



Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

February 2024

February Observances

American Heart Month

Did you know that people who have close relationships at home, school, work or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the **#OurHearts** movement to inspire us to protect and strengthen our hearts with the support of others. Coronary heart disease is the most common form of heart disease. Hypertension is seen common with those individuals with heart disease as well. It's also important to educate youth and adolescents about heart health. NHBI has an [outreach toolkit](#) and a [Cardi-O Heart Character Series](#) to help adults teach their kids about ways to take care of their heart.



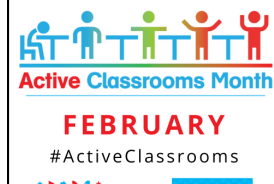
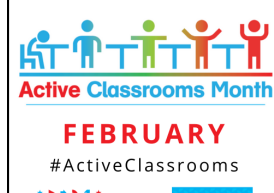
Black History Month

How can you make your Black History Month lessons more meaningful, unique and powerful for youth? It is important as adults to educate and teach African American heritage, culture and achievement in our country in your school lessons. To do this, the [National Education Association \(NEA\)](#) compiled a selection of lesson plans that cover a variety of subjects that can be adapted to fit multiple grade levels. Teachers can utilize [these resources](#) for multiple subjects including: social studies, language arts, science, PE and more!



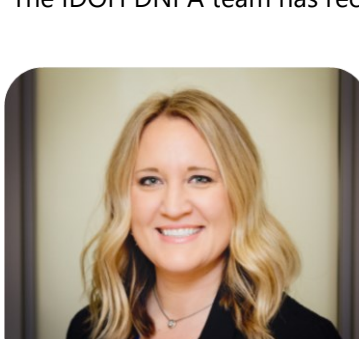
Active Schools – Active Classroom Month

Teachers and families across the country are encouraged to participate in Active Classrooms Month. This is a time to integrate movement into the classroom and demonstrate the positive impact it has on youth and adolescents. Active Schools has created [resources](#) to make it easy for teachers and families to use movement activities with their students and/or children.



New IDOH, DNPA Staff

The IDOH DNPA team has recently added two new staff members! Please join us in welcoming:



Michelle Shippy, MS, RDN, Food is Medicine Director

Michelle is a registered dietitian nutritionist (RDN) who has worked in public health nutrition for over 15 years. She earned her bachelor's at Western Michigan University in dietetics, completed her dietetic internship through Indiana University and her master's at Indiana State University. She began her public health career with the Marion County Public Health Department (MCPHD) in 2008 as a nutritionist for the WIC program and then transitioned to the chronic disease department in 2011. In 2018, she became the first nutrition incentive program manager, eventually evolving to the project director. In this role, she established and grew a Produce Prescription Program and expanded an existing SNAP-matching nutrition incentive program as a part of the Centers for Disease Control and Prevention, Racial and Ethnic Approaches to Community Health (REACH) project. Michelle is a skilled collaborator and has worked with healthcare systems, food retailers, and other stakeholders locally and nationally. Sustaining authentic relationships and good communication is her foundation in creating better policies and systems for equitable access to nutritious food. Michelle is very excited about her career transition to IDOH as the food is medicine director. You can email Michelle at MShippy@health.in.gov.

Kayleigh Holsapple, BS ECE, Early Care and Education Coordinator

Kayleigh brings more than 15 years of early childhood education experience to the role of early care and education coordinator. She has worked in multiple types of child care settings including registered ministries and licensed child care centers. Most recently, she served as a lead infant teacher with Early Learning Indiana. Kayleigh attended IUPUI where she received her bachelor's in early childhood education. She grew up on the south side of Indianapolis, is a mother of an almost 10 year old and has a passion for serving young children, families, their communities, and the educators who care for them daily. You can email Kayleigh at KHolsapple@health.in.gov.



Resources

Indiana Vape-Free Schools Toolkit

This toolkit provides resources for Indiana school staff, including administrators, teachers and health services staff, who are working to address the use of tobacco products, especially e-cigarettes, in schools. [Click here](#) to download the toolkit.

Perceptions of Out-of-School Time Programming Survey

The Indiana Afterschool Network strives to amplify the impact of Out-of-School Time (OST) programs across Indiana. They are asking OST stakeholders to share their thoughts with IASN to understand the community's view on OST. This is your change to actively contribute to the advocacy and development of programs that can shape the future of Indiana's youth. Your input can lead to real change and bolster the quality and reach of OST offerings. [Click here](#) to take the survey. It should only take 2-3 minutes to complete.

Support Family Health with Teacher Approved Apps and Evidence-Based Activities

The Alliance for a Healthier Generation created tools to help your family thrive. They have partnered with Google Play to build a list of high-quality teacher-approved apps and evidence-based activities to support the many ways families stay healthy. From a world-traveling nutrition game to memory-building activities and educational podcasts, their curated bundle of apps helps support kids in an increasingly digital world. [Click here](#) to review the apps.

National School Breakfast Week

During the first week of March every year, we acknowledge the importance of every student starting their day with a nutritious breakfast to give them the energy they need to learn and engage at school. The School Nutrition Association has assembled the following tools and resources ahead of School Breakfast Week (March 4-8).

Free resources:

- [Activity Guide & Coloring Sheets](#) (available in English and Spanish)
- [Marketing and PR Resources](#) including an infographic (available in English and Spanish), sample proclamation, customizable press release, and digital meeting backgrounds
- [Promotional Logos](#) (like the one on the right)

Paid or member-only resources:

- [School Breakfast Week Toolkit](#) with checklists, recipe ideas, décor inspiration, and costume suggestions
- Webinar: Feb 21, 2024 at 2 p.m. ET— Physical, Emotional, and Societal Wellbeing Benefits of Participating in School Breakfast Programs
 - Register [here](#)



Opportunities & Events

IYI Youth Worker Well-Being Project

The Indiana Youth Institute (IYI) is launching two opportunities for youth-serving organizations to apply for funding to pilot and/or implement strategies that improve youth worker well-being, workplace conditions, and root causes of stress. [Click here](#) to register for the project kickoff webinar on **Feb. 29 at noon-1 p.m. EST**.

IYI Professional Development Grants

IYI is also offering two types of professional development grants for youth workers seeking continuing education and for youth workers who serve in college and career readiness to support their work. [Click here](#) to learn more and apply for these opportunities.

Healthy Meals Incentives Recognition Awards Program — Applications accepted until June 30, 2025

[Action for Healthy Kids \(AFHK\)](#) is offering recognition awards to celebrate School Food Authorities (SFA) that have made significant improvements to the nutritional quality of their school meals. The recognition awards will spotlight innovative practices, student and community engagement, and strategies schools have used to provide meals that are consistent with the [2020-2025 Dietary Guidelines for Americans](#). To learn more and apply, [click here](#).

Webinar: IYI's 2024 State of the Child

[Register](#) for this webinar to dive into the 2024 Indiana KIDS COUNT Data Book to explore critical data you can use to create positive change for kids in your community.

Webinar Series: Prioritizing Well-Being Among School & District Staff, Educators & Administrators

Join the Alliance for a Healthier Generation and Kaiser Permanente Thriving Schools for a monthly professional learning series starting on **Feb. 22 at 4 p.m. EST** dedicated to prioritizing staff well-being. [Click here](#) to register.

Registration Open: Indiana Afterschool Network Out-of-School Learning Summit

Join this convening on **April 14-16** to connect with other youth programs, community partners, and afterschool advocates to access valuable resources and advance learning for Indiana's Youth. [Click here](#) to register.

Save the Date: Indiana School Health Network Conference — June 4-5

This year's theme is "Seeds of Hope: Growing a Strong Future for Hoosier Kids." The conference will encourage discussion and initiatives that highlight innovative approaches, community involvement, policy changes, and evolving opportunities, that with collective actions, can make a significant impact for Hoosier kids. [Click here](#) to learn more.

Professional Development

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) recently sponsored a pre-recorded, one-hour professional development webinar titled, "[Activities to Keep Kids Active Throughout the Day](#)," led by PL3Y, Inc. [PL3Y, Inc.](#) is a Canadian-based organization which provides physical activity, physical literacy, and physical education resources, trainings, and workshops to physical education teachers, schools, and youth-serving organizations around the globe.

Founder and CEO Melanie Levenberg created this specific webinar for Indiana school health professionals in the before, during and afterschool space as it relates to physical activity and physical education. Melanie touches on a variety of activities and games to engage youth in meaningful learning through physical activity and play. She teaches activities for physical education, teamwork skills, dance, yoga, SEL and communication skills. It also includes access to video examples, and printable materials to reference.

Note: You must enroll (it's free!) by creating an [account](#) to access the webinar and resources. Once you have completed this step, you can [click here](#) to watch!

IDOH, DNPA please asks for individuals to complete a brief evaluation after finishing the webinar. You can find this evaluation embedded in the webinar platform via a QR code.

For more details on PL3Y, Inc. or physical activity and physical education professional development opportunities, please email Emma Smythe, youth physical activity coordinator, at esmythe@health.in.gov.



Farm to School

Indiana Grown for Schools Network Farm to School Office Hours

The Indiana Grown for Schools Network invites you to join us for January's farm to school office hours on **Wednesday, Feb. 21 from 3:30-4:30 p.m. EST**.

- **What:** Join farm to school coordinators from the Indiana Grown for Schools Network and other farm to school and early-care stakeholders each month to discuss and find answers to your questions related to local foods and making farm to school and early-care successful in your community.
- **Who:** Anyone with questions related to farm to school in ECE. All are welcome: farmers, school nutrition professionals, early-care providers, parents, teachers, distributors, gardeners, local public health professionals, extension educators, and other farm to school and ECE advocates.
- **When:** We will host farm to school office hours on the third Wednesday of each month from 3:30-4:30 p.m. ET. If these times don't work for you, you can [submit your questions here](#).
- **Register:** [Join us online via Microsoft Teams](#) or you can request a monthly calendar hold by emailing Brianna at bgood@health.in.gov.



Indiana Grown for Schools Network Presents: Harvest of the Month 101

Harvest of the Month is a great opportunity to celebrate local abundance, experiment with new foods and recipes, and gain positive recognition for your school district and/or school. The program's goal is to encourage healthy food choices by increasing students' exposure to seasonal foods while also supporting local farmers and building excitement around school meals. Interested in learning more about Harvest of the Month and the resources that we can provide? Please join us on **Feb. 29 from 3-4 p.m. EST** to learn more! [Register today!](#)

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

Indiana Department of Health

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