



Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

August Edition 2024

Back to School Resources

- Share the Indiana Department of Health's Start Smart [Routine Immunizations Catch Up Map](#) with families to encourage scheduling their child's routine vaccinations for the school year.
- [Teachers' Treasures](#) provides **free** school supplies to Marion County teachers, principals, school nurses, and other school staff who work in a school with a 60% or higher free or reduced lunch rate. [Click here](#) for more information on how to secure essential school supplies for your classroom this year!
- Advancing Health Equity in Out-of-School Time Webinar: "Enhancing Student Support: Leveraging OST and School Partnerships for Youth with Chronic Health Conditions" on Aug. 22 from 2-3 p.m. ET. [Register now!](#)
- Action for Healthy Kids' Confidence in Connection Resource Collection: Designed for parents and caregivers of students in grades K-12 to learn about and support youth mental health. [Click here](#) for the resource collection.
- Alliance for a Healthier Generation - [Plan, Learn, and Thrive: Welcoming Families Back to School](#): Welcome your community back to school with evidence-based family engagement practices and resources.

START SMART!

Schedule your child's routine back-to-school immunizations today.

School Safety Resources

SchoolSafety.gov's [Back-to-School Campaign](#) highlights resources and guidance that K-12 school leaders, educators, staff, and parents and caregivers can use to help prepare for a safe return to school. The campaign aims to empower K-12 communities to use SchoolSafety.gov tools and resources before, during, and beyond the back-to-school season to create and sustain safe and supportive learning environments for students and educators.

The campaign offers a variety of resources including: a list of five school safety actions you can take today, a communications toolkit, infographics, and ready-to-use social media posts and graphics. Feel free to copy, download, or share these materials to learn more about SchoolSafety.gov and help spread the word to your school and community.

You can also consider using the hashtag **#BacktoSchoolSafety** on social media to make it easier for others to find and engage with the campaign.

SchoolSafety.gov:
Your school safety resource library.

Upcoming PD Trainings

Coming September 2024 for PE Teachers and Out-of-School Time Professionals!

Join [School Health Corporation](#) and the [Indiana Department of Health, Division of Nutrition and Physical Activity \(IDOH, DNPA\)](#) for **free** professional development trainings for K-12 Indiana physical education teachers, health educators, and youth-serving organization program coordinators to engage students in active movement throughout before, during, and afterschool settings.

These trainings will focus on teaching participants new and creative ways to engage youth and adolescents to become physically active in before, during, and afterschool settings, including techniques on inclusive and adaptive play, social and emotional learning activities, and activities to offer with limited PE equipment available.

Register below for a specific location (*additional details are also included*):

- Lafayette, IN—Sept. 10, 2024; [click here](#)
- South Bend, IN—Sept. 11, 2024; [click here](#)
- Bloomington, IN—Sept. 24, 2024; [click here](#)
- Indianapolis, IN—Sept. 25, 2024; [click here](#)

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For any questions, please email Emma Smythe, Youth Physical Activity Coordinator at esmythe@health.in.gov.



New IDOH, DNPA Staff

The IDOH, DNPA team recently hired Cori Chatterton as the new Community Food Systems Manager!

Cori has worked in the local food systems and public health realm for five years in rural, suburban, and urban settings. She earned her bachelor's degree in Public Health with concentrations in Health Policy and Spanish, and her master's degree in Public Health, both from Purdue University. Directly after undergrad, she started working as a Community Wellness Coordinator with the Purdue Extension Nutrition Education Program in Tipton, Hamilton, and Marion Counties. She focused on developing and implementing policy, systems, and environmental changes to improve access to healthy foods and spaces to be physically active in lower income, limited-resource communities. Most of her work focused on the southeast side of Indianapolis, as well as other city and county-wide emergency food assistance initiatives, including work with pantries, schools, faith organizations, and neighborhood development groups. She believes that access to nutritious food is paramount to improving the lives of Hoosiers everywhere and is deeply committed to making that a reality.

Cori is thrilled to take on this work at a statewide level while maintaining many of her existing relationships with partners and stakeholders in the food system! Feel free to email Cori at cchatterton@health.in.gov to start networking!



Farm to School Happenings

- **Farm to School Listening Session: Thursday, Sept. 26 from 3-4 p.m. ET (virtual):** Join the Indiana Grown for Schools Network's Listening Session to discuss success, challenges, and priorities for increasing local foods, fostering school gardens, and integrating nutrition and agriculture education in classrooms in your community and statewide. School administrators, educators, school food personnel, local farmers, food distributors, students, parents, non-profit staff, government officials, and community members are encouraged to attend. [Click here](#) to register!
- **Farm to School Recognition Program:** The Indiana Grown for Schools Network (IGFSN) is looking for candidates to apply to their Farm to School Recognition Program. This would be a great opportunity to showcase your farm to school successes and celebrate your school's continued engagement in farm to school. Schools and other qualifying entities can be recognized by applying for badges in the areas of school gardens, agriculture and nutrition education, and/or procurement of local foods. Full recognition will be achieved when all three badge requirements are met. The application for this program is ongoing and candidates will receive all benefits and materials as soon as the application is complete and approved by the Indiana Grown for Schools Network.



Find more information at the [recognition program page](#). If you have any questions or need assistance with your application, please email Brianna Goode, Farm to School Coordinator at bgoode@health.in.gov



We Want To Hear From You!

Indiana School Health Professional Development & Technical Assistance Interest Form

The Indiana Department of Health, Division of Nutrition and Physical Activity, was recently awarded a five-year CDC grant to help improve student health and wellness in Indiana schools and communities. As part of this work, we would like to develop health-related professional development and technical assistance learning opportunities for school-based staff and community-based partners that is relevant, timely, and actionable.

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Please help us by filling out [this interest form](#) to help us plan future learning opportunities.

Indiana Food Vision Survey

The Indiana Food Vision is for every Hoosier who eats or grows food and who wants to have a voice in shaping our future! Together, we are creating a road map for cultivating a robust, nourishing, and equitable food system where all communities in Indiana thrive. The Indiana Food Vision is a 'by the people for the people' effort to center the voices of Hoosiers who eat, grow, or buy food in Indiana - that means YOU!

Please take a few minutes to share about your day-to-day food system experience by [clicking this link](#) to the survey.

Your Voice. YOUR Vision.



CSPAP Videos Now Available

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) recorded five [Comprehensive School Physical Activity Program \(CSPAP\)](#) videos. CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of physical activity each day and develop the knowledge, skills and confidence to be physically active for a lifetime. Each video focuses on a different topic of CSPAP as it relates to creating a success program at your school or school district. Click below to watch the videos.

- A Guide to CSPAP — [Webcast](#) | [PowerPoint Slides](#)
- Physical Education and Classroom Physical Activity — [Webcast](#) | [PowerPoint Slides](#)
- Recess Implementation — [Webcast](#) | [PowerPoint Slides](#)
- Before and Afterschool Physical Activity— [Webcast](#) | [PowerPoint Slides](#)
- Staff, Family, and Community Engagement — [Webcast](#) | [PowerPoint Slides](#)

For more information on creating a CSPAP, please contact Emma Smythe at esmythe@health.in.gov.



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.

Emma Smythe, Youth Physical Activity Coordinator **Jenna Sperry, School Health Coordinator**

To **promote, protect, and improve** the health and safety of all Hoosiers

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