



Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

Spring Edition 2024

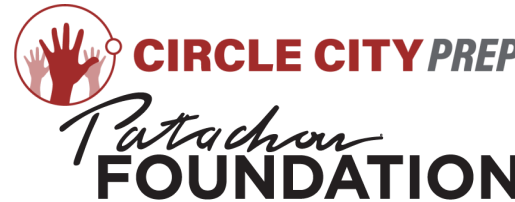
School Spotlight

Circle City Prep, an Indianapolis tuition-free charter school, has partnered with The Patachou Foundation to address food insecurity among its predominantly low-income and diverse student body, where 91% qualify for free or reduced meals.

This model, known as Pataschool and developed by The Patachou Foundation, introduces an innovative approach to food security, providing 125,000 freshly made, cost-free breakfasts, lunches, and snacks each year. Circle City Prep transformed its heat-and-serve kitchen to prepare meals from scratch as a self-operated NSLP (National School Lunch Program) provider with technical support from The Patachou Foundation. This transformation extends beyond the kitchen, with a revamped cafeteria that complements the elevated quality of meals. These changes substantially increased lunch participation from 88% to 95% over one year.

Circle City Prep's comprehensive school wellness strategy also prioritizes moving away from the use of food as a reward in classrooms. Alternatives include a book vending machine, dress-down privileges, and "cook with the principal" experiences. The latter is made possible by the school's recent addition of a Food Lab, a culinary exploration kitchen where students and adult leaders taste-test new menu items, acquire cooking skills, and explore food literacy aligned with state standards (see pictures below). To learn more about Circle City Prep, visit: circlecityprep.org.

For more information about The Patachou Foundation's mission to end childhood hunger in Indianapolis, visit: thepatachoufoundation.org.



CIRCLE CITY PREP

Patachou FOUNDATION
ACCESS | EQUITY | OPPORTUNITY THROUGH FOOD



Summer EBT Coming Soon!

Summer 2024 will be the first year for Summer EBT, branded as Indiana SUN Bucks, a new benefits program that provides families \$120 for each eligible school-aged child to buy groceries when school is out. Summer is a time when many children lose the free and reduced-price meals they get at school, and when households might need a little extra help putting meals on the table. Most eligible families will receive these benefits automatically, but some parents will need to apply. This new program is available in addition to free meals that kids of all ages can get at summer meal sites in their communities.

Benefits of SUN Bucks

- Helps parents and caregivers buy healthy foods for their children.
- Gives families the flexibility to select foods that fit their culture and lifestyle.
- Improves food security and diet quality for participating children.

Eligibility

Children are eligible for the program if:

- the household already participates in SNAP, TANF, some income-based Medicaid,
- the school-aged child is a foster child defined as being a ward of the state, **OR**
- the child attends a school that offers the National School Lunch or School Breakfast Program, and the household income meets the requirements for free or reduced-price school meals.

Look out for the Indiana SUN Bucks website coming soon!



Grants and Opportunities

Indiana Youth Institute (IYI) Webinar: "Emerging Leaders of Color in Youth-Serving Organizations" on April 25 from Noon—1p.m. ET. [Click here](#) for more details and to register.

Good Sports Equipment Opportunity—Applications accepted May 7-June 7

Good Sports focuses on supporting organizations and schools with safe and appropriate equipment needed to encourage kids to be physically active. They are offering an **opportunity** to provide equipment donations for organizations and schools who work with ages 3-18 in high poverty areas. Good Sports hosted a 45-minute, information session for prospective organizations and schools. [Click here](#) to view the recording.

Camp To Belong Indiana will host a free, annual, week-long summer group camp from June 2-June 7 for ages 8-17 Hoosier siblings who are separated because they live in different foster homes or other out-of-home placements. *See attached flyer in this email for more details.*

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 (SFAs) 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](#).

Upcoming Events

Indiana Afterschool Network Out-of-School Learning Summit—April 14-16

Join this summit 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.

LIMITED SPOTS REMAINING: Leah's Pantry TINS training—April 16, 23, & 30

The IDOH, DNPA is inviting school nutrition and school health services professionals in Indiana to attend a **free** Trauma-informed Nutrition Security Training facilitated by Leah's Pantry, a national leader in trauma-informed nutrition. This unique training will bring a fresh perspective to your programs with the objective of increasing the health and resilience of your students. For more information and to register, [click here](#).

Afterschool Appreciation Week—April 22-26

This is a time to recognize, appreciate and advocate for those who work with young people during out-of-school hours. The week is marked by celebrations, public relations, and advocacy efforts encouraging appreciation and support for afterschool professionals who make a profound difference in the lives of young people. [Click here](#) to learn ways to show your appreciation for afterschool professionals!

Earth Day 2024—Monday, April 22

This is the 54th year of celebrating Earth Day! So, how did Earth Day come to be? How do we observe it? Find out more information by [clicking here](#), including 10 tips to make your home planet a better place to live—which is integral to your own health and happiness!

Indiana Youth Institute Advancing Health Equity Summit—May 7

Join IYI as this virtual summit will focus on how youth workers and youth-serving organizations act as protective factors to address the barriers and challenges our youth face based on race, place, household income, differing abilities, sexual orientation, gender identity, immigration status, systemic and historical marginalization, and traumatic experiences. [Click here](#) for more information.

Freewheelin' Bikes Program Spring and Summer Camps

These camps include bike rides, outdoor recreation activities, arts & crafts, bike safety instruction, field trips, guest presenters, bike mechanics basics, games, and more! *See attached flyer in this email for more details.*

Indiana School Health Network Conference — June 4-5

This year's theme is "Seeds of Hope: Growing a Strong Future for Hoosier Kids." This conference will encourage discussions 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.



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New IDOH, DNPA Staff

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

Anna Holloway, Value Chain Professional

Anna was the founding member and teacher of the very first farm to school program at her school in Montana. She truly know what it means to "start from scratch." Anna spent the last 20 years as a kitchen manager and farm to school coordinator within a rural school just outside of Yellowstone National Park. Her roots and love for Indiana grow deep and has since returned to live and work on a small old family farm that she inherited last year.

Anna is ready to be able to assist in creating a thriving and sustainable Farm to School program in Indiana. She is dedicated to making school environments healthy for both students and staff by connecting local farmers and school food service directors.

Anna is very excited about this new opportunity as the new Value Chain Professional. You can email Anna at aholloway1@health.in.gov to begin networking 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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