

## HEALing NEWSLETTER

October 2012

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### California Local School Wellness Policy Update

**Letter from Tom Torlakson  
 State Superintendent of Public Instruction  
 September 7, 2012**

Tom Torlakson, the State Superintendent of Public Instruction, is encouraging all County, District Superintendents, and Charter School Administrators to update and implement their Local School Wellness Policy (LSWP) as part of the infrastructure for sustaining student wellness.

The California Department of Education is requiring that school districts review and update their LSWP for compliance with new requirements during the upcoming 2012-13 school year. Districts must also inform and update the public about their LSWP, preferably using a variety of approaches and media targeted toward each audience.

Click [here](#) to read the full letter.

### HEAL Site Highlights



#### **De Anza Middle School from Ventura Receives Silver Designation from Healthier U.S. School Challenge**

The Healthier U.S. School Challenge (HUSSC) is a voluntary certification initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of healthy school meals, nutrition education promotion, and incorporation of physical activity. Four levels of superior performance are awarded: Bronze, Silver, Gold, and Gold Award of Distinction. Several schools from Ventura Unified School District received this distinction of which De Anza Arts and Technology Academy Middle School received the silver designation. Click [here](#) for more information on how your school district can participate.



#### **Healthy Eating Active Living (HEAL) Cities Campaign Is your City a HEAL City?**

The Healthy Active Living (HEAL) Cities Campaign is a partnership of the League of California Cities and the California Center for Public Health Advocacy. Current Members from Kaiser Permanente Southern California HEAL Sites are Lancaster, Long Beach, Ontario, Riverside, and Ventura. Join by adopting a policy to improve physical activity and healthy food opportunities, or adopt a resolution with specific policy goals. Click [here](#) for more information on how to become a HEAL City.

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

## Upcoming Events



### ***Drinking Water in Schools: Translating Good Policy into Great Practice***

**Thursday, October 18, 2012 | 10:00 am - 11:15 am PDT**

Federal law requires schools participating in the National School Lunch Program to provide access to free drinking water during lunch time where meals are served to students. While promoting tap water as an alternative to sugary beverages in schools is an important obesity prevention strategy, many schools are struggling to make free drinking water accessible to students. Join this webinar to learn about the "water in schools" requirements, how to address concerns about the safety of tap water, and potential funding sources and new strategies, including alternatives to the standard drinking fountain. Click [here](#) for details.



### ***The School Day Just Got Healthier***

**Every Tuesday until October 23, 2012 | 12:00 Noon**

This school year, there will be great, healthy changes to school meals, and the USDA wants to make sure parents, students, and schools are ready for those changes. Join the webinar to learn about these changes, the products and tools available for different stakeholders, and what you and your organization can do to help make the school day healthier! Click [here](#) for more details.



### ***Plan Now: National Food Day 2012***

**Wednesday, October 24, 2012**

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. Register your event by September 24 to receive program materials. Click [here](#) for more details.



### ***Designing for Pedestrian Safety***

**Tuesday, October 30 & Wednesday, October 31, 2012 OR  
Thursday, November 1 & Friday, November 2, 2012**

This workshop is designed for Planners, engineers, and traffic safety professionals to learn about effective solutions and best practices in design and operations for pedestrian safety. Sessions are held at Metro Headquarters, One Gateway Plaza, Los Angeles, CA 90012. Click [here](#) for more details.

## Resources & Learning Opportunities



### ***October is National Farm to School Month***

This is a time to celebrate the grassroots efforts to bring healthy, locally grown food to California's schools! Farm to School Month coincides with Food Day (October 24) and National School Lunch Week (October 15-19). Resources are available to help spread the word about all of the wonderful efforts to provide delicious and healthy school meals, promote school garden education and supporting local agriculture in our state. Click [here](#) for details.



### **Active Bodies, Active Minds Physical Activity and Academic Achievement**

Number of studies show that students who spend time in Physical Education or other school-based physical activity increase or maintain their grades and scores on standardized tests even when they receive less classroom time for academic subjects. Schools that offer quality physical activity programs also see increased student concentration and reduced disruptive behavior. Therefore, cost-effective strategies to maximize opportunities for physical activity for all students should be included in decisions aimed to improve student learning and academic achievement. Click [here](#) for details.



### **Dietary Behaviors of a Racially and Ethnically Diverse Sample of Overweight and Obese Californians**

Efforts to intervene with people who are overweight or obese need to consider their racial/ethnic backgrounds and develop culturally tailored interventions. Latino and Asian immigrants eat more fruits and vegetables whereas subsequent generations consume more junk food. Given the importance of family in these two communities, efforts targeting healthy eating should take a multigenerational approach that emphasizes the healthiest food choices, are compatible with cultural origins, and take into account close relationships within the family to change behavior, researchers said. Click [here](#) for details.



### **SPARK Webinars: Grants and Funding**

Learn how to search, write, submit, and execute grants for PreK-12 physical education, health and wellness, childhood obesity prevention, and more! If you are a PEP hopeful, a Community Transformation Grant applicant, or a dedicated teacher whose students could benefit from some financial support, this webinar is for YOU. Click [here](#) for more details.

## Grant Opportunities



### **2012 Healthy School Makeover Contest**

**Application Deadline: October 31, 2012**

One lucky K-12 school will win a comprehensive Healthy School Makeover worth up to \$45,000.00! To enter please submit a short 3 minute video explaining why YOUR school needs a "healthy school makeover" and how you will commit to improving the healthy living of your students. Videos must be submitted by a school teacher or administrator but can contain contributions from students and/or community members as well. Click [here](#) for details.



### **Kick the Can Youth Essay Contest for Teens!**

**Entry Deadline: November 15, 2012**

Kick the Can and the Weight of the Nation invite teens to take the lead in the fight against childhood obesity by helping to decrease sugary drink consumption! The essay contest is open to US residents ages 13 through 18 and the winner will receive a \$100 Visa gift card. Click [here](#) for details.

## Policy Updates



### **Healthy, Hunger-Free Kids Act of 2010: School Meals**

Students can expect benefits from healthier and more nutritious food in school. Thanks to the Healthy, Hunger Free Kids Act, major improvements are being made across the country to transform school food and to promote better nutrition and reduce obesity. Learn more about the changes, take action within your schools and community, and get on board with this exciting time in school meals. Click [here](#) for more details.

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