

FLORIDA HEALTHY SCHOOLS

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FLORIDA CELEBRATES EVERY KID HEALTHY WEEK

What is Every Kid Healthy Week?

Action for Healthy Kids is proud to work with schools nationwide to promote Every Kid Healthy™ – a national movement to make all schools healthier places.

Every Kid Healthy is focused on the nation's problem of childhood obesity as well as its solutions: sound nutrition, regular physical activity and health-promoting school programs.

Action for Healthy Kids recognizes Every Kid Healthy Week during the last week of April. This special week, which is recognized on the calendar of National Health Observances.

During the observance and throughout the month of April, we will work with schools across the country to host Every Kid Healthy events to make sustainable changes that encourage students to eat better and be active every day.

Join us in the cafeteria, in the classroom and on the playground during *Every Kid Healthy Week* where Action for Healthy Kids' volunteers are rolling up their sleeves and helping schools celebrate healthy school environments.

Check out the [Get in the Action Volunteer Center](#) today to see what Every Kid Healthy events your local schools are hosting and how you can be involved!

How Can My School Celebrate Every Kid Healthy Week?

To celebrate Every Kid Healthy Week, schools can implement wellness initiatives to promote and reinforce healthy eating, physical activity, nutrition education, and physical education in order to increase student achievement.

Are you hosting an existing school event in April? Why not make the focus on healthy kids and families to show your school's commitment to wellness? Or looking for a new idea?

Check out these ideas:

- Host a Healthy Taste Testing
- Family Fitness Night
- Host a Healthy & Active Party
- Classroom Fitness Breaks
- Recreational Field Days
- Cooking Classes
- Health Fair
- Playground Renovations

Register Your Event!

Demonstrate your school's commitment to healthy kids and healthy families.

Make your event a part of the national movement by registering it on the Every Kid Healthy Calendar.

Register your event here: [Every Kid Healthy Events](#)

Several Florida Schools have already signed up including Nocatee Elementary in Arcadia, Oak Ridge Elementary in Tallahassee, Sun n' Lake Elementary in Sebring and Pinellas Park Middle School in Pinellas Park.

Examples of their events include a focus on fresh fruits and vegetables in and outside the cafeteria, a

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breakfast taste test and school gardens.

The Florida Department of Health's Healthiest Weight initiative is partnering to assist at least one school in every district with an Every Kid Healthy activity.

Questions: Need Help or More Ideas?

Check out Action for Healthy Kids and the Every Kid Healthy Campaign at www.everykidhealthy.org for more information and free resources including a toolkit, one page fact sheet, press release and other tools.

For further assistance, contact your Florida Action for Healthy Kids State Coordinator Melodie Griffin at mgriffin@actionforhealthykids.org

Learn more about [Florida Action for Healthy Kids](#) at our website.

Did you know that in a recent national survey, one in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once in the 12 months prior to the survey? And nearly half of all teens in relationships say they know friends who have been verbally abused. Dating violence can happen to any teen in a romantic, dating or sexual relationship, anytime, anywhere.

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a “normal” part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. That is why adults need to talk to teens now about the importance of developing healthy, respectful relationships.

Dating violence can have a negative effect on health throughout life. Victims of teen dating violence are more likely to experience symptoms of depression and anxiety. They may also engage in unhealthy behaviors such as using tobacco, drugs and alcohol. Teens who are victims in high school are at higher risk for victimization during college.

In Teen Dating Violence relationships, there are Three Important Roles:

- **The Abuser** – A person who physically, sexually, verbally or emotionally hurts a dating partner.
- **The Victim** – A person who is hurt physically, sexually, verbally or emotionally by a dating partner.
- **The Bystander** – A person who is aware that someone is being abused in a dating relationship. The bystander may become aware of the abuse through the abuser or target’s actions or words or through second-hand information.



TDV Resources:

- [Break the Cycle](#)
- [Dating Matters®](#)
- [FDOE's Model Policy](#) (PDF, 62KB)
- [FDOE Memorandum and Policy Requirements](#) (PDF, 53KB)
- [Florida Statute 1006.148- Dating violence and abuse prohibited](#)
- [National Teen Dating Abuse Helpline](#)
- [The National Sexual Violence Resource Center](#)
- [Understanding Teen Dating Violence](#)

You may also visit the Florida Department of Health Sexual Abuse and Violence Prevention Program website at <http://www.floridahealth.gov/programs-and-services/prevention/sexual-abuse-or-violence-prevention/index.html> for information and resources.

Submitted by Michelle Gaines, Health Education Coordinator, Florida Department of Education

FLORIDA PTA HOLDS FIRST HEALTHY CHILDREN, HEALTHY FUTURE SUMMIT

This month celebrates many milestones for school health and wellness; Let's Move! Is turning 5, the Robert Wood Johnson Foundation announced they will dedicate \$500 million to childhood obesity prevention, and locally, our Florida PTA held their first ever Healthy Children, Healthy Future Summit.

A Summit is a great accomplishment on its own, countless hours of preparation and hard work go into ensuring the summit is a rewarding experience for the attendees. However, this Summit was so much more than your typical summit, this summit contained the goldmine of school health and wellness advocates. Together, in one room, over 100 Florida parents came together to learn how they can advocate for health and wellness within their schools, districts, and the state.

Summit participants eagerly and actively listened to presenters from local, state, and national wellness champions as they provided information on a wide spectrum of coordinated school health topics. The energy within the room was palpable, something I haven't seen in quite some time. These attendees are not only interested in this topic but they want to make changes! Many participants left the summit excited to become an active member of their healthy school team and to have a voice on their district School Health Advisory Committee.

This is your opportunity to harness the power of the parent's voice! Reach out to your local PTA, ask if they attended the event. If they weren't able to attend, tell them about the event, remind them of the FL PTA's "healthy children, healthy future" platform, and then ask if they might be interested in attending a SHAC meeting. If they did attend, congratulate them for dedicating their weekend to learning more about how they can advocate for health and wellness and then invite them to participate in your programming. Parents can provide a unique perspective to your SHAC, giving "boots on the ground" information about what's taking place in schools within your district. Furthermore, there is no voice that has the power quite like that of a parent. Case in point...

During the Summit, I briefly mentioned to a parent the concerns I was having while trying to get in touch with her district (keep in mind this Summit took place on Saturday). At 7:30 am on Monday morning, I received a call from the director of the department I was trying to reach who informed me a parent had contacted the superintendent's office asking for them to follow up with me. Granted, this is an extreme case, but this one parent was able to do in one phone call what I wasn't able to accomplish in six months!

Under the leadership of FL PTA President Mindy Haas, our state PTA and many of the district councils have a heavy focus on health and wellness. Mindy truly believes a healthy child translates into a healthy future and it's evident in every single PTA activity she touches. From FL PTA's participation in Florida Action for Healthy Kids executive committee to their partnership with FL Coordinated School Health, FL PTA has become, and will hopefully remain, a leader in our school health and wellness efforts in Florida.

There has never been a better time to invite parents to the table. Get them involved, empower them to share your voice. Together, we can impact the health of our schools.

Visit their website for information and resources for engaging and empowering parents at www.floridapta.org.

Submitted by Melodie Griffin, Florida Action for Healthy Kids State Coordinator

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This newsletter is provided by the **Florida Coordinated School Health Partnership (CSHP)**. CSHP is a grassroots public-private partnership whose members include not-for-profit organizations, businesses, insurance companies, professional associations, child health advocates, and health and education representatives.

Vision: Health literate and health practicing students and staff in all Florida schools.

Purpose: Facilitating the creation of policies and environments that provide students and staff the opportunity to reach their personal potential by means of positive health related decision-making skills and access to health care.

Focus: Our goals focus on reducing/eliminating the barriers to learning and supporting academic achievement.

Contact us at CSHPmailbox2@gmail.com. And visit our website at www.healthydistrict.com



FLORIDA HEALTHY SCHOOL DISTRICT SELF ASSESSMENT 2015 RELEASED

The Florida Healthy School District Self-Assessment Tool is provided by the Florida Coordinated School Health Partnership (CSHP) and Florida Action for Healthy Kids. Experts from state agencies, school districts, and community partners created the tool to assist districts in achieving the highest standards in infrastructure and the eight component areas of the Centers for Disease Control and Prevention's (CDC) Coordinated School Health model.

The self-assessment is based on district infrastructure, policy, programs, and practices identified from national and state guidelines, best practices, and Florida statutes. The tool will help school districts assess existing policies and practices and guide them toward achieving the highest standards. Districts are encouraged to include school superintendents, school boards, school administrators, component area experts, parents, and the School Health Advisory Committee in the assessment process. Meeting the performance standards contained in this criterion will result in sustainable policies and practices at the district level that positively impact the health of students and staff.

Districts are recognized for two years, after which they will need to re-apply for recognition. Sponsors include the CSHP, Florida Action for Healthy Kids, Florida Association of District School Superintendents and Florida Healthy Kids Corporation. There are three levels of recognition: Gold, Silver, and Bronze. A district may apply for a higher level or recognition after one year.

One important change was implemented this year. At the request of districts, the period for completion will end April 15, 2015 and awards will be announced on May 15th. This will allow districts to celebrate and recognize their success prior to the end of school.

In order to complete the Healthy District Self-Assessment team members will need a user name and password. To request a password send an email with the name and email address of the team member(s) to cshpmailbox2@gmail.com.

For complete instructions visit <http://safehealthyschoolsfl.org/Home.aspx> and click on Healthy District Assessment.

Currently there are 27 recognized districts. To learn more about them and read their profiles visit the CSHP website at www.healthydistrict.com.