

# HEALing NEWSLETTER

February 2014

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[Email Judy Harper](#)

[Email Arpiné Shakhbandaryan](#)

[Email Joanna Galeas](#)

[www.HealZones.org](http://www.HealZones.org)



## Virtual Brown Bag Learning Series

**SOPARC & SOPLAY:**  
**Observing Play and Recreation in Communities and Youth**  
**Thursday, February 27, 2014 | 12:00 - 1:30 PM**  
[Registration](#)

We invite you to participate in the upcoming Virtual Brown Bag (VBB), a monthly web convening aimed at generating discussion and peer learning by Southern and Northern California HEAL Zone grantees and their partners.

Do your partners or resident leaders have questions about how to observe and evaluate physical activity in the park and school settings? Center for Community Health and Evaluation will provide an overview of two observation tools you can use to monitor park, school, and after-school physical activity strategies. Discussion instigators from the HEAL communities will also share their experience in using these tools to inform community and school based physical activity programs. We invite school, parks and recreation staff, and resident leaders to participate.

## Peer Exchange & Site Visit Opportunities

We are kicking off 2014 with a pilot peer exchange program for promising healthy eating active living strategies in Southern California communities. [Email us](#) to learn how you can participate in these learning opportunities.

**Whittier City School District Wellness Council**  
**February 26, 2014 | 12:30 - 2:00 PM**

Observe the wellness council meeting in action and learn how Whittier City School District engages parents in policy and environmental change strategies to improve student health.

**West Ventura HEAL Zone Coalition**  
**March 12, 2014 | 6:00 - 8:00 PM**

Observe resident leaders working side by side with city, county, and community based organization to implement HEAL strategies. Understand the different coalition and working group models to successfully engage, incorporate, and sustain residents and youth participation.

**Healthy North Long Beach Coalition**  
**March 19, 2014 | 11:30 AM - 1:00 PM**

Observe resident leaders working side by side with city, county, and community based organization to implement HEAL strategies. Understand the different coalition and working group models to successfully engage, incorporate, and sustain residents and youth participation.



### *Anaheim YMCA Participates in North Long Beach Walk Audit*



After dropping their kids off at school, Grant Elementary parents in North Long Beach quickly made their way to a bungalow on campus to participate in their school walk audit. They eagerly shared stories, ideas, and suggestions for ways to improve safety, walking, and biking opportunities for their families around the school. Javier Gonzalez, HEAL Coordinator from Anaheim YMCA, was amongst the participants and said, "it was important for City public works staff to be present throughout the meeting to respond to resident questions and concerns." Coalition for a Healthy North Long Beach in partnership with Rye Baerg from National Safe Routes to School Partnership organized the walk audit on January 24th. For more information, contact [Shawna Stevens](#).



### *Lancaster School Administrators Participate in El Monte City School District Breakfast in the Classroom*



Superintendents, school food service directors, principals, parents, and city officials from across California surged at Wilkerson Elementary School in the City of El Monte to view breakfast in action. Jean Varden, HEAL Project Coordination in Antelope Valley said, "the event was very useful to help the school administrators envision how the program can work and steps to get started." Marilyn Belcher, Director of Child Nutrition at Lancaster School District; Anita Molino, Director of Child Nutrition at Eastside Union School District; and Margo Deal, Principal at Eastside Elementary School commended the City and School District relationship to create a healthy community.

In 2013, the El Monte City School District in partnership with the City and Mayor's office Wellness Team rolled out Breakfast in the Classroom in all 14 of their elementary schools. California Food Policy Advocates organized the morning visit on February 6th to showcase best practices to increase school breakfast participation. Dr. Robert Lewis, Food Service Director, shared the strategies, fiscal benefits, and ongoing efforts to build a culture of student wellness. Teacher Minerva Garcia shared how breakfast in the classroom has reduced tardiness, nurse visits, and enhanced her students' focus on their lessons. The Mayor, Councilwomen, and School Board Members were also present to recognize the school district efforts and vision to create a healthy community.

For more information, contact [Arpiné Shakhbandaryan](#).

To be featured in the newsletter, please [email us](#) a description of your site's highlight.

## Announcements & Events



### **Fire Up Your Feet Spring Activity Challenge Sign Up Now**

Students, families, and school staff at any K-8 school in California can sign up, start tracking, and help their school earn awards! A total of \$30,000 will be awarded to participating California K-8 schools. The Spring Challenge takes place April 1-30. [Details](#)



### **Active Living Research Annual Conference**

**March 9-12, 2014 | San Diego, CA**

Active living has evolved from an emerging research field to a nation-wide movement of implementing evidence-based strategies to create active communities. The conference will bring together experts to share lessons on international obesity prevention research on urban Latino populations in the US, Colombia, Mexico, and Brazil. [Details](#)



### **Youth Advisory Board**

**Applications Due March 14, 2014**

The Youth Advisory Board is one of the only youth-led advisory groups in the country focused on childhood obesity issues. The current 21 youth leaders play an integral role in advising and providing a youth perspective to the Alliance as they strive to encourage young people across the nation to make healthy choices. Board members also serve as national spokespeople for the Alliance speaking at local and national events, interviewing with journalists and health-education experts, engaging with community leaders, and addressing their peers. [Details](#)



### **Healthy Hunger-Free Kids Act of 2010:**

#### **Smart Snacks in School Rules**

**Schools Must Comply by July 1, 2014**

On June 27, 2013, the USDA announced its finalized "Smart Snacks in School" rules which set limits on calories, fats, sugar, and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. The rules affect "competitive foods," which are snacks sold in vending machines, a la carte lunch lines and in student stores in elementary, middle, and high schools that participate in the National School Lunch Program. The new Smart Snacks in School rules set limits on calories, fats, sugar, and sodium and encourage the consumption of dairy, whole grains, protein, fruits and vegetables. [Details](#)

## Resources & Learning Opportunities



ChangeLab  
Solutions

### **Move This Way: Making Neighborhoods More Walkable and Bikeable Toolkit**

ChangeLab Solutions has developed a new resource to help making communities more walkable and bikeable. The toolkit explains how zoning and subdivision codes can make your community more welcoming to outdoor activities. It is designed to help public health department professionals, advocates, and others as they update and revise subdivision codes. [Details](#)



### ***Everyone is a Pedestrian Awareness Campaign***

America Walk reports that nationally, 205 people are injured or killed while walking every day! Pedestrian safety is a critical issue. The USDOT has launched a campaign called "Everyone is a Pedestrian." The campaign's website includes research, curriculum, and program ideas. America Walks is a national resource which fosters walkable communities by engaging, educating, and connecting walking advocates. [Details](#)

## Grant Opportunities

THE  
***Strategic Growth Council***

### ***2013 Sustainable Communities Planning Grant***

**Award Amount: Various**

**Deadline: February 28, 2014**

The grant provides a unique opportunity to improve and support infill development and equity through improvement of existing infrastructure; protect and conserve natural resources and the state's working lands; and encouraging efficient development partners in areas for growth is projected through a collaborative and coordinated approach. [Details](#)



**National Recreation  
and Park Association**

### ***Out-of-School Time Programs Grant***

**Award Amount: \$35,000**

**Deadline: March 6, 2014**

NRPA is pleased to announce the availability of grant funds to support children's health through park and recreation out-of-school time programs. Grant funds will be designated for expenditures that help local park and recreation agencies achieve the three main goals of the program: increase healthy meals served to children; provide evidence-based nutrition literacy to children; and implement nutrition and physical activity standards. [Details](#)



**GENERAL MILLS FOUNDATION**

### ***Champions for Healthy Kids Grant***

**Award Amount: \$20,000**

**Deadline: March 14, 2014**

Launched in partnership with the Academy of Nutrition and Dietetics Foundation and the President's Council on Physical Fitness and Sports, this has become a flagship program of the General Mills Foundation, distributing more than \$5 million in grants to nonprofit organizations. Through the Champions for Healthy Kids program, the General Mills Foundation will award 50 grants of \$20,000 each to nonprofit organizations working to improve nutrition and physical fitness behaviors for youth. [Details](#)



### ***Farm to School Grant***

**Award Amount: Various**

**Deadline: April 30, 2014**

The purpose of the USDA Farm to School Grant Program is to assist eligible entities in implementing farm to school programs that improve access to local foods in eligible schools. On an annual basis, USDA awards up to \$5 million in competitive grants for training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships, and implementing farm to school programs. [Details](#)





### **Active Transportation Program**

**Award Amount: Various**

**Deadline: May 21, 2014**

The State of California will release the new Active Transportation Program Call for Projects on March 21st. Roughly \$180 million are available for funding for bicycle, pedestrian, and Safe Routes to School capital improvement, planning, design, construction, education, and enforcement projects. Several workshops will be held to help jurisdictions develop their application:

#### ***Preparing Successful Proposals and Effective Projects***

**Southern California Association of Governments**

**March 4, 2014 | 9:00 AM - 1:00 PM**

[Details](#)

For questions, please contact [Rye Baerg](#) or [Pauline Chow](#).

## Policy Updates



### ***House Passes Farm Bill***

WASHINGTON - Chairman Frank Lucas issued the following statement after the U.S. House of Representatives passed the Agricultural Act of 2014 by a vote of 251-166.

"I am pleased a majority of my House colleagues joined me in supporting a five-year, comprehensive farm bill. I appreciate the efforts of everyone who helped get us here. This is legislation we can all be proud of because it fulfills the expectations the American people have of us. They expect us to work together to find ways to reduce the cost of the federal government. The Agricultural Act contributes major savings to deficit reduction, significant reforms to policy, and yet still provides a safety net not only for the production of American food and fiber, but also to ensure our fellow citizens have enough food to eat. I am hopeful this legislation will enjoy the same success when the Senate considers it, and I encourage the president to sign it quickly into law," said Chairman Frank Lucas.

[Details](#)

## About

The HEALing Newsletter is published monthly to provide important grantee updates and highlight Southern California HEAL activities. The Newsletter also includes a calendar of upcoming events, resources, learning opportunities, grant funding notices, and policy updates. If you have questions or comments, please contact Judy, Arpiné, or Joanna using the contact information below.

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