

Dear *Health Link* subscriber:

NSBA's School Health Programs Department's services are made possible through funding received from the Centers for Disease Control and Prevention (CDC). On May 14, 2011, our current five-year funding awards will expire. Therefore, this will be the last issue of *Health Link*. NSBA has submitted competitive proposals to the CDC for future funding to sustain school health-related services. Should NSBA receive additional funding, we will use your recent evaluation of this service and our new funding capacity to assess the value of providing *Health Link* to our constituents.

We hope you enjoyed reading *Health Link* and that the information included in the e-newsletter has been useful to your work and your goal of keeping students healthy and ready to learn!

Best wishes,

NSBA's School Health Programs Staff



New from NSBA and AASA! In the Schoolyard and Beyond: Addressing Childhood Asthma in Your Community

As part of its work with AASA on asthma management, NSBA and AASA have developed this publication to show what youth-serving organizations, families, and schools can do to help ensure that a child with asthma has a supportive, consistent, asthma-friendly environment wherever they are. Starting with six overarching guiding actions, the document provides specific steps each entity can take to better manage asthma among children. [In the Schoolyard and Beyond](#) is also available in [Spanish](#).

School Health Sessions at NSBA's Annual Conference

Attending NSBA's Annual Conference? Then check out this year's sessions related to school health! These will include useful information on: using data measures within the school improvement process; collaborating to promote comprehensive tobacco-free schools; leveraging partnerships to address health and education disparities; what school leaders can do to help lesbian, gay, bisexual, and transgender students be safe, supported, and successful in school; and promoting "welcoming schools," an inclusive approach to family diversity, gender and bullying prevention; among others. For further information on the conference and the sessions, [click here](#).



New NSBA webinar on tobacco use prevention

On Tuesday, March 8, 2011, NSBA presented "News you can Use," a webinar featuring the latest information on tobacco control. Presentations featured recent research and data regarding tobacco use and prevention, including the latest Surgeon General's Report on Smoking and Health, and recent work by the FDA on new cigarette warning labels. The discussion helped inform work being done to promote comprehensive tobacco-free school policies. Slides and an archived video of the presentation are available on the [National Consortium for Tobacco Use Prevention through Schools website](#), under "Resources."

What's New in School Health?

Wellness and Childhood Obesity

Events and initiatives to address childhood obesity are plentiful this spring...

May 3 online event designed to promote exercise among middle school students

On Tuesday, May 3, the National Association of Broadcasters Education Foundation is releasing a "Let's Move Flash Workout" featuring Grammy Award winner Beyoncé to demonstrate support for the First Lady's initiative to curb childhood obesity. The event, produced in partnership with NSBA, the National Middle School Association, and the American Association of School Administrators (AASA), calls for middle school students across the country to participate in a pre-choreographed "Let's Move" dance exercise all at the same time – 1:42 pm Eastern Standard Time. To learn more, [click here](#).

Participate in National Physical Education and Sport Week – May 1-7, 2011

The National Association for Sport and Physical Education (NASPE) of the American Alliance for Health, Physical Education, Recreation and Dance (NASPE/AAHPERD) is encouraging schools to participate in [National Physical Education and Sport Week](#). This year's theme is the "Let's Move in School" initiative, spearheaded by NASPE to increase physical activity before, during, and after school. As part of this initiative, NSBA is partnering with NASPE/AAHPERD to develop a toolkit for school boards associations to support school boards in providing information and implementing activities to increase physical activity through schools.

Priority goal of the First Lady's "Let's Move" initiative

The ["Let's Move" initiative](#) has set a goal to double the number of schools that complete the USDA's [HealthierUS Schools Challenge](#). Currently, there are 578 schools that are certified and the goal is to have 1,250 by June 2011. There are monetary incentives for participating schools as well as opportunities for positive media exposure. NSBA has made a commitment to promote the Challenge. If you have stories of your schools' success with the Challenge or any other wellness policy or practice, NSBA invites you to submit them to [NSBA's Promising District Practices website](#).

President Obama encouraging all Americans to increase physical activity

The President has established a challenge for all Americans to increase their physical activity. The [President's Challenge website](#) includes ways to participate in the challenge, get motivated, and celebrate achievements, and it includes resources and tools such as a ["Fitness is Fun" e-newsletter](#), which people can subscribe to through the website.

New report on school breakfast participation

[The report](#), published by the School Nutrition Association, includes information on why school breakfast is important and the challenges and opportunities presented by school breakfast

programs. In addition, the report describes ways to serve breakfast in middle and high schools; shares common practices for implementing alternate school breakfast venues; and provides insights into a successful breakfast program.

Tobacco Use Prevention

"World No Tobacco Day" is May 31

Join the World Health Organization (WHO) on May 31st to celebrate [World No Tobacco Day](#). This day provides an excellent opportunity to highlight the health risks associated with tobacco use and consider effective policies to reduce use. Additional [information](#) and free materials are available from WHO.

Asthma/Environmental Health

Start making plans to celebrate National Healthy Schools Day!

Monday, April 11 is National Healthy Schools Day, a day to celebrate and promote healthy and green indoor school environments. Schools across the country will hold activities and events to highlight the importance of clean indoor air in schools. The event is coordinated by the Healthy Schools Network in cooperation with the US EPA and the Council of Educational Facility Planners International (CEFPI). To register your schools and for activity ideas, tools, and a map of registered activities, visit the [Healthy Schools Network Inc.](#)

May is National Asthma and Allergy Awareness Month

Join the national effort to raise awareness and increase public knowledge of asthma and allergy management by participating in [National Asthma and Allergy Awareness Month](#). Download the [Asthma Awareness Month Event Planning Kit](#) to find a variety of tools and ideas for activities. And for more ideas for asthma management, learn about [EPA's 2011 National Asthma Forum](#), being held on June 9 to 10 in Washington, D.C. - which provides a great opportunity to network with and learn from communities engaged in collaborative strategies to deliver effective asthma management practices.

Food Allergy

Food Allergy Awareness Week is May 8-14

[Food Allergy Awareness Week](#) was created in 1997 by the Food Allergy and Anaphylaxis Network (FAAN) to educate others about food allergies, a potentially life-threatening medical condition. The FAAN website includes links to resources to help prepare an event related to the week as well as share information about food allergies with the community including presentations, brochures, posters, a sample press release, and social media tools. This could be a good week to educate your staff and community about food allergies by hosting a viewing of NSBA's webcast on "Food Allergies and Schools," which aired on Nov. 9, 2010. The archived webcast is available for viewing at www.esgn.tv.

Teen Pregnancy

The National Day to Prevent Teen Pregnancy is May 4

On the National Day to Prevent Teen Pregnancy, teens nationwide will be asked to visit StayTeen.org to participate in a number of online activities – including a National Day Quiz – that deliver teen pregnancy prevention messages and challenge teens to think carefully about what they might do "in the moment." The message of the Day is "sex has consequences." For more information and to find out ways to get involved with the event, visit the [National Campaign to Prevent Teen and Unplanned Pregnancy website](#).

Mental Health

National Children's Mental Health Awareness Day is May 3

Join the Substance Abuse and Mental Health Services Administration (SAMSHA) in celebrating [National Children's Mental Health Awareness Day](#) on May 3rd! This year's focus is the resilience of children dealing with trauma. The new SAMSHA Short Report, featuring ways in which systems of care can positively affect children who have experienced trauma, will also be released that day. For more information on National Children's Mental Health Awareness Day and opportunities to collaborate, [click here](#).

White House Conference on Bullying Prevention

The White House hosted its first ever day-long summit on bullying prevention on March 10th, recognizing bullying as a serious issue and not just a harmless part of growing up. [Resources](#) from the summit include information on risk factors and outcomes, cyberbullying, effective strategies to combat bullying, and a youth leader toolkit. The White House also introduced a new website, StopBullying.Gov, which provides information from various government agencies on how young people, parents, educators and the community can put an end to bullying.

Chronic Disease

Updated version of “Helping the Student with Diabetes Succeed”

The National Diabetes Education Program (NDEP) has released an updated version of [“Helping the Student with Diabetes Succeed: A Guide for School Personnel.”](#) The guide provides school personnel, parents, and students with a coordinated team approach for helping students manage their diabetes effectively in the school setting, and contains user-friendly tools, action plans, a diabetes primer and glossary, and a review of school responsibilities under federal laws. The updated version includes new and revised information on a series of relevant diabetes management information for schools including stages of child development and students’ corresponding abilities to perform diabetes care tasks.

General Health Resources

April is Minority Health Month

Minority health is being celebrated in April and this year’s theme is “In Schools, Even Food Can Teach Us a Lesson.” The celebration provides a good opportunity to promote healthy eating as a means to improving the health and educational outcomes of minority youth. Given the high number of minority children who are obese or hungry, establishing effective nutrition policies and practices within schools and increasing the availability of school meals are imperative. For further information on Minority Health Month and related tools and activities, [click here](#). For additional information on healthy eating in schools, visit [NSBA’s School Health Programs website](#).

New CDC Learning Connection Spotlight focuses on teen health

The CDC has released its third [“Learning Connection Spotlight,”](#) which focuses on teen health. The learning products and resources help promote safe and nurturing environments for teens to become healthy, productive adults. They include information on: bullying prevention; creating an asthma-friendly school; teen dating violence prevention; tobacco use prevention; electronic aggression; health and academic achievement; and healthy eating. In addition, this “Learning Connection Spotlight” includes links to several training and learning resources.

About This E-Newsletter: Research shows a link between student health and academic achievement. *Health Link* helps state school boards associations provide relevant health information and resources to school leaders striving to keep students healthy and ready to learn. *Health Link* is published bimonthly as a service to state school boards associations.

About NSBA’s School Health Programs: NSBA’s School Health Programs helps school policymakers make informed decisions by providing relevant and up-to-date information, technical assistance, and professional development on a variety of school health issues. Our work underscores the important connections between school health issues, the well-being and success of our nation’s children, and the safe and effective operation of schools. We promote healthy school communities to foster excellence and equity in public education. Our activities are funded by the Centers for Disease Control and Prevention (CDC), and supported by NSBA.

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