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December 2009

Welcome to our December 2009 eNewsletter.

Happy Holidays from the staff of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital.

Congratulations 2009 Apple Crunch Photo Contest Winner

Apple Crunch

Congratulations Oswayo Valley Elementary School, winner of the 2009 Apple Crunch photo contest.



The winning photo will be featured on the 2010 Apple Crunch poster.

Thanks to all schools that submitted photos and stories.

Apple Crunch 2009 photo winner



Energy In Web cast - POSTPONED

The "Energy In" Web cast originally scheduled for Tuesday, December 8, 2009 has been postponed.

We will notify you as soon as a new date has been confirmed. Visit the [Energy Balance Learning Center](#) for information on this and other professional development opportunities.

"That's Unhealthy" Photo Contest for Teens

nrg Powered by Choice puts the power in teens' hands...the power to choose how they want to be healthy. And in a bigger way, it gives teens the power to change their school to make it a healthier place for everyone.

The ["That's Unhealthy" photo contest](#) challenges teens to take pictures of nutrition and physical activity environments that they perceive to be unhealthy, and would like to see changed. It is intended to give insight into how they conceptualize their circumstances and connect it to the Change it. level of the campaign.

If you have any questions about the nrg Powered by Choice campaign, please feel free to contact Rebecca Stametz at 717.531.1440x2 or via e-mail at rstametz@psu.edu.

Order nrg Powered by Choice Change it. Kits

nrg PbC Frisbee

Bring a healthy change to your school/ community or teach younger kids the importance of physical activity.



Order an nrg Ultimate Frisbee Fundraiser Kit or nrg Move it Outside Mentoring Kit, and help the youth you serve "create a world where everyone can be healthy."

nrg Powered by Choice Change it. Kits are available to registered nrg Advisors serving middle/high school or teen-led community groups in Highmark's 49-county service region. *Limit one kit per school or community group.*

[Order your kit online today.](#) Available on a first-come, first-serve basis.

Visit the [nrg Powered by Choice Web site](#) for more details, or contact Rebecca Stametz at 717.531.1440 ext. 1 or via e-mail at rstametz@psu.edu.

Survey from the Highmark Foundation

What's your opinion about children's health issues?

Highmark Foundation



As a professional in Pennsylvania's educational environment, you have first-hand knowledge of the issues involving our youth population. The Highmark Foundation would like to obtain your school's opinions about children's health programs which are utilized in school systems.

The Highmark Foundation invites you to take this 10 to 12-minute anonymous survey. Please go to the website link below:

<http://highmark.camposonline.com>

Please pass this link to others in your school that you feel should participate. This would include anyone on your wellness committee, health and physical education teachers, nurses, guidance counselors, bullying program coordinators, and administrators. Thank you in advance for your participation!

Please complete by December 8.

Learntobehealthy.org Offers Health Education Materials on CD Rom

Discount available to all PANA members

LearntobeHealthy.org, an eLearning site created by the Susan P. Byrnes Health Education Center, has added a new online store where teachers, parents and community leaders can purchase health educational tools on CD-ROM, workbooks and other supplemental materials.

Topic areas include:

- Nutrition & Fitness (Grades 2-12)
- The Five Senses (Grades 1-3)
- Tobacco & Inhalants (Grades 4 & 5)
- Adolescence (Grades 5 & 6)
- Dental Health (Grades 1-3)
- Mental Health (Grades K-12)

Each CD includes:

- Interactive games for students
- Engaging supplemental materials
- Detailed lesson plans
- Cross-curricular activities
- Standards-based educational tools

PANA members are invited to enjoy special savings of 25% off any [CD purchase](#) through June 30, 2010. Enter coupon code PANA.

Partner Announcements

Pennsylvania Beef Council

Pennsylvania Beef Council seeks a Director of Nutrition Education/Director of Northeast Beef Promotion Initiative Public Relations.

Under the direction of the Executive Director, the Director of Nutrition

Education represents the state beef council in all aspects involving nutrition; coordinates and implements beef nutrition programs for health professional, consumer, media, retail and food service audiences; acts as liaison with health organizations and associations; and delivers nutrition information through various channels.

In addition this position serves as the coordinator of selected dietitian events in the northeast region where there are no state beef councils, and to organize sponsorship of 4-5 special consumer events each year along the I-95 corridor between Washington DC and Boston. For more information, please contact Paul Slayton, Executive Director, at 1-888-4BEEFPA or pslayton@pabeef.org.

Healthy People 2020

Healthy People provides science-based, 10-year national objectives for promoting health and preventing disease. Since 1979, Healthy People has set and monitored national health objectives to meet a broad range of health needs, encourage collaborations across sectors, guide individuals toward making informed health decisions, and measure the impact of our prevention activity.

Every 10 years, the U.S. Department of Health and Human Services (HHS) leverages scientific insights and lessons learned from the past decade, along with new knowledge of current data, trends, and innovations. Healthy People 2020 will reflect assessments of major risks to health and wellness, changing public health priorities, and emerging issues related to our nation's health preparedness and prevention.

Stay involved and informed or provide online public comment, by visiting: <http://www.healthypeople.gov/HP2020/>.

Grant/Award Opportunities

Keep Gym in School Grants

The NFL Network recently launched the 2009 National Keep Gym in School Campaign - an effort that will give more U.S. students access to quality physical education.

During the 2009-2010 school year, Keep Gym in School will help even more schools expand and improve PE with the following:

- National School Adoption Grants. Middle schools throughout the country can compete for ten \$1,000 grants that will be awarded in the spring of 2010 to fund physical education program improvements. The public can nominate their local middle school at <http://www.keepgyminschool.com>
- School Adoptions & Minicamps. Once again, four deserving middle schools across the country will receive \$50,000 grants to help refurbish facilities, fund physical education instructors and add or update equipment. NFL Network hosts a pep rally and minicamp at each adopted school with on-air talent and players to motivate students.
- NFL Network In-School Fitness Program. Students from every middle school in the adopted schools' districts will compete in an In-School Fitness Program to assess student fitness, encourage students to stay active and allow teachers to monitor

student progress throughout the year.

- Public Service Campaign. Keep Gym in School Public Service Announcements (PSAs) featuring NFL players and raising awareness about the importance of Physical Education will be broadcast by NFL Network and its network distribution partners.
- Lesson Plans. Keep Gym in School developed in-school instructional material in partnership with National Association for Sport and Physical Education (NASPE) to get kids excited about PE. Football-inspired lesson plans and activity guides are available to PE instructors for free at <http://www.KeepGymInSchool.com/educators.html>.
- Keep Gym in School National Honors at NFL Draft Week 2010. NFL Network will host a national honors event in New York City during NFL Draft Week to recognize teachers and top-performing students from adopted school districts.

Do Something Grants

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

Nickelodeon - Big Green Help Grant

Nickelodeon's Big Green Help grant is providing resources to schools and community-based organizations to support environmentally friendly projects that educate and inspire kids to take care of the environment; be active and live healthily; and engage in community service.

Grants range from \$2,500 to \$5,000. Eligible applicants include elementary and middle schools (public and private non profit) and after-school community based organizations with a 501(c)(3) status serving children aged 5-15. Applicants must explain how the proposed project will benefit or enhance the learning experience of children, as well as its relevance to the environment, being active and living healthy, and/or community service. Additionally, applicant must host an Earth Day event in April or a Worldwide Day of Play event in September.

For more information, please visit: <http://bghevent.com/grant/index.htm>.

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Pennsylvania Advocates for Nutrition & Activity | Penn State College of Medicine | Dept. Public Health Sciences, A210 | 600 Centerview Drive, Suite 2200 | Hershey | PA | 17033