

## Observances and events FEBRUARY – MARCH

**February 2, Thursday, 11 a.m. PST  
New Healthier School Meal  
Standards: What You Need to Know**  
The new school meal standards are out. Join FRAC and USDA for a webinar to learn how you can help make their implementation a success for schools and for low-income children. [Click here to register.](#)

### February-March

**Health Equity Training Opportunity**  
Prevention Institute, in partnership with The California Endowment's Health Exchange Academy, is offering a series of free, two-module trainings through March 2012. The trainings present a primary prevention approach to health inequities, and are designed to help participants understand and analyze the community factors that shape health, safety, and equity, and to develop comprehensive strategies for change. [Learn how your organization can participate here.](#)

**February 23-26, Pasadena  
California Health, Physical  
Education, Recreation and Dance  
Conference.** Keynotes Dr. Robert Ross, Richard Simmons, and Golfrecreation Event celebrity Lou Ferrigno. Register: [www.cahperd.org](http://www.cahperd.org)

### March 12-13

**Vision & Voice for Healthy Students**  
Conference in Sacramento sponsored by California School Health Centers Assn. and CDE. [Register here>>](#).

### March 21, all day

**Healthy Schools, Healthy Budgets  
Conference, Los Angeles, \$15,**  
sponsored by Dairy Council of Calif..  
[View Agenda; Registration>>](#) Map:  
[California Endowment, Los Angeles](#)

### March 30

**School Wellness Recognition for  
PTAs.** Sponsored by ACS and PTA.  
[www.surveymonkey.com/s/SWRP](http://www.surveymonkey.com/s/SWRP)

## Nutrition - Lead by Example!

Practice what you preach when it comes to nutrition. You are your children's first and most important teacher. [http://pta.org/topic\\_helping\\_families\\_make\\_wise\\_food\\_choices.asp](http://pta.org/topic_helping_families_make_wise_food_choices.asp)

## Norovirus alert

Symptoms of Norovirus (Norwalk virus) include diarrhea, vomiting, low-grade fever and abdominal cramps. Healthy people usually recover within one to three days, health departments advise. Highly contagious, Norovirus is spread through contaminated food, water and objects that come in contact with the mouth. Frequent hand-washing is the best way to prevent spread of the illness.

Students who are sick should not return to school until the symptoms have been absent for at least 48 hours. [www.cdc.gov/Features/Norovirus/](http://www.cdc.gov/Features/Norovirus/) and [www.cdph.ca.gov/HealthInfo/discond/Pages/Norovirus.aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/Norovirus.aspx)

## School Wellness Recognition Program

*Applications due March 30*

The 2011-2012 School Wellness Recognition Program is sponsored by the American Cancer Society (ACS) in collaboration with the California State PTA and California Action for Healthy Kids. The program recognizes and applauds schools that are making significant improvements in their school environments related to healthy eating, physical activity, and tobacco-free lifestyles. PTA and ACS want to motivate and empower California schools to “step up” and create healthy school environments. PTAs will be recognized in the spring.

For information, visit <http://www.capta.org/sections/programs/h-special-projects.cfm>, or phone (510) 464-8146, or email [david.saunders@cancer.org](mailto:david.saunders@cancer.org). To register your school, complete the Recognition Program application by **March 30, 2012**. Apply here: [www.surveymonkey.com/s/SWRP](http://www.surveymonkey.com/s/SWRP)



## CALIFORNIA CANCER RESEARCH ACT



The California Cancer Research Act (CCRA) is a qualified ballot initiative that will be placed before voters in the June 2012 election. Through a \$1 per-pack tax on cigarettes, the CCRA delivers more than \$855 million per year to pursue potential cures of cancers and other tobacco-attributed diseases including heart disease, drive down smoking rates by investing in proven smoking cessation and tobacco-control efforts, and assist tobacco-law enforcement.

California State PTA has endorsed the [CCRA](#) initiative. PTAs are encouraged to become involved locally now, and to inform and encourage members to volunteer.

[www.CaliforniansForACure.org](http://www.CaliforniansForACure.org)

**Healthy Activities Abound.  
California State PTA Annual  
Convention, May 9-12, Anaheim**

**Dream On with PTA**, \$20 donation supports Healthy Lifestyles Grant program for PTAs. Receive a T-shirt, ribbon and more.

**Breakfast and Learn – Partnering to Promote Healthy Schools**, Friday, May 10, 7 a.m. Dairy Council of California, \$10.

**Four workshops:**

One Healthy Combo: Kaiser Theater and Breakfast First

Sex Education: Don't Let Your Kids Learn About It on the Streets

Is It Teen Angst or Something More Serious

Be Well - Learn Well: Nutrition and Physical Activity are Essential

**Be a Health Advocate** Survey in exhibit hall.

Register today!  
<http://www.capta.org/sections/convention-2012/>

The Indiana State Department of Health Division of Nutrition and Physical Activity (DNPA) has released the [Indiana Healthy Schools Toolkit](#) and the [Indiana Healthy Worksites Toolkit for Small Businesses](#). The DNPA worked with 30 worksites and 25 schools to pilot/develop the toolkits and did an initial environmental assessment of all the pilot worksites and review of school wellness policies.

**Tips for Healthy Celebrations**

Plan a classroom celebration using these nutritious tips. They're great for holidays, birthdays and celebrations any day of the year. [Check them out.](#) >

**Butterfly fruit bags**  
[www.homerommom.com/post/116](http://www.homerommom.com/post/116)

**Sight for Students**

Low-income students can qualify for a gift certificate for an eye exam (and glasses if needed) from a participating VSP eye doctor. [Sight for Students](#) is a VSP charity that provides free vision exams and glasses to low-income, uninsured children.

**Diastat (Diazepam rectal gel, Valium rectal gel) Administration: checklist and forms**

[Senate Bill 161](#) became law on Jan. 1. The California Department of Education will release the *Guidelines for Training* by July 1. The **Checklist for Students with Seizure Disorders Entering School** and sample forms are offered as suggestions to facilitate the development of your district's procedures if your district elects to implement the program outlined in SB 161/CEC 49414.7.

The checklist was developed by California School Nurses Organization member experts, both Nurse Administrators and "hands on" school nurses, using *The Green Book, ANA/NASN School Nursing: Scope and Sequence*, CDE Regulations, and SB 161. The sample forms were selected from a variety of sources to demonstrate various record-keeping and tracking forms that have already been developed and are in use. Identifiers were removed and several were edited for this publication. [Click here to go to the Forms.](#) [www.csno.org](http://www.csno.org)

**"Safe at School and Ready to Learn: a Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies."**

This new guide will help school leaders and schools establish comprehensive policies and practices that support the safety, well-being, and academic success of students with life-threatening food allergies. The guide focuses on the need for schools to partner with families, and healthcare providers in identifying and supporting individual student needs and preparing management plans. Further, it provides recommendations on following medication protocols; establishing a coordinated system to prevent and respond to food allergy-related emergencies across the school environment; communicating with and educating parents, students, and school personnel; and monitoring and evaluating policies and practices.

A checklist for schools is included to assess the extent to which the guide's components are included in food allergy policies and practices being developed and implemented; sample state and local education policies; a glossary of commonly used terms; and a list of resources related to food allergies.

Download the guide, developed by the National School Boards Association and Centers for Disease Control, through NSBA's food allergy webpage at [www.nsba.org/foodallergy](http://www.nsba.org/foodallergy).



**Rewards for improving indoor air quality**

*Nominations opened January 2012*

Asthma is one of the most common chronic conditions of childhood, and is the leading cause of school absenteeism due to chronic illness. The California Department of Public Health presents the Achievements in Respiratory (AIR) Health Awards to California K-12 schools that have engaged in successful efforts to improve indoor air quality (IAQ) and create asthma-safe environments for students and school staff. All K-12 public and private schools are eligible for the award.

Up to 15 California schools and three school districts may receive a monetary prize. To submit nominations visit [www.californiabreathing.org](http://www.californiabreathing.org).

**School Health Centers Are a Great Idea!** Impact report makes a strong case for SBHCs. <http://www.schoolhealthcenters.org/wp-content/uploads/2011/12/SBHCs-are-a-Great-Idea.pdf>

### **Seed Survivor**

Bring the Seed Survivor Mobile to your school. This truck and trailer unit is a plant nutrient classroom on wheels. The Seed Survivor Mobile Unit is curriculum-based with interactive learning experiences that teach elementary students about growing healthy plants and where their food comes from. The educational display will be visiting elementary schools throughout California through April. Visit the link to check the calendar and sign up your school.

[www.LearnAboutAg.org/seedsurvivor](http://www.LearnAboutAg.org/seedsurvivor)

### **A Garden Plot: The Tale of Peter Rabbit**

Use *The Tale of Peter Rabbit* and other stories by Beatrix Potter as a vehicle to teach reading, writing, and science concepts. This unit encourages students to think about where their food comes from, distinguish between fact and fiction, observe roots and soil, and write about personal experiences they have while caring for the gardens they create. It meets California science, math and English-language arts standards for grades K-1 and can be adapted to meet educational standards for a variety of grade levels.

[www.learnaboutag.org/lessonplans/?details=601](http://www.learnaboutag.org/lessonplans/?details=601)

### **Resource: Just the Beginning... The Life of a Young Sprout**

"Glycine Max," the soybean sprout, guides grade 4-6 students through a 12-page booklet with history, activities, and fun facts about soybeans.

[www.maxthesprout.com](http://www.maxthesprout.com)

### **Website: KidsGardening.com**

[www.KidsGardening.com](http://www.KidsGardening.com)

### **California State PTA Health Commission**

Vice President – Linda Mayo  
[health@capta.org](mailto:health@capta.org)

### **Commissioners:**

Barbara Counts, Heidi Davis, Scott Folsom, Jamie Hintzke, Carla Niño

**District Presidents:** Lara Eisenbarth, Dale Simmons, Tami Suber

### **Student Representative:**

Dimiter Radonov

**Health Advocate:** Cathy Hall

### **School IPM Guidebook**

The third edition of the Department of Pesticide Regulation's (DPR) School IPM (Integrated Pest Management) Guidebook is now available online. >>  
[www.cdpr.ca.gov/schoolipm/managing\\_pests/guidebook.cfm](http://www.cdpr.ca.gov/schoolipm/managing_pests/guidebook.cfm)

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### **Fuel Up to Play 60**

*Applications due June 1, 2012*

The National Dairy Council and the National Football League have developed Fuel Up to Play 60, a free in-school nutrition and physical activity program. Fuel Up to Play 60 is accepting applications for its nationwide competitive funding initiative for schools enrolled in the in-school wellness program. All U.S. schools can enroll in the free program and are thus eligible to apply for funding up to \$4,000. Funds can be used for a variety of activities and tools, from resources that help enhance students' healthy eating habits to items that help schools address students' physical activity needs. Applications are due Feb. 1 and June 1, 2012. For information and the application visit

[www.FuelUptoPlay60.com](http://www.FuelUptoPlay60.com)

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### **NGA/Mantis: Mantis Award**

*Applications due March 1, 2012*

The National Gardening Association Mantis Awards support garden projects that enhance the quality of life in their host communities. NGA selects 25 outstanding applicants to receive Mantis tiller/cultivators. Applicants must operate a charitable or educational program that is not-for-profit.

[www.kidsgardening.org/grants/2012-mantis-awards-community-and-youth-gardens](http://www.kidsgardening.org/grants/2012-mantis-awards-community-and-youth-gardens)

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### **The Collective Brands Foundation Grants**

*Applications due Feb. 13, 2012*

The Collective Brands Foundation invests financially in nonprofit organizations that fit within one of the Foundation's focus areas. Areas of focus include children's physical activity and fitness. *Learn more, click [here](#).*

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### **ING Run for Something Better® School Awards Program**

*Applications due: rolling*

ING Run for Something Better®, in partnership with the National Association for Sport and Physical Education (NASPE), seeks to increase physical activity in students and help fight childhood obesity nationwide through the creation of school-based running programs. A minimum of 50 grants up to \$2,500 each will be awarded to schools that desire to establish a school-based running program.

*Learn more, click [here](#).*

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### **MetLife Foundation Healthy Habits Grants**

*Applications due: rolling*

The Healthy Habits program supports organizations that promote healthy lifestyles, especially among children. *Learn more, click [here](#).* For more information on grant opportunities, *click [here](#)* to visit the BOOST Collaborative website.

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### **The Herb Society of America Grants for Educators Program**

*Application date pending.*

This grant promotes the knowledge, use and delight of herbs through educational programs, research and sharing the experience of its members. Estimated total program funding is \$5,000. [www.herbsociety.org/edgrant](http://www.herbsociety.org/edgrant)

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