

Vermont Department of Education Linking Health & Learning e-Bulletin

November 2011

News and General Announcements

2011 Vermont Youth Risk Behavior Survey Data Available

Click [here](#) to access the latest results from the Vermont YRBS. A statewide report and/or local reports are available.

Project Alert Goes Online

Over the summer Project Alert moved their curriculum to a digital format which is now offered for free online. A limited supply of the hard copy curriculum can be purchased for the cost of shipping and handling. Teacher online training also continues to be available at no cost. Please click [here](#) or contact Christy Inberg at 800-253-7810 x1312 or cinberg@projectalert.best.org to learn more.

School Mental Health

With funding from the CDC, the National Assembly on School-Based Health Care (NASBHC) has developed four modules for state and local education agencies to use in school mental health training and strategic planning efforts. Modules are designed to be administered by experienced facilitators familiar with core concepts of mental health. Each module includes a set of PowerPoint slides, a facilitator's guide, a description of training activities, and handouts and resources related to each topic area. To access these resources click [here](#).

Internet Safety for Youth

The NEA Health Information Network is pleased to announce the new bNetSavvy.org site, an online program with resources, tools and insights that can be used to promote safe and smart internet behaviors among youth. Please share your stories, and sign up for the newsletter.

Family Engagement in School Health

The National School Boards Association (NSBA) has published *Family as Partners: Fostering Family Engagement for Healthy and Successful Students*, a resource to help school leaders effectively engage families in schools, particularly around school health issues. *Families as Partners* includes an overview of family engagement in schools plus guidance, strategies, and resources for building family engagement policies and practices. Click [here](#) for more information.

N-O-T Teen Smoking Cessation Program

The American Lung Association, in partnership with the Center for Health and Learning, will again offer Not on Tobacco (N-O-T) teen smoking cessation program. N-O-T is a 10-week program for 14-19 year smokers, and free to Vermont schools or centers that work with teens. Required facilitator training, materials, technical support and a financial incentive are provided. For details and the program application, click [here](#). Contact Rebecca Ryan at (802) 876-6862 or rryan@lungne.org.

Coaches Needed for Girls on the Run Vermont

Girls on the Run Vermont is seeking volunteer coaches at new and established sites throughout the state to run its 10 week program. No prior coaching or running experience is required. Training will be provided. Up to 12 new communities and schools may establish sites for the 2012 season. Please sign-up by November 30, 2011. For more information click [here](#) or call (802) 246-1476.

Spike Poison Prevention Program

The Northern New England Poison Center is coordinating its fourth annual *Spike Education* program to take place during Poison Prevention Week 2012 (March 18-24). Sign up by November 30, 2011 to access free educational materials (while supplies last) for your Kindergarten and first grade classrooms. The kit includes a DVD, plush Spike hand puppet, student take-home packets, video teacher's guide and additional classroom activities. Orders will be sent out in time for poison prevention week. For more information, contact Gayle Finkelstein at (802) 847-2393 or

gayle.finkelstein@vtmednet.org

Medication Abuse Teach-Back Training

Be the prescription for change in your high school with this free, onsite, teach-back training. High schools that participate in this training and incorporate the Vermont standards-aligned lessons into their curriculum will keep the prevention kit which includes the medication abuse curriculum, DVD, teaching guide and classroom materials. Register by November 30, 2011. For more information, contact Gayle Finkelstein at (802) 847-2393 or gayle.finkelstein@vtmednet.org

Professional Development Opportunities

Click [here](#) for a calendar of Vermont Department of Education-sponsored events.

Symposium on Adolescence

November 3-4, 2011

Williston, VT

This event, sponsored by Northeastern Family Institute Vermont, will feature keynote speakers Kenneth Downes and Michael Thompson. The event is appropriate for parents, educators, mental health providers, physicians and social service professionals. For more information, please contact amywhitemore@nafi.com or call (802) 658-0040.

Know Your Body

November 7, 2011

Lebanon, NH

Learn to teach this comprehensive, K-6, health education curriculum that is aligned to Vermont standards. Become familiar with the 12 modules of scaffolding concepts, knowledge and skills across grade levels. The program stresses individual responsibility and disease preventing decisions. To register, click [here](#).

New Adapted PE Webinar Series: Autism

November 10, 2011 - February 9, 2012

Online

Do you struggle with ways to include students with autism in your physical education classes? Or perhaps you are an adapted physical educator who would like to expand your repertoire? Join this webinar series for the latest strategies and techniques on how to include and support children with autism in physical education. To register, click [here](#).

VTAPHERD Annual Conference

November 10-11, 2011

Stowe, VT

Click [here](#) for information and to register for the annual Vermont Association for Health, Physical Education, Recreation and Dance (VTAHEPRD) conference.

Languages of the Brain for Bullying Prevention and Transforming Children's Lives

November 11, 2011

Burlington, VT

Presented by Puppets in Education, this conference will feature two sessions "Change Your Language, Change Their Lives: What Adults Can Say Differently Today to Transform the Tomorrows of Our Youth" and "Battling the Bully: Brain Inspired Responses to Bullying". To register, click [here](#). For more information contact Sarah at Sarah@PuppetsinEducation.org or (802) 860-3349.

Vermont State Dance Festival

November 19, 2011

Lyndon Center, VT

For more information click [here](#) or contact Rebecca McGregor at (802) 626-1356 or rebecca.mcgregor@lyndoninstitute.org.

Puberty: The Wonder Years

November 21, 2011

Manchester, NH

This health education curriculum is designed for the school setting, but it also includes activities that involve parents and other family members with their children. To learn more and register, click [here](#).

Health Education 101A

November 29, 2010

Montpelier, VT

This workshop (the first in a yearlong series of three) will focus on characteristics of effective health

education, health education standards and research that supports the use of backwards design. For information about the entire series download the flyer from the [DOE Calendar](#). To register, click [here](#). If you have questions e-mail kate.larose@state.vt.us or call (802) 828-0565.

UMatter: Schools Youth Suicide Prevention NEW DATES!

December 5-6, 2011

Randolph Center, VT

This two-day training prepares middle and high school communities to respond to the mental health needs of youth and prevent suicide using the Lifelines curriculum. Schools teams should include an administrator, school counselor or nurse, health educator, and community liaison. Click [here](#) to register.

Grant and Funding Opportunities

Healthy Playground Makeover Sweepstakes

Click [here](#) to enter for a chance to win one of two grand prizes that include a \$30,000 grant from Sports Authority and a Playworld Systems playground. One of the grand prizes will be awarded in a special drawing for Title I schools.

USDA MyPlate Fruits & Veggies Video Challenge

Deadline: November 15, 2011

The USDA MyPlate Fruits and Veggies Video Challenge invites you to create short videos showing how to add fruits and vegetables to your diet without spending a lot of money. The goal of the challenge is to encourage healthy eating habits and raise awareness around USDA's MyPlate dietary guidelines. First Prize \$1,500. Second Prize \$1,000. Popular Choice \$500. To learn more, click [here](#).

Fuel Up to Play 60 Funding

Deadline: December 1, 2011

Funding is available on a competitive basis to help increase student access to healthy foods and physical activity before, during and after school. Eligible schools can apply for up to \$4,000 a year to make lasting improvements to their school wellness environment. Funding can be used to purchase foodservice materials and equipment, nutrition and physical education materials, or student and staff incentives. Click [here](#) to apply.

School Garden Grants

Deadline: December 31, 2011

The School Garden Grant Program is a collaboration between Whole Kids Foundation, Whole Foods Market and FoodCorps. Thanks to the generosity of Whole Foods Market customers, Whole Kids Foundation is able to provide grants of \$2,000 to support school garden projects in the US, UK and Canada. To learn more and apply, click [here](#).

Find Your Balance Challenge for K-5 Schools

Deadline: January 31, 2012

Discovery Education, the Healthy Weight Commitment Foundation and NASPE/AAHPERD want to help communities win the fight against childhood obesity. Find Your Balance Challenge brings K-5 teachers and students together to create an action plan that addresses energy balance needs in their school community. The top prize is \$15,000 in cash and \$15,000 in equipment from the Sports Authority! Click [here](#) for information, resources and to register.

To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Lindsay Simpson (802) 828-1461 or lindsay.simpson@state.vt.us