email Kia at [nbolden@health.in.gov](mailto:nbolden@health.in.gov) to begin networking!



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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Visit our [webpage](#) for other resources and archived newsletters.

**Emma Smythe, Youth Physical Activity Coordinator**

**Jenna Sperry, School Health Coordinator**

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

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

Indiana Department of Health

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