

Pennsylvania Advocates for Nutrition & Activity eNewsletter

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October 2009

Welcome to our October 2009 eNewsletter.

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

Safe Routes to School Academy Grants - Deadline FRIDAY, OCTOBER 16

SRTS Academy

The Safe Routes to School Academy grant program offers small grants in the amount of \$5,000 each to schools (public or private), grades K-8 (high schools may apply if they include at least one grade K-8) to help improve the safety of walking and bicycling to school.



In addition to the \$5,000 grant, schools will be eligible to receive a FREE 2-day walkability audit, during which a team of trained experts will observe main walking routes to school and develop a comprehensive plan on how to improve the safety of those routes. This costly service will be FREE to all schools selected to receive the grant.

The grant program is intended for both:

- Schools that have experience planning and implementing activities to promote walking and bicycling to school and safe walking and bicycling practices; and
- Schools that have little or no experience planning and implementing these types of activities. If you fall within this category: this grant is a great way for your school to get started, and we strongly encourage you to apply!

Applying is as easy as 1-2-3! Visit <http://www.srtsacademy.org/grants/index.cfm> for more details.

Celebrate Apple Crunch 2009

October 28, 2009

Apple Crunch

Apple Crunch is right around the corner. It's time to kick planning efforts into high gear. It's not too early to begin planning your healthy eating activities for the 2009/2010 school year. Make plans now to celebrate Apple Crunch 2009 on Wednesday, October 28.



Visit the [online planning guide](#) for celebration ideas: classroom, cafeteria, phys ed, community groups and field trips. New this year, [apple-related lessons and activities](#) are NOW available.

Appeeling Fruit is once again providing a discount to schools interested in ordering bagged apple slices as part of Apple Crunch celebrations. For more details and a list of participating distributors, download the [promotional flyer](#).

[Promotional materials](#) including sample news release, parent letter, newsletter insert, resolution, and stickers; as well as a downloadable apple crunch 2009 poster are available to help publicize your event.

Participating school food service directors will also be eligible to win one of four monetary prizes from National Apple Month. [Download the promotional flyer](#) to learn more.

Apple Crunch 2009 is sponsored by Appeeling Fruit, Pennsylvania Apple Marketing Board, and National Apple Month.

Last Chance to Order nrg Back to School Packs

Limited quantities of nrg Powered by Choice Back to School Packs remain. Don't miss this opportunity get some free gear for your middle or high school. Back to School packs include magnets, eco bags, posters, flyers and stall talkers.



Requirements to order a 2009 nrg Powered by Choice Back to School Pack:

- Must be a registered nrg Powered by Choice Advisor for HS/MS or community groups
- Must serve teens ages 13-19
- All orders must serve Highmark's 49 county service region
- Elementary Schools that order Packs that serve students under age 13 will not be shipped
- One pack per Advisor

[Order your FREE back to school pack TODAY!](#)


"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 - 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.

Share your Walk to School Day Success

Submit Photos & Success Stories

Congratulations to all those who participated in International Walk to School Day 2009. We saw some amazing press coverage from across the state.

We invite you to school photos and event details from your school's Walk to School Day celebration.

Photos and stories may be used in post-event summaries and featured online at the nrgBalance Web site. [Please upload photos and event details online](#). Simply click on the orange "upload your stories" button.

Congratulations Cross PA Health Ride Schools

7 days -- 7 schools - 420 miles -- 2,500+ children

The Cross Pennsylvania Health Ride & Kids Fitness Days was a week-long, 420 mile bike ride led by former Navy Lt. Commander, physician and star of ABC's The Bachelor: Officer and a Gentleman, Dr. Andy Baldwin.

During the seven-day event, designed to raise awareness about childhood obesity, Dr. Baldwin stopped at six schools and celebrated by hosting interactive assemblies on healthy eating and physical activity.

Congratulations to the following schools that were selected to host assemblies/events:

- Lincoln Technology Academy, Pittsburgh, PA
- Rockwood Elementary School, Rockwood, PA
- Everett Elementary School, Everett, PA
- Fayetteville Elementary School, Fayetteville, PA
- Cumberland Valley High School, Mechanicsburg, PA
- Park Elementary School, Columbia, PA
- Hill-Freedman Middle School, Philadelphia, PA

For more information on the health ride or to read Dr. Baldwin's blog of the event, please visit www.healthride.org.

Monthly School Wellness Messages

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.

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](#).

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>.

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.

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.

UnitedHealth HEROES Grants Support Youth-Led Innovative Solutions to Leading Health

(Deadline: October 22)

Educators, service-learning coordinators, and students in the health professions are eligible to apply for the UnitedHealth HEROES service-learning project grants. Service-learning is a teaching and learning strategy that combines meaningful service to the community with school-based curriculum or program-based learning.

Grant recipients will receive up to \$1,000 in support for service-learning projects that focus on childhood obesity, engage youth ages 5-25 in the planning and implementation process, and take place during Semester of Service 2010 (MLK Day, January 18, to Global Youth Service Day, April 23-25).

The grant cycle opens August 1 and applications are due October 22, 2009. Eligible states include: AL, AZ, AR, CA, CO, CT, DC, DE, FL, GA, HI, IL, IN, KY, LA, MD, MA, MI, MN, MO, MS, NV, NJ, NM, NY, NC, OH, PA, RI, SC, TN, TX, VA, WA, and WI.

To access the application, complete our [Eligibility Quiz](#). If you are eligible, you will be given access the application materials.

Do Something Grants

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

Pennsylvania Advocates for Nutrition and Activity (PANA) work collectively to make it easier to be healthy in the places

PANA logo_BW

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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