

## Observances and events

### August

**August 24** - noon and 7:00 pm EST  
National PTA Healthy Lifestyles  
Grant Technical Assistance Call  
RSVP [healthylifestyles@pta.org](mailto:healthylifestyles@pta.org)

### September

Children's Eye Health & Safety  
Month  
Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

Sept 1, 2011

Win a free AED for your school.

Submit a video to the [Drill Dr. Heart.](#)

Sept 2, 2011

National PTA Healthy Lifestyles  
Grant Applications due  
[PTA.org/healthylifestyles](http://PTA.org/healthylifestyles)

Sept. 5 – 11, 2011

Suicide Prevention Week  
American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)

Sept 15, 2011

What's in your child's backpack?  
American Occupational Therapy Assn.  
[www.aota.org](http://www.aota.org)

### October

Eat Better. Eat Together Month  
Washington State University  
[www.nutrition.wsu.edu/ebet/](http://www.nutrition.wsu.edu/ebet/)

National Dental Hygiene Month

American Dental Hygienists  
Association  
[www.adha.org](http://www.adha.org)

Oct 3 – 9, 2011

National School Lunch Week  
School Nutrition Association  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

Oct 7, 2011

International Walk-to-School Day  
Safe Routes to School  
[www.walktoschool.org](http://www.walktoschool.org)

Oct 17 – 23, 2011

National Health Education Week  
National Center for Health Education  
[www.nche.org](http://www.nche.org)

Oct 23 – 31, 2011

National Red Ribbon Celebration  
[www.nfp.org](http://www.nfp.org)



## Back-to-School Health Checklists – please circulate!

As you know, kids learn better when they're healthy. The 100% Campaign partnered with the California School Health Centers Association to develop the attached "Back-To-School Checklist" to help parents keep their kids healthy. The checklist includes reminders to enroll children in health coverage, make sure children have all their needed physicals and shots before school begins, and schedule a dental check-up. For the checklist in English and Spanish visit [www.100percentcampaign.org](http://www.100percentcampaign.org). Please contact Mike Odeh at [modeh@childrennow.org](mailto:modeh@childrennow.org) or Kelly Hardy at [khardy@childrennow.org](mailto:khardy@childrennow.org) for assistance.

A study of children enrolled in California's Healthy Families Program showed a 63% improvement in paying attention and keeping up with school activities over their previous performance when they were uninsured. Yet, by the latest counts there are still well over one million California children who are uninsured, including nearly 700,000 children who are currently eligible for Medi-Cal or Healthy Families but are not enrolled. Enrollment will improve the lives of children, increase school attendance and improve academic achievement.

## Promote the whooping cough vaccine 30 day extension

Senate Bill 614 (Kehoe) grants local educational agencies an extra 30 days after classes begin to verify Tdap vaccinations of California's seventh through twelfth grade students.

PTAs can work with their school principals to inform parents about this 30 day extension and the purpose of the law to protect the health of the entire school community. PTAs can publicize the location of free and low cost immunization clinics.

For more information on pertussis and Tdap, free information in multiple languages, visit [www.shotsforschools.org](http://www.shotsforschools.org). Includes [Web Banners](#), for posting on school websites, report cards and/or electronic marquees; [Template Tweet and Facebook Posts](#) and a moving [Teen Pertussis Video Story](#). County health department websites will identify free and low cost clinics.



## National PTA Healthy Lifestyles Grant - \$1000

**Join the technical assistance call on August 24<sup>th</sup> at 12:00pm and 7:00 pm EST.** Please relay this information to your PTA units. To participate in these TA calls, RSVP via email at [healthylifestyles@pta.org](mailto:healthylifestyles@pta.org)

Applications for the 2011 PTA<sup>®</sup> Healthy Lifestyles<sup>SM</sup> grants due Friday, September 2, 5 p.m. EDT. Since its creation in 2007, the Healthy Lifestyles grants have helped thousands of students and parents work toward developing healthier behaviors to last a lifetime. In 2011, National PTA is providing \$1,000 grants to PTAs that implement a program using one of more of these strategies to prevent childhood obesity:

- Limiting sugar-sweetened beverages
- Emphasizing fruits and vegetables
- Moderating portion sizes
- Promoting and increasing physical activity
- Reducing screen time

Visit [PTA.org/healthylifestyles](http://PTA.org/healthylifestyles) for complete information.

## Use “Worldwide Day of Play” –Sept. 24– as a PTA event

Nickelodeon invites all PTA members to join the Worldwide Day of Play on **Saturday, September 24** and plan an event in your community. Your event can be big, small, an hour long, or all day. All that matters is that kids play and have fun! To register and to download a planning guide, visit [Nick.com/thebighelp](http://nick.com/thebighelp). Individuals and PTA units can register. To register visit <http://pro-social.nick.com> and click on the “Registration” tab. Units who register are also eligible to apply for a Nickelodeon Big Help grant.

Resources include planning guides, permission slips, hundreds of ideas, online tools, personal exercise and nutrition logs, fliers, publicity assistance, etc. More information about the Big Help Grant can be found at <http://www.nick.com/thebighelp/>. For more information regarding WWDOP and how you can get your unit involved, please contact [Edgardo.Perez@mtvstaff.com](mailto:Edgardo.Perez@mtvstaff.com).



## Into home/school gardens? Try this: Spanish/English Dictionary of Garden Terms

“A Garden of Words/Un jardín de palabras” is a bilingual gardening dictionary for schools and after-school gardening programs, produced by University of California Master Gardeners of Santa Barbara County and the UC Agriculture and Natural Resources.

Thirty color-coded pages provide translations of tools, measurements, conversions, phrases, and fruits and vegetable names. To download the dictionary, visit [amrcatalog.ucdavis.edu](http://amrcatalog.ucdavis.edu) (PDF). Practice gardening for good health through exercise and nutrition and learn a new language at the same time.

## Win an automated external defibrillator for your school

Would you like the chance to win an Automated External Defibrillator for your school, office or community? Submit your video to the [Drill Dr. Heart](#) contest by September 1, 2011, to be eligible. Entry form and instructions on submitting your [Drill Dr. Heart](#) video are available at <http://www.4hcm.org>

A sudden cardiac arrest (SCA) can occur anywhere and at any time and most individuals are unfamiliar with how to react to the situation. [Drill Dr. Heart](#) was created to help schools and teams practice for a cardiac emergency in much the same way they do for other incidents or the strategy for their next game. Emergency drills provide knowledge and alleviate fear, which allows individuals to react appropriately and quickly and save lives. It also raises awareness about SCA and encourages the development of an emergency response plan if one is not already in place.

The American Heart Association also offers AED resources: [http://www.heart.org/HEARTORG/CPRECC/WorkplaceTraining/AEDResources/AED-Resources\\_UCM\\_001296\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRECC/WorkplaceTraining/AEDResources/AED-Resources_UCM_001296_SubHomePage.jsp) The implementation guide is quite good.

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## August “Back to school” resources for parents and PTAs

**The California State PTA has put together some resources to help you and your child get ready!** Locate these items posted on the California State PTA website at

[www.capta.org/sections/parents/pi-back-to-school-tips.cfm](http://www.capta.org/sections/parents/pi-back-to-school-tips.cfm)

Preparing for a new school year can help your child feel more confident. Here are just a few suggestions.

- **Preparing Your Child for School Guide**
- **11 Tips for Calming School Jitters**
- **Health and Safety Tips from the American Academy of Pediatrics**
- **Dental Check Ups**
- **Back to School Tips from the Federal Citizen Information Center**
- **Safety Tips: Travel To and From School**
- **Kids Walk to School**

Review numerous brochures for personal use and for PTA meeting handouts.

<http://www.capta.org/sections/programs/education.cfm>

National PTA’s Back to School Central also has numerous resources at

<http://www.pta.org/3047.asp>

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## Consider three California State PTA Grants for your PTA’s health programs. Applications are due November 15.

**Combine all three and create a yearlong health program. Consider allied agency free resources to add pizzazz and information.**

- **Healthy Lifestyles Grant**  
Healthy Lifestyle Grants are available to develop, promote and implement healthy lifestyles programs, projects and activities which will improve the overall health of children and adults. Visit [www.capta.org/sections/programs/downloads/HealthyLifestyle.pdf](http://www.capta.org/sections/programs/downloads/HealthyLifestyle.pdf).
- **Parent Education Grant**  
Apply for a Parent Education Grant to plan and implement a program on a health topic for parents in your PTA. <http://www.capta.org/sections/programs/parent-ed.cfm>
- **Outreach and Translation Grant**  
Apply for and use grant funds to translate information for your parents on a particular health topic. <http://www.capta.org/sections/programs/parent-ed.cfm>

## Use Choose My Plate to promote healthy food choice



In June 2011 the United States Department of Agriculture (USDA) launched its new healthy foods campaign “Choose My Plate.” First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government’s new food icon, *MyPlate*, and website, [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov), as a reminder to make healthier food choices at mealtimes and reduce confusion around appropriate food quantities.

Use these website topics to plan your next PTA event, a column in your PTA e-newsletter or your own personal health habit plan:  
ChooseMyPlate.gov

- Look up a food
- Learn about food groups
- Get a personalized Plan
- Learn healthy eating tips
- Get weight loss information
- Plan a healthy menu
- Analyze my diet

### California State PTA Health Commission

Vice President – Linda Mayo  
[health@capta.org](mailto:health@capta.org)

#### Commissioners:

Barbara Counts, Heidi Davis, Scott Folsom, Jamie Hintzke, Carla Niño  
District Presidents: Lara Eisenbarth, Dale Simmons, Tammi Suber  
Student Representative: Dimiter Radonov  
Health Advocate Cathy Hall

## NFL Fuel Up to Play 60 Challenge

This program promotes 60 minutes of physical activity daily and improved nutrition by First Lady Michele Obama at the federal level and at the state level. The American Heart Association offers links to materials and resources. The Challenge aligns with state PE standards. You can learn more about the Challenge here:

[http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Page\\_UCM\\_304278\\_Article.jsp](http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Page_UCM_304278_Article.jsp)

Try this link to the complete program materials:

[http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Resources\\_UCM\\_304758\\_Article.jsp](http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/NFL-PLAY-60-Challenge-Resources_UCM_304758_Article.jsp)

The booklets are shown with branding from the different NFL teams the content is the same. The first booklet (top left) has generic NFL branding, depicting players from different teams. Everything is available as a free download, especially if the generic materials are preferred. Contact your local American Heart Association office for hard copy. Stay tuned for more details...

## FRAC Puts the Child Nutrition Act in Action

Food Research and Action Center promotes the implementation of, participation in and the healthy eating components of the Healthy, Hunger-Free Kids Act – the 2010 child nutrition law.

FRAC’s “[Putting the Act in Action](#)” webinar series most recent webinars focused on “Strategies for Success: Making the Most of the New School Water and Milk Requirements” and “Healthy Choices for School Children.” With its milk and water webinar, FRAC (with speakers from USDA, the California Endowment, and other advocacy organizations) shared information, practical models, tools and resources needed to facilitate the successful implementation of new requirements that free water must be readily available to children during lunch, and that schools must only offer milk consistent with the Dietary Guidelines for Americans. [Read More...](#)

<http://frac.peachnewmedia.com/store/provider/provider09.php>

## Healthy Lessons for the Classroom

Teachers: Get 31 lessons to teach K-3 students basic nutrition and physical activity concepts, courtesy of the National Education Association Health Information Network and the Nestlé Healthy Kids Global Program. The lessons, which meet national standards for health, math, science, English/language arts, and social studies curricula, include easy-to-follow instructions and supplementary materials, lesson extensions and more. You'll find those [teaching tools here.>>>](#)

<http://www.nestlefamily.com/Education/HealthyStepsforHealthyLives/Default.aspx>

## Resource: *What's Growin' On?* Farm to School Connections

This 16-page newspaper educates students about the many aspects of agriculture. The 9th edition focuses on the Farm to School program. It also includes specific pages on grapes, organics, condiments, and eggs. Selected activities encourage students to read their local newspaper daily. Request a free class set at [www.learnaboutag.org/request](http://www.learnaboutag.org/request).

Website: [www.LearnAboutAg.org](http://www.LearnAboutAg.org)

The California Foundation for Agriculture in the Classroom (CFAITC) website has a new look for the celebration of CFAITC's 25th anniversary. Join in the festivities by accessing the anniversary page showing the upcoming festivities [www.learnaboutag.org/anniversary](http://www.learnaboutag.org/anniversary). The website is full of resources and upcoming opportunities for educators and the public to help teach youth where their food comes from. The resources section includes CFAITC lesson plans, activities, and recommended teacher resources. Don't forget to check out the programs and events section for more information on the upcoming conferences, *Imagine this...* story writing contest, university student teacher presentations, and more.