

nrgBalance eNewsletter

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April 2011

Welcome to our April 2011 eNewsletter.

April is national [Let's Go Month](#). Join in the spirit of Let's G.O.! by bringing together intergenerational groups of people to get outside together to be active, have fun and connect with nature.

Enroll in the nrgBalance Zone Campaign by April 22

Enrollment in the 2011/12 nrgBalance Zone campaign continues through Friday, April 22.

Help us reach our goal of enrolling 1,000 schools for the 2011/12 school year! To date, 200 schools have enrolled.

Follow these three easy steps below to begin the enrollment process:

Step 1: Download the [25-question sample assessment](#) and work with members of your school's health team to complete the answers.

Step 2: Complete the [online enrollment form](#) to register your school building as a nrgBalance Zone for the 2011/12 school year.

Step 3: Take advantage of the many [resources](#) available to nrgBalance Zones to help the students you serve build active, healthy lives.

Move it Outside on April 20, 2011

Move it Outside Day is celebrated annually during National TV Turnoff Week in April. Celebrate Move it Outside 2011 on April 20 and join with schools and

youth/community groups promoting outdoor play.



A great way to celebrate Move it Outside is to participate in the [nrg Outdoors Challenge](#). The two-week activity provides youth with skills they need to engage in outdoor activities and learn five important behaviors for maintaining good health. During week one a teacher instructs youth on ways to achieve the five daily behaviors. Then, week two students are "challenged" to act one or more of the behaviors with someone outside the classroom.

Updated promotional templates and planning resources are now available [online](#).

Let's Move! Update

Let's Move announced their collaboration with The National Hockey League and USA Hockey during a street hockey clinic on the South Lawn in mid-March led by the Chicago Blackhawks.

Together, the organizations are going to increase the amount of street and ice hockey clinics nationwide and have declared November [Try Hockey for Free Month](#). The NHL is also airing a [PSA featuring the First Lady to get more kids to try hockey](#).

For more information on Let's Move, visit www.letsmove.gov.

Partner News

National Center for Safe Routes to School

Lessons from Florida's Crossing Guard Program Webinar - Tuesday, April 12, 1 p.m. EST

Adult school crossing guards play an important role in helping children cross streets safely at key locations on their way to school. In 1992, the Florida Legislature adopted the Ramon Turnquest School Crossing Guard Act in response to the fatality of a child at a guarded crossing. This law requires most local governmental entities that administer school crossing guard programs to train their guards according to guidelines adopted by the Florida Department of Transportation (FDOT).

The webinar will begin with a brief history of the program's origins and updates. The presenters will explain how the state training program works.

[Register online](#). For more information, please contact Nicole Mogul at nmogul@americawalks.org.

PSAHPERD

PSAHPERD and Fizika are partnering to bring Health/PE teachers professional development opportunities.

Workshops will feature an elementary and secondary track, showcasing Polar, Foundational Fitness, In School Golf, Commit

2Be Fit, Healthy Highway, and Innerlink.

Workshops dates/locations are as follows:

- Wednesday, April 13 @ Lock Haven University
- Thursday, April 14 @ Slipery Rock University
- Wednesday, April 20 @ Philadelphia Biblical University
- Thursday, April 21 @ PaTTAN Building (Harrisburg, PA)

Fees: Includes the workshops, materials, continental breakfast and lunch.

-- \$15.00 for students: LHU, SRU and PBU

-- \$20.00 for staff: LHU, SRU, and PBU

-- \$30.00 all other registrations

For quesitons or to register, please contact Linda Woods Huber at 717.627.1176 or via e-mail at lhuber@ptd.net.

Project PA

Healthier US School Challenge Training Opportunity:

A one day HealthierUS School Challenge Training will be held at the Harrisburg PaTANN on April 6, 2011 from 8:30 to 4 pm. This interactive training session will include practical tips for aligning school lunch menus with the HUSSC criteria. This session will be led by Carol Gilbert, a National Food Service Management Institute trained instructor with experience as a school foodservice director.

For more information about the webinar and the training, go to <http://nutrition.psu.edu/projectpa>.

Visit nrgBalance at Upcoming Conferences/Events

This spring nrgBalance is taking to the road.

Stop by our exhibit at the [Pennsylvania Association of School Nurses and Practitioners Conference](#), April 1 - 2, at the Valley Forge Convention Center.

Listen to our presentation at the upcoming [Pennsylvania PTA State Convention](#) on Saturday, April 9 at the Hilton in Scranton, PA.

Visit our booth at the [Chocolatetown Challenge](#) Health Fair on Saturday, April 16.

Take part in our Healthy Families exhibit at [Central Penn Parent's Family Favorites Festival](#) on Saturday, June 4 at the Harrisburg campus of Harrisburg Area Community College.

nrgBalance on Facebook and Twitter

Stay up-to-date with nrgBalance! Get information on nrgBalance initiatives; news and information related to childhood

obesity prevention, nutrition, and physical activity; and grant and award opportunities.



Grant/Award Opportunities

PEP Grant

Each year, the Carol M. White Physical Education Program (PEP) awards millions of dollars to schools and community-based organizations to initiate, expand, and improve physical education programs in grades K-12. Deadline: May 13, 2011

[Click here](#) to view the synopsis and link to the full announcement and application.

ING: Unsung Heroes 2011 Awards

The ING Unsung Heroes program annually provides grants to K-12 educators utilizing new teaching methods and techniques that improve learning. Each year, educators submit applications for an ING Unsung Heroes grant by describing projects they have initiated or would like to pursue. Each project is judged on its innovative method, creativity, and ability to positively influence students. 100 educators will be selected to receive \$2,000 to help fund their innovative class project. [Click here](#) to learn more about this grant. Deadline: April 30, 2011

Highmark Healthy High 5 School Challenge Grant

The grant program is designed to support schools in their efforts to introduce nutrition and physical activity programs that will create healthier students.

The Highmark Foundation awards School Challenge grants throughout the year to elementary, middle and high schools within its service region. Grants cover amounts up to \$10,000 per school building. Schools that receive grants are eligible to apply for another grant in the next year.

For more information, please visit

<http://www.highmarkhealthyhigh5.org/grants/schools.shtml>.

Finish Line Youth Foundation

Finish Line Youth Foundation focuses funding on organizations that provide opportunities for youth participation in the following areas:

- Youth athletic programs - Community-based programs addressing active lifestyle and team building skills.
- Camps - Established camps with an emphasis on sports and active lifestyle, especially programs serving disadvantaged and special needs kids.

[Click here](#) to see if you are eligible to apply.

Do Something Grants

Learn more at <http://www.dosomething.org/grants>.

Target Field Trip Grant Program

As part of the program, each Target store will award three Target Field Trip Grants to K-12 schools nationwide-enabling one out of every 25 schools throughout the U.S. to send a classroom on a field trip. Each grant is valued up to \$700. For more information, please visit

<http://sites.target.com/site/en/company/page.jsp?contentId=WCMP04-031880>.

nrgBalance is a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital. For more information on this and other initiatives of the Center, please visit www.nrgbalance.org.