



Division of Nutrition & Physical Activity

Indiana Healthy Schools Newsletter

September Edition 2024

Suicide Prevention Month

September is Suicide Prevention Month. This is a time to remember the lives lost to suicide while acknowledging those who have experienced suicidal thoughts, and the individuals, families and communities that have felt the impact of suicide. This month is to raise awareness and promote resources that can give hope to anyone in need. Suicide is a public health issue that affects people of all ages, genders, races and backgrounds. Suicide is preventable and with more awareness, education and research we can prevent deaths of thousands of Americans every year.



- **988 Suicide & Crisis Lifeline:** Call or text 988 for professional support for you or your loved one. This lifeline is accessible 24/7 and can also provide additional resources for finding a therapist or support group, building and using a support network, and make a safety plan.
- **Out of the Dark Community Walks:** The [Community Walks](#), held in hundreds of communities across the country, are the core of the Out of the Darkness movement, which began in 2004. These events give people the courage to open up about their own [connections to the cause](#), and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost. [Click here](#) to find a walk in your area!
- **National Suicide Prevention Lifeline:** Call 800-273-8255 (TALK)
- **Crisis Text line:** Text IN to 741741 for free, 24/7 crisis counseling. We're here for you!
- **SAMSHA Suicide Prevention Resources:** The resources and information on [this page](#) are designed to help states, territories, tribes, mental health and substance use disorder professionals, and others looking for information on understanding the background, history, funding opportunities, and implementation resources for strengthening suicide prevention and mental health crisis services.
- **YouthLine:** Free teen-to-teen crisis support and help line. YouthLine is confidential to a point- while the individuals on the line will never share conversations, they are mandatory reporters. If a young person is unable to agree to safety for themselves or another person or if someone has experienced abuse or assault, YouthLine may contact other agencies to ensure the best support and safety for the young person in crisis. Teens are available to help daily from 7-10 p.m. EST. (adults are available by phone at all other times). [Click here](#) for additional YouthLine information.

CSPAP Videos

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 successful 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.

September Trainings

Spots Still Available 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*):

- Bloomington, IN—Sept. 24, 2024; [click here](#)
- Indianapolis, IN—Sept. 25, 2024; [click here](#)

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



Division of Nutrition & Physical Activity



New IDOH, DNPA Staff

The IDOH, DNPA team recently hired Dwayne Brown, Jr. as the new Breastfeeding Strategies Coordinator!

Dwayne earned his bachelor's degree from Bethune Cookman University down in Daytona Beach, Florida. Dwayne then continued his education and received his masters degree in health care administration and public health this past spring from Indiana University Indianapolis. He is native to Indianapolis; outside of his IDOH role, his passion is football where he currently is the head coach of the freshman team at his alma mater, Warren Central High School.

Dwayne is ready to engage with stakeholders and brainstorm ideas to help close healthcare gaps as it relates to breastfeeding. He is looking forward to becoming in an ally for families around the state of Indiana!

Feel free to email Dwayne at dbrownjr@health.in.gov to start networking today!



Upcoming Events

Go NAPSACC Learning Cohort—Oct. 2 and 5: Early Care and Education (ECE) Providers will gain knowledge on evidence-based health, safety, and physical activity practices to help improve their programs at their own pace. This cohort is structured and guided by trained Go NAPSACC consultants excited to assist you with your program. Providers will receive learning credits for their time as well as an incentive from Lakeshore Learning! [See email attachment for more details!](#)

Family PE Week —Oct. 2-7: Help your students and parents understand that physical education is about teaching, learning, and fun. Students of all ages and grades are encouraged to showcase their age-appropriate leadership skills by planning and facilitating a PE lesson with guidance from their teacher. [Active Schools](#) has partnered with [Online Physical Education Network \(OPEN\)](#) to create enjoyable and engaging instructional content to help students bring PE to their families.

Walk, Bike, and Roll to School—Oct. 9: [The National Center for Safe Routes to School](#) is encouraging participation throughout the month of October. Recognizing that this fall, many schools are in session in different times, you are welcome again to register your participation as an entire school, a neighborhood, or a family. These events are important opportunities to gather as a school or community, encourage physical activity, and promote safety in your neighborhoods and near schools. [Click here](#) to find out how to get a start on planning and share the excitement for Walk, Bike, and Roll to school this year!

October is Farm to School Month—Every year the Indiana Department of Education and Purdue University Extension partner to create "*The Crunch Heard Around the State!*". On any day in October, Hoosiers come together for a delicious "**CRUNCH!**" to celebrate local agriculture's importance and fresh flavor and Farm to School Month. **The Indiana Great Apple Crunch** is a fun way to connect food and agriculture in classroom learning. It is also an ideal project to introduce more Indiana-sourced foods into your cafeteria's menu and to expand your institution's food procurement from Indiana farmers! [Click here to learn more.](#)

INSHAPE Annual Conference—Nov. 7-8: Professional development conference for health, physical education, recreation, dance, fitness, and exercise science staff. [Click here](#) for registration details.

Girls on the Run Indiana 5K — Nov. 16: Each Girls on the Run season comes to an end with a celebratory 5K. This closing event gives program participants of all abilities a tangible sense of accomplishment. Crossing the finish line instills confidence through completion and is a joyful moment program participants always remember! [Click here](#) for details.

Youth Vaping and Nicotine Use

[A new CDC feature article](#) highlights ways parents, educators, and health care providers can help youth reject or quit tobacco use, including e-cigarette use. Strategies include talking with youth about vaping, helping them understand the risks, and empowering them to practice healthy behaviors and positive coping skills. Many students who vape report using e-cigarettes because they feel anxious, stressed, or depressed. Healthy coping skills can help youth handle these feelings and avoid using e-cigarettes.

See below for social media messages you can use with the attached images to promote the article through your social media channels:

X (Twitter): Most e-cigarettes contain nicotine, which can affect students' learning, memory, attention, mood, and impulse control. Talk with youth about the risks of vaping: bit.ly/CDCtobaccoFeatures #BacktoSchool

Facebook: Most e-cigarettes contain nicotine, which can affect students' learning, memory, attention, mood, and impulse control. Talk with youth about the risks of vaping: bit.ly/CDCtobaccoFeatures #BacktoSchool



Learn more: bit.ly/CDCtobaccoFeatures



School Spotlight

13 Indiana Schools Make America's Healthiest Schools List

The 2024 America's Healthiest Schools list by Healthier Generation's prestigious annual recognition program was released in late September. This program celebrates schools for implementing best practices to support the physical, mental, and social-emotional health needs of the learning community. Of the schools chosen nationwide, 13 Indiana Schools were selected: **Park Tudor School and George W. Julian Elementary School (Indianapolis Public Schools); William Penn Middle School, Central Elementary School, College Park Elementary School, Deer Run Elementary School, Eagle Creek Elementary School, Eastbrook Elementary School, Fishback Creek Public Academy, Guion Creek Elementary School, Guion Creek Middle School, and Snacks Crossing Elementary School (all Pike Township); and East Tipp Middle School (Tippecanoe School Corporation).**

Awardees must meet criteria in the [Thriving Schools Integrated Assessment](#), an evidence informed tool that helps schools identify strengths and opportunities for improving policies and practices to advance health and learning with an integrated approach.

Congratulations to all Indiana schools chosen for this award! [Click here](#) for the 2024 America's Healthiest Schools Guide.



America's Healthiest Schools 2024

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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