



Division of  
**Nutrition &  
Physical Activity**

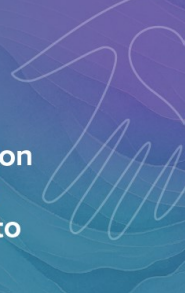
# Indiana Healthy Schools Newsletter

September 2023 Edition

## Suicide Prevention Month

### Suicide Prevention Awareness Month

Raise awareness for suicide prevention and treatment, know the risks and warning signs for suicide and what to do in a crisis.



**September is Suicide Prevention Month** — a time to raise awareness and discuss this highly stigmatized topic. In addition to shifting public perception, The National Alliance of Mental Illness (NAMI), uses this month to spread hope and vital information to people affected by suicide. Their goal is to ensure that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help. While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength to address this difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

- If you or someone you know is experiencing a mental health crisis, [call](tel:988) or [text 988](text:988) immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at [988lifeline.org](https://988lifeline.org).
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- [Read our guide, "Navigating a Mental Health Crisis"](#)
- [What You Need to Know About Youth Suicide](#)



Need more information, referrals or support? Contact the [NAMI HelpLine](#).

## Farm to School Month

Every October, National Farm to School Month is celebrated by the National Farm to School Network in all 50 states, The Indiana Grown for School Network encourages you to celebrate too! Join the IGFSN and other organizations across the state in recognizing the importance of farm to school through activities, lesson plans, local food, and fun! The Indiana Grown for Schools Network will have 4 themed weeks during farm to school month highlighting different pillars of farm to school and student engagement. We will share ideas for activities that can tie into these weeks on our social media platforms. You can learn more about the 2023 Indiana Farm to School Month by visiting this [link](#).

### School Garden Harvest Week Oct. 2-6

Celebrate opportunities, successes, and challenges with your school garden.

### Classroom Connections Week Oct. 9-13

Incorporate agriculture and nutrition education in the classroom.

### School Lunch Heroes Week Oct. 16-20

Highlight the importance of local foods in school meals and the people who provide them.

### Farm to ECE Week Oct. 23-27

Celebrate early childhood education as an ideal stage to introduce children to farm to school.



## Walk, Bike and Roll To School

**Walk, Bike, and Roll to School** is officially on **Oct. 4**, 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 times, 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, Bike, and Roll to school this year!



## Other Upcoming Events

- Sept. 20 at 11 a.m. EDT: Indiana Afterschool Network Webinar - *Becoming a Trauma-Informed Out-of-School Program* ([click here](#) to register)
  - Participants will learn about trauma-informed best practices by working through the process of developing a trauma-informed action plan.
- Oct. 12 at 1-2:30 p.m. CT: 2023 National Prenatal-to-3 Research to Policy Summit ([click here](#) to register)
  - See which states did the most to help young children and their families thrive in 2023 and state policy trends to watch in 2024
- Nov. 9-10 at SportZone Indy: [2023 INSHAPE Conference](#)
  - Professional development conference for health, physical education, recreation, dance, fitness, and exercise science
- Nov. 15-16 at Embassy Suites Noblesville: [2023 Indiana Association of School Nurses Conference](#)
  - Professional development conference for school nursing professionals
- Nov. 14-15 at Indianapolis Downtown Marriott: [2023 Indiana Youth Institute Kids Count Conference](#)
  - Annual conference with professional development and resources for youth professionals who support the well-being of children



## Go NAPSACC

### Early Care and Education Resource

Early Care and Education (ECE) providers in Indiana have access to Go NAPSACC. [Go NAPSACC](#) is a trusted online tool that helps childcare programs go the extra mile to support children's healthy eating and physical activity. Providers can use Go NAPSACC to assess their current health practices, environments, and policies and receive personalized action plans along with trainings and resources to make their ECE setting healthier. Go NAPSACC focuses on child nutrition, breastfeeding and infant feeding, farm to ECE, oral health, infant and child physical activity, outdoor play and learning, and screen time.



[Complete this survey](#) to receive a registration code to make a free Go NAPSACC account.

Not ready to get started on your own? Join a learning collaborative offered by SPARK Learning Lab! Keep an eye on [this page](#) for future learning collaborative opportunities.

## School Health Research

The Centers for Disease Control and Prevention recently published a [special issue](#) in the Journal of School Health summarizing the peer-reviewed research behind multiple low and no-cost strategies that school district leaders can use to improve school-based nutrition and physical activity. Effective strategies include:

- School-level policies for physical education, physical activity, and recess
- Nutrition standards for school meals, taste tests, pre-sliced fruit, and recess before lunch
- Professional development
- Physical activity and nutrition standards for out-of-school time programs
- Hands-on, skills-based health education
- Incorporating yoga and mindfulness practices in the classroom
- Physical environment changes to promote physical activity, prosocial play, and healthy diets
- Coordinated approaches that involve two or more [WSCC](#) components



[Click here](#) to see an infographic or [visit this CDC webpage](#) to access free summaries of this special issue. If your school or district is interested in enhancing your wellness policies and/or programming, consult the Indiana Healthy Schools Toolkit for guidance and ideas.

Looking for more one-on-one support? Contact 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) at the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA).



## Family PE Week

**Family PE Week is Oct. 2-6.** 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!

### Family PE Week

[Active Schools](#) | [OPEN](#)

#FamiliesLovePE [www.activeschoolsus.org](http://www.activeschoolsus.org)

**OCTOBER 2-6, 2023**

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

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