



E-Lines January 2010

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. ~Hal Borland

KCSH NEWS

Return of the KCSH Spring Institutes

With the mountains of snow and bitter cold that many of us are dealing with, isn't it nice to be able to think about something with "Spring" in the name? Yes, we are returning with a new set of regional Spring Institutes coming your way in February and March. This year's KCSH Spring Institutes will focus on assisting schools with more effectively utilizing community resources. Teams of two people from area school districts will be joined by community representatives and KCSH staff for these day-long workshops.



The Spring Institutes are FREE and participants will be provided lunch. In addition, KCSH will provide \$150 in support to districts who are not current KCSH grantees to be used for substitute pay and mileage reimbursement. Current KCSH grantees were encouraged to budget for these expenses.

The following are the dates, locations, and deadlines for the 6 Spring Institutes:

| <u>Date</u> | <u>City & Location</u> | <u>Deadline to Register</u> |
|-------------|---|-----------------------------|
| Feb. 9 | Wichita – American Red Cross – 1900 E Douglas | January 29 |
| Feb. 11 | Garden City – Lee Richardson Zoo | February 1 |
| Feb 18 | Chanute – Neosho County Community College | February 8 |
| Feb. 23 | Salina – Webster Conference Center | February 12 |
| Feb. 25 | Overland Park – Blue Valley Academy | February 15 |
| March 2 | Oakley – Northwest KS Education Service Ctr. | ** |

Each school is limited to two attendees. Ideally, a school district will send two people from the following roles: school administrator, PE teacher, food service director, health educator, counselor, school health coordinator, school nurse, school board member, or parent. Space will be limited, so please register early.

** The Northwest Spring Institute will be structured around the involvement of school nurses in coordinated school health programs. More information on registration for that institute will be coming.

For more information on the KCSH Spring Institutes look under "Upcoming Events on our website (www.kshealthykids.org) or contact Mark or Jane, mathompson@ksde.org or jshirley@kdheks.gov

School Health Profiles

KCSH will be conducting the School Health Profiles this Spring. The School Health Profiles is a survey of middle school and high school building principals and lead health educators regarding school health policies and practices. We are awaiting the release of the sample for the state. We will mail out packets to principals of selected schools that include a principal survey, a lead health educator survey, and return envelopes. We appreciate your cooperation in collecting this valuable information. For results of the 2008 School Health Profiles, visit our website and look under "Data" at the top of the page.

2009 Kansas Youth Risk Behavior Survey Results



KCSH completed the third consecutive successful administration of the Youth Risk Behavior Survey (YRBS) for the state. Hearty appreciation is extended to all schools and classroom teachers who participated and assisted us in this accomplishment. The YRBS is conducted in odd-numbered years and serves as the primary source for data on health-related behaviors of teens. For the 2009 survey, 51 school districts participated consisting of 2,026 students in grades 9-12.



The following reflect some of the behaviors where the state is seeing significant progress:

- Seat belt usage
- Lifetime use of cigarettes
- Lifetime use of alcohol
- Drinking alcohol before age 13
- Smoking cigarette before age 13
- Driving after drinking alcohol
- Smoking on school property
- Drinking on school property
- Use of cocaine products
- Use of methamphetamine
- Physically active for 60 min/day
- Feeling safe at school

The following reflect two items showing negative trends:

- Students who had been taught about HIV/AIDS in school setting
- Of students who had intercourse, the percent who used a condom the most recent time

We are in the process of developing fact sheets and a booklet detailing more results. These will be available soon on our website: www.kshealthykids.org.

Sign Up to Continue Receiving E-Lines!!

We have to "rebuild" our listserv for E-Lines, from scratch. If you wish to continue to receive E-Lines from Kansas Coordinated School Health, please click on the following to sign up: http://www.kshealthykids.org/KCSH_Menus/KCSH_E-Lines.htm. If, however, you do not want to receive future issues of E-Lines, you simply do nothing and you will not be placed into the new listserv. Thank you and we apologize for the inconvenience.



KANSAS HEALTH NEWS

Symposium on Adolescent Health Issues

KSDE will host the annual Symposium on Adolescent Health Issues on February 5, 2010. This year's symposium will focus on "Intentional and Unintentional Injuries". The symposium will be held at the Doubletree Hotel in Overland Park, KS. Registration is \$95 which includes a conference CD, breakfast, and lunch. The room rate is \$97. The online registration site will be up soon on the KSDE webpage (www.ksde.org). The opening keynote will be offered by Dr. Tom Davis who will present Good News/Bad News: Injuries and Violence Among American Youth. The closing keynote, Scar Tissue: Seen and Unseen Adolescent Pain, will be given by Dr. Mark Thompson. Breakout sessions will address alcohol/drug use, bullying, sexual violence, cutting, suicide, overeating & undereating, depression, and teaching techniques to address intentional and unintentional injuries. If you have questions about the Symposium, contact Dr. Darrel Lang at dlang@ksde.org or 785-296-6716.

IN THE NEWS

Skatetime for Physical Fitness

Skatetime is a program that provides students and staff members a fun way to get in shape. Just one phone call and Skatetime provides all the equipment needed plus the correct skate sizes for the each person. Skatetime is a new fun way to be active. This provides a new variety to gym class and will hopefully keep the students interests in mind. www.skatetime.com/home.htm



Go PLAY Kansas.com: Discover, Connect, and go Play!

GoPLAY is a website that covers the Wichita area. This website provides a map to all the parks, recreation resources such as playgrounds, and trails and paths in the city of Wichita. GoPLAY Kansas provides three formats when showing if something is a park or a trail. This provides a great option for planning different activities for the week. <http://www.goplaykansas.com/index.php>



Parent Heart Watch: Does Your School Make the Grade?

This is a program that measures how prepared your school is for Sudden Cardiac Arrest (SCA). Making the “Grade” is an evaluation tool for schools from pre-schools to colleges and universities. A program must meet certain criteria to be successful. The program encourages parents to become more involved with the presence of automated external defibrillator (AED) in their children’s schools or schools in their community.

The checklist includes questions such as:

- How many AEDs are on school property?
- Are the AEDs publicly accessible?
- How many people are trained in AED/CPR use?
- Is there an Emergency plan in effect if someone suffers SCA?
- Are AED drills held on a regular basis?



There is a grading system that shows if your school is above the standards or below. There are always opportunities for a school to improve if below the standard.

<http://www.sca-aware.org>

Walk Score

Walk Score is a website for people trying to find places around their neighborhood to walk. This website gives the distance and a variety of places to check out. When someone types in their address the website may give them a restaurant, a coffee shop, schools, parks, libraries, gyms, and many more from that one search.



Walk Score provides the distance in miles from your home to the place of interest. The website also offers a grading scale on how “walkable” the area might be. This is a fun and easy website to be used by anyone anywhere. <http://www.walkscore.com/>

Calculations for Healthier Vending Machines in Schools

Are students getting the right nutrition they need to get through the day? Are vending machines in schools necessary? What changes can be made to make them better for the students? The Alliance for a Healthier Generation webpage has a feature that helps answer these questions by assessing the nutrition value of foods.

In addition, the site offers guidelines on the following:



- **Promote** the consumption of fruits, vegetables, low-fat and fat-free dairy in schools.
 - **Change** the mix of products in vending machines to increase healthier options.
 - **Reduce** the amount of fat, sugar, and sodium that kids consume during the school day.
 - **Provide** lower calorie and more nutritious beverage options for children in schools.
 - **Teach** students about appropriate portion sizes during the school day.
- <http://www.healthiergeneration.org/companies.aspx?id=2530>

Kids Eat Less Junk Food if Schools Stop Providing Them

What would happen if schools took junk food out of school (vending machines, cafeteria options, classroom treats)? Would they just eat twice as much after school? A research study produced some surprising results. “We found that when you take soda and high-fat snacks out of schools, students did not compensate at home. Instead, they ate better at school and no worse at home,” said lead study author Marlene Schwartz, Ph.D., deputy director at the Rudd Center for Food Policy and Obesity at Yale University.



Schools should be a safe haven of healthy options for the students to make good choices in health. The schools need to be able to practice what they preach. This study adds to the growing body of research indicating positive outcomes from healthy school policies and practices. www.chiinfo.org/inthenews-junkfooddec09.html

RESOURCES AND FUNDING OPPORTUNITIES

Finish Line Youth Athletic Grant opportunity available



Supporting the communities where our customers and employees work and play.

Finish line is providing a grant to organizations focusing on youth athletic programs. This grant specifically focuses on community-based programs that encourage active lifestyles and team building skills for children; especially for disadvantaged and special needs children.

Deadline for the completed applications: March 31, 2010, the grant application can be found at: <http://www.finishline.com/store/youthfoundation/guidelines.jsp>.

The Sprint Foundation Grant Opportunity

The Sprint foundation is providing a great grant opportunity for individual schools and school districts. This grant is looking for a school/school district that promotes youth leadership, youth volunteerism, a positive school culture, and dropout prevention. The Sprint Foundation will award individual school grants from \$500-\$5,000 each. School district grants will be between \$10,000-25,000 each. This grant is open to all US public schools grades K-12 and US public school districts.



Deadline: February 5, 2010. to apply go to this website: <http://www.sprint.com/responsibility/education/character/index.html?id8=vanity:educationgrants>

Healthy and Safe Schools Webinar Series

The Peaks to Prairies Pollution Prevention Information Center, in conjunction with the Environmental Protection Agency (EPA) and the Wyoming Department of Education, is convening a series of FREE webinars highlighting important aspects of healthy and safe schools. This series is designed for educators, administrators and school health professionals.



FREE and open to all interested parties

To register, visit: www.peakstoprairies.org Click the P2 Webinars link

Relevant webinars:

- **Bullying and Restorative Practice**
Date: January 27, 3:30PM MST
Speakers: **John Bailey** - International Institute of Restorative Practice (IIRP),
Bruce Hayes - WY Dept of Education
- **First Aid**
Date: February 3, 3:30PM MST
Speaker: **Chris Bartholomew**, Head Nurse - Laramie School County District #1
- **Waste Reduction/Recycling**
Date: February 17, 3:30PM MST
Speaker: **Myla Kelly** - Peaks to Prairies

For more info: contact Myla Kelly at (406) 994-6948 or myla.kelly@montana.edu

Recommended by a Colleague

Paula Engellend of Buhler Schools shares this information with you:

“The Learning Zone Express website has all kinds of neat nutrition resources. One of the items that we are ordering is the Fruit and Vegetable Fun Book and Seedie Kit. The kit includes fruit and vegetable-shaped beanbags, a book of activities, instructions, and fruit and vegetable trivia.” To access this kit and other material from Learning Zone Express: <http://www.learningzonexpress.com/index.php>



Paula also recommends some great books: How to Teach Nutrition to Kids, Planet Health, and Eat Well & Keep Moving. She suggests getting them through amazon.com.

Thanks for the recommendations, Paula!!!

FEEDBACK & SUGGESTIONS

If you have comments (positive, negative, indifferent) regarding any information in this communication, please let us know. If you have a program that you wish to spotlight or a colleague we should get to know, we welcome your suggestions. Contact Jane at jshirley@kdheks.gov, or Mark at mathompson@ksde.org.

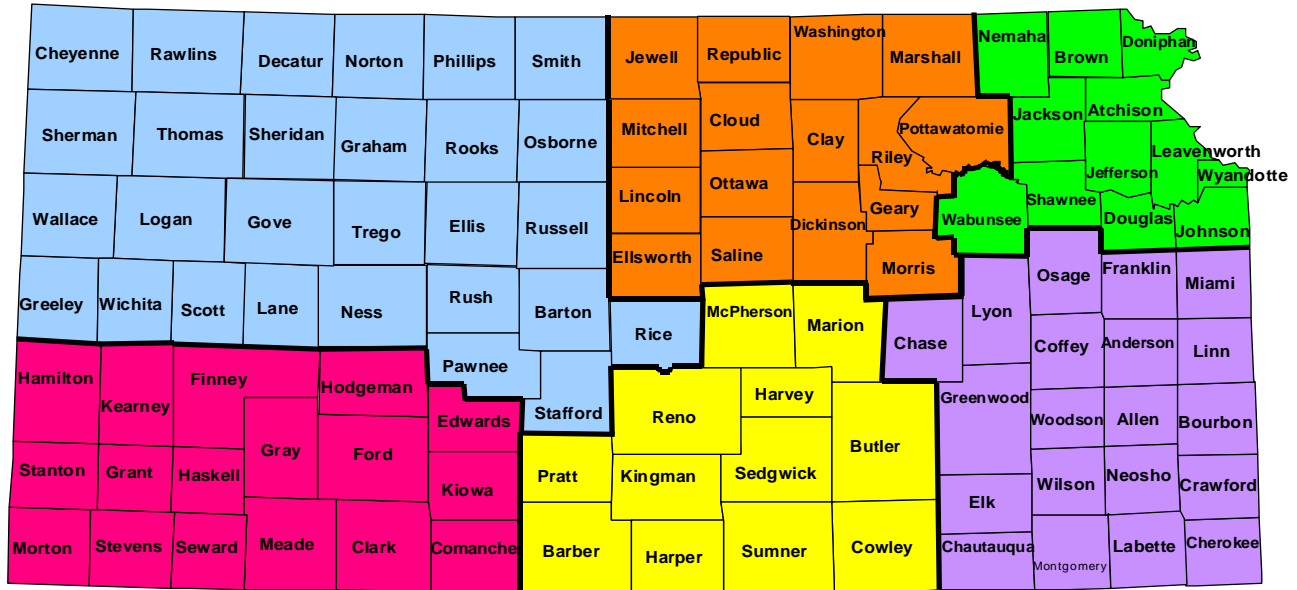
For back issues of E-Lines, visit our website: www.kshealthykids.org

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