Arkansas Department of Health

CHNS/CHPS NEWSLETTER

CHNS/CHPS October, 2013

Special points of interest:

- Arkansas Schools get help in the Fight Against Childhood Obesity.
- ADE & ArkAHPERD partner to provide health curriculum to Arkansas School Districts.
- Annual ArkAPHERD conference announces schedule for Fall Conference.

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IMPLEMENTING SPARK PROGRAM

In an effort to continue the fight against childhood obesity, the Arkansas Department of Education (ADE), Arkansas Department of Health and the Arkansas Association for Health, Physical Education, Recreation, and Dance (ArkAHPERD) joined together to provide a research-based physical education curriculum program to specifically designated Arkansas school districts. Through the program, Sports, Play and Active Recreation for Kids (SPARK) program, the partnership will provide equipment to the identified schools as well.

SPARK differs from the traditional physical education (PE) curriculum in that it incorporates more student-directed learning, individualized instruction and sports education. SPARK serves to motivate students to participate and develop lifelong physical activity habits. The SPARK program brings a new approach to teaching traditional sport and game units, i.e., basketball, soccer and field hockey, and uses a small group approach to exercise and sports skill development. SPARK has been proven to work with PE specialists, as well as classroom teachers, which provides more opportunities for students to be physically active during the school day.

Earlier this year, the Arkansas Department of Health sent three educators to a SPARK train-the-trainers conference to assist in the implementation of

SPARK. During the 2013-2014 and 2014-15 school years, these educators will conduct six trainings for physical educations teachers in Arkansas.

The annual ArkAPHERD conference will be held November 7-8, 2013, at the Embassy Suites in Little Rock. On November 6, a pre-conference training will be held. This one-day training will focus on teaching Arkansas physical education teachers about SPARK.

To register, interested Arkansas physical education teachers should visit the following link: http://www.arkahperd.hypermart.net/reg-page.htm.

PREVENTING BULLYING RESCUES LIVES

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

According to the Youth Risk Behavior Survey conducted with grades 9-12 in Arkansas by the Centers for Disease Control in 2011:

- 21.9% of students surveyed reported they had been bullied on school property in the past 12 months.
- 10.6% of male students and 2.3% of female students surveyed reported carrying a weapon (for example, a gun, knife, or club) on school property on at least one day during the last 30 days.

(Continued on next page.)

PREVENTING BULLYING RESCUES LIVES-Continued

6.3% of students surveyed reported being threatened or injured on school property in the past 12 months.

5.7% of students surveyed did not go to school because they felt unsafe either at school or on their way to or from school for at least one day in the past 30 days.

The culture of bullying won't end until people across the country take action and show kids that they care," says Julie Hertzog, director of PACER's National Bullying Prevention Center. "National Bullying Prevention Month is a great opportunity to do that. This is a very real and painful issue that kids are facing but they don't have to face it alone. Bullying can be prevented if we all work together to change the culture."[3]

References

http://www.stopbullying.gov/what-is-bullying

http://www.pacer.org/bullying/nbpm

Energizers: Free Tools to Keep Students Moving!

"Exercise, Concentration and Focus-Blending Physical Activity into Classroom Activities"

Teachers know that physically active students are better able to focus and learn, so occasional breaks for active learning are a great way to regroup and re-energize. ***Energizers*** are a free tool available to elementary and middle school teachers to do just this!

Energizers are classroom-based physical activities that help teachers integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide physical activity to children.

Here's an example called Stop and Scribble, which is designed for grades 2-5. Students stand at their desks with a partner, and the only equipment required is one piece of paper and pencil for every 2 students.

Rules/Directions:

Teacher calls out physical activity:

- Jumping
- Twisting
- Jogging
- Jumping jacks
- Knee lifts

Students begin activity and continue until the teacher calls out a spelling word.

Students freeze and partners work together to try to spell the word correctly on a piece of paper.

After 10 to 15 seconds, the teacher calls out a new activity. Continue until all spelling words are used.

As students cool down, teacher will write correct spelling on the board and students will check their work.

Variation: Same activity using sidewalk chalk instead of paper and pencil (outside).

Energizers can be downloaded for free at www.eatsmartmovemorenc.com click on Schools at the Programs and Tools tab.

Breakfast in the Classroom

Serving breakfast at the beginning of the school day dramatically increases participation by making it convenient and accessible to all, no matter how students arrive at school. For instance, it eliminates the barrier often caused by tight bus schedules. Service options include breakfast in the classroom, "grab and go" breakfast service from carts or kiosks set up in school hallways or cafeterias, and breakfast after first period in middle and high schools.

It Works Best When Breakfast is Free to All

• Offering breakfast at no charge to all students, often called "universal," helps remove the stigma for low-income children of participation in school breakfast.

• Studies show that schools that offer a breakfast free to all students increase student participation.

• Programs that provide breakfast in the classroom after school starts have the highest participation rates.

Breakfast in the Classroom Improves Student Achievement, Diets and Behavior

• Schools that offer breakfast in the classroom report decreases in discipline and psychological problems, visits to school nurses and tardiness; increases in student attentiveness and attendance; and generally improved learning environments.

• Children who eat breakfast at school – closer to class and test-taking time– perform better on standardized tests than those who skip breakfast or eat breakfast at home.

• Students attending schools that offer breakfast free to all students are more likely to consume a nutritionally substantive breakfast and to consume significantly more calcium, magnesium, phosphorus, fruit, and dairy products at breakfast, when compared to students from schools with a traditional school breakfast program.

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SAY BOO TO FLU

What should I do to prepare for this flu season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

October is Breast Care Month

BreastCare
Say Yes to a Mammogram!

Breast cancer is the number one cancer diagnosis in women and second leading cause of cancer deaths, after lung cancer. It can develop in men however, approximately 99% of breast cancer deaths occur among women. A woman's best chances of breast cancer survival are early detection through regular screening mammograms and clinical breast exams.

The ADH Breast Care offers FREE screening and diagnostic services for Arkansas women along with public and professional education. If you qualify, the following services are FREE:

- Mammograms
- Clinical Breast Exams
- Pelvic Exams and Pap Tests & Follow-up Tests, if Needed

Are You Eligible?

Breast Care is a program for Arkansas women funded with state and federal funds. You may be able to get a free mammogram and Pap test if you:

- are 40-64 years old
- do not have health insurance (including Medicaid or Medicare)
- have a household income at or below 200% of the federal poverty level
- live in Arkansas

How does Breast Care work?

Once enrolled, you will receive a Breast Care ID card along with complete information on the Breast Care program. Your Breast Care provider will schedule an appointment for your clinical breast exam and Pap test, if needed. After this visit, an appointment will be made for you to have a free mammogram .

NATIONAL SCHOOL LUNCH WEEK-October 14-18, 2013

"School Lunch Across the USA" is the exciting theme for National School Lunch Week 2013. This year's theme is about celebrating regional flavors in school cafeterias across the country. Whether it's the Midwest, New England, or Cajun Country, every part of the USA has different flavors, ingredients, spices, and traditions. This theme recognizes the different parts of the country, and encourages you to promote NSLW with fun and region-specific celebrations.

"School Lunch Across the USA" Campaign Goals

Help SNA members promote regional flavors and healthy meals they serve. Promote the message that school lunch helps kids stay happy and healthy. Garner increased awareness of the importance of school meals and the role of school nutrition professionals in academic achievement and overall wellness. There are more resources available in SNA's Legislative Toolkit.

Download the Cafeteria Site Visit 101 document **(www.schoolnutrition.org/sitevisit101)** for instructions, checklists, and more.

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www.healthyarkansas.gov