

Pennsylvania Advocates for Nutrition & Activity eNewsletter

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November 2009

Welcome to our November 2009 eNewsletter.

Keep reading to find a wealth of information and resources for making healthy easy across Pennsylvania through *nrgBalance*.

Congratulations Safe Routes to School Mini-Grant Recipients

SRTS Academy

Pennsylvania's Safe Routes to School Academy, in conjunction with the Pennsylvania Department of Transportation and the U.S. Department of Transportation, Federal Highway Administration, is pleased to announce that 30 Pennsylvania schools have received funding to build support for walking and bicycling to school.




The 30 recipients each received \$5,000 for school-based efforts to promote the five priorities of the federal Safe Routes to School Program: Education, Encouragement, Enforcement, Evaluation, and Engineering.

"Whenever possible, we encourage students to walk or bike to school. This promotes health and community cohesion," said PennDOT Secretary Allen D. Biehler. "However, we want to make sure that students are traveling as safely as possible. These grants will help ensure that schools are educating students and their guardians about walking and biking, as well as help the community find out how to become more walking and biking friendly."

[View the list](#) of Pennsylvania schools selected to receive the Safe

Routes to School Grants for the 2009/2010 school year.

Share Apple Crunch Success Stories & Photos

We look forward to receiving success stories Apple Crunch and photos from this year's Apple Crunch celebrations. Please consider sharing your organizations's celebration by [uploading photos and event details online](#) via the nrgBalance Web site. Simply click on the orange "upload your stories" button. 

Apple Crunch Photo Contest

Want to have your school, after-school program or community group featured on the 2010 Apple Crunch poster? [Upload](#) your photos today! All photos received prior to Friday, November 13 will be included in the judging. The winning photo will be announced in December.

National Apple Month Contest

If you featured apples or apple products on school lunch or breakfast menus as part of Apple Crunch™ 2009 celebrations, your school food service has an opportunity to win cash prizes through the National Apple Month Contest.

Entries are due by Friday, November 13. [Download the promotional flyer to learn more.](#)

Thank you Apple Crunch 2009 sponsors: Appeeling Fruit, Pennsylvania Apple Marketing Board, and National Apple Month.

Congratulations nrg Walks Challenge Winner!

Congratulations to the nrg Walks Challenge winner, Claysville Elementary School, for walking over 45,000 minutes during International Walk to School Week.

Save the Date: December 8 Web cast

Save the date for Tuesday, December 8, 2009 for the "Energy In" Web cast presented by the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital. A detailed agenda is forthcoming.

Please register for this free Web cast through the [Energy Balance Learning Center](#).

"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.

nrg Powered by Choice Change it. Kits

Available to order November 11

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.*

50 nrg Ultimate Frisbee Fundraiser kits and 25 nrg Move it Outside Mentoring kits will be available. [Order your kit online](#), beginning November 11. 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.

nrg Powered by Choice - Healthy Fundraiser Options

nrg Powered by Choice has partnered with Canteen to offer middle schools and high schools an unique healthy beverage fundraiser and healthy vending machines to increase access to low/no calorie beverages.



1) [nrg Healthy Beverage Fundraiser](#)-- this is a unique healthy beverage fundraiser available to all schools in PA.

Canteen will provide cases of low/no calorie Pepsi or Coke products at discounted prices. All beverages are low/no calories and are equal to the Teri 1 Institute of Medicine Nutrition Standards for Schools. Proceeds of the fundraiser can be used to support your school.

To get started contact:

Michele D. Short
Regional Sales Director
Mobile: 443-206-1291
Fax: 443-947-0786

2) nrg Healthy Vending -- Would you like your school to offer healthier foods and beverages in your vending machines?

Would you like a portion of the profits from the sales go back towards

your nrg Club, or support your wellness activities? If so, visit the nrg Powered by Choice Web site and complete the Pre-Questionnaire.

Within 1 week (5 business days) of completing the [Pre-Questionnaire](#) a representative from Canteen Vending Services will contact your school and discuss the viability of an agreement.

For additional information on fundraiser please visit the nrg Powered by Choice Web site at: www.poweredbychoie.org.

Monthly School Wellness Messages

December message now available.

PANA is pleased to partner with WiseSNAC and the Health Promotion Council to offer monthly school wellness messages. These monthly messages can be found [online](#) under the "health education materials" tab on the nrgBalance Web site. Each monthly messages is added one month in advance.

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 November 25.

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.

PANA Partner Announcements

PSAHPERD

Save the Date: PSAHPERD Annual State Convention

November 19 - 22, 2009

Valley Forge Convention Center

For more information, please visit

<https://secure.nowwebdesign.net/psahperd/convention2.html>.

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.keepgyminschoo.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.keepgyminscool.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>.

PANA logo_BW



Pennsylvania Advocates for Nutrition and Activity

(PANA) work collectively to make it easier to be healthy in the places where we live, learn, work and play. By bringing together health and wellness champions at the local, regional and state level, the network is changing environments to support healthy eating and physical activity options.

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