

HEALing NEWSLETTER

September 2013

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[Email Judy Harper](#)

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[Email Joanna Galeas](#)

SAVE THE DATES

Network Leader Learning Circle

Tuesday, October 15, 2013 | The Hilton Pasadena
Open to Southern California HEAL Initiative Coordinators

Fall Learning Community

Wednesday, October 16, 2013 | The Hilton Pasadena
Open to Southern California HEAL Initiative Partners

www.HealZones.org



Virtual Brown Bag



Keeping Kids Moving: Physical Activity Opportunities During and After-School

Thursday, September 26, 2013 | 12:00 - 1:30 PM

[Registration](#)

Physical activity during and after-school can help kids stay healthy, learn better, behave better, and miss fewer days of school. Kaiser HEAL communities are implementing active recess, in-classroom physical activity videos, and revamping after-school physical activity policies and curriculum. We want to know what worked, what changed, and how effective and sustainability are these strategies. **Linda Luna-Franks, Program Director of Kid Healthy in Anaheim and Dianne Wilson-Graham, Physical Education Consultant in Lancaster will launch our discussion with stories from their communities.** We invite partners leading physical activity strategies, school administrators, teachers, after-school staff, parents and students to join this discussion on keeping kids moving.

The Virtual Brown Bag (VBB) is a monthly web convening aimed at generating discussion and peer learning by Southern California HEAL Zone grantees and their partners.

HEAL Site Highlights



Anaheim Removes Chocolate Milk and Adds Salad Bars

The removal of chocolate milk pilot at Lincoln and Edison Elementary Schools located in the HEAL Zone has sparked similar changes across the Anaheim City School District (ACSD). Christopher Corliss, Program Coordinator from the Center for Healthy Kids & Schools, congratulated the district for setting the bar for all Orange County schools. Leslie Coughlan, ACSD Pupil Services Director, and Activate Anaheim coalition member, attributed the changes to strong principal support, the Rethink Your Drink education campaign, and the work of parent advocates. For more information on Activate Anaheim contact [John Guastaferro](#).

Anaheim Union High School District (AUHSD) has also made strides in improving access to healthier lunches for high school students. Through their strategic partnership with United Fresh Produce Association (UFPA), Terry Pangborn-Gerner, Director of Nutrition Services, implemented 18 salad bars in AUHSD. UFPA, the founding partners of the Let's Move Salad Bars to Schools initiative, has worked with the produce industry to donate over 400 salad bars to schools throughout California. For more information on UFPA visit their [website](#).



North Long Beach Removes Chocolate Milk from Breakfast

Darlene Martin, Nutrition Services Assistant Director, worked closely with HEAL Zone partners to pilot the removal of flavored milk from breakfast in Grant and Star King Elementary Schools and Hamilton Middle School. The school has launched the new year with the continued removal of flavored milk from breakfast. They are working together to evaluate milk sales data to assess the program effectiveness. For more information contact [Shawna Stevens](#).

If you would like to be featured in the monthly newsletter, please send a description of your site's highlight to [Arpiné](#).

Announcements & Events



All Aboard: Making Equity Central in Transportation Planning September 27, 2013 | 11:30 AM - 1:00 PM

Transportation is a critical link connecting people to jobs, schools, housing, health care, and grocery stores. Even more, transportation planning and investment decisions is central to creating equitable regions. This webinar will focus on how to incorporate equity into the transportation decision-making process in order to foster just and fair inclusion. [Details](#)



**2013 Healthy Schools Program Forum
Honoring the Healthiest Schools in Our Program
September 30, 2013 | 4:00 PM**

The Forum will honor schools from across the nation that have transformed their campuses into healthier places and met rigorous healthy school benchmarks established by the program. This year more than 250 schools have received the bronze, silver, or gold National Recognition Award. Watch the live stream to enjoy the ceremony, hear remarks, and join in on the excitement. [Details](#)



**Talking about Health in All Policies
October 2, 2013 | 11:00 AM - 12:15 PM**

Increasingly, communities throughout the United States are adopting a Health in All Policies framework by incorporating health considerations into decision-making across all policy areas. This work requires frequent communication with health and non-health partners, funders, and political leaders, many of whom are new to this approach. In this Web Forum, Berkeley Media Studies Group will talk about how organizations can develop and refine their messages to support Health in All Policies. [Details](#)



Multicultural Community Engagement: Putting Childhood Obesity Prevention Strategies to Work in Diverse Communities

October 2, 2013 | 11:00 AM

Local prevention efforts require an understanding of racial and ethnic disparities in health outcomes and access to care, tools for reaching beyond language barriers and cultural perceptions, skills to build cultural competency and effective coalitions, and best practices for framing, messaging, and targeting childhood obesity strategies to diverse communities. This webinar will explore successful strategies local governments can use to fully include and engage communities of color in the effort to prevent and reduce childhood obesity. [Details](#)



International Walk to School Day

October 9, 2013

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school. Visit the website for resources to start or enhance an event at school. [Details](#)



**CA Healthy Beverage Summit
October 21, 2013 | Los Angeles, CA**

The inaugural summit will bring together public health advocates, leading researchers, policy makers, and organizations eager to reform beverage landscapes that will improve the well-being of all Californians, especially youth, low-income persons, and communities of color. [Details](#)



Food Day

October 24, 2013

Food Day is a nationwide celebration and movement that seeks to bring together Americans from all walks of life to bring visibility to the need for healthy, affordable food produced in a sustainable, humane way. The ultimate goal of Food Day is to strengthen and unify the food movement in order to improve our nation's food policies. [Details](#)

Resources & Learning Opportunities



Back To Class: Three Ways School Meals (and Snacks) Will Look Different

With the average American child spending up to 20 hours a week in school, it follows that they are doing a good part of their daily eating there as well. The Time article update on changes that state and federal health officials are making to ensure that what kids are noshing on in between class nourishes their bodies as well as their brains. [Details](#)



National Farm to School Month

September signals the beginning of another school year, the transition to autumn, and, for many schools and districts around the country, preparation for National Farm to School Month. In October, USDA will join thousands of schools in celebrating their connections to local agriculture and the myriad ways that those connections benefit students, producers, and communities. [Details](#)



Five Tips: Kick off a Healthy School Year

Casey Hinds, a healthy Schools Program Ambassador, shares her top five tips for kicking off a healthy school year by implementing school wellness policies, identifying champion parents and teachers, providing non food prizes, hosting fun and healthy parties and fundraisers. [Details](#)



School Fundraisers with Farm Fresh to You

Farm Fresh To You is a Community Supported Agriculture (CSA) program delivering fresh produce from farms to homes and offices in the greater Sacramento area, San Francisco Bay Area, Los Angeles, Ventura, Orange, and San Diego counties. The organization is excited to be able to help California schools earn money to help support much needed school activities. [Details](#)



Obesity Rates Decline among Low-Income Preschoolers

Obesity rates among low-income preschoolers have declined in 19 states and United States territories between 2008 and 2011, according to a report released by the Centers for Disease Control and Prevention. "While it's not possible to isolate the cause of the decline, we know from other research that strong policies supportive of healthy weight are associated with improved weight outcomes in children," said Kathryn Henderson, PhD, Rudd Center Director of School and Community Initiatives. [Details](#)



F as in Fat: How Obesity Threatens America's Future 2013

After three decades of increases, adult obesity rates remained level in every state except for one, Arkansas, according to the new report from the Trust for America's Health and the Robert Wood Johnson Foundation. Since 2005, there has been some evidence that the rate of increase has been slowing. [Details](#)

Grant Opportunities



Whole Kids Foundation Garden Grant In Partnership with FoodCorps

Application Deadline: October 31, 2013

Award Amount: \$2,000

School garden grants are available for a nonprofit K-12 school (public, private or charter -- elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. Recipients will be announced in Spring 2014. [Details](#)

Policy Updates



FDA Scheduled to Issue Final Menu Labeling Regulations

The Food and Drug Administration recently announced that it plans to finalize nutrition labeling standards for restaurants and vending machines in September. The new nutrition labeling standards would require certain food service establishments to disclose calorie information on menus and menu boards. [Details](#)

Smart Snacks in School Rule

The Smart Snacks in School nutrition standards support better health for our kids and echo the good work already taking place in schools across the country. The new standards preserve flexibility for time-honored traditions like fundraisers and bake sales, and provide ample transition time for schools. USDA is committed to working closely with students, parents, school stakeholders and the food and beverage industries to implement the new guidelines, and make the healthy choice the easy choice for America's young people. [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, and Joanna using the contact information below.

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