



EMPOWER

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Empower Schools Newsletter - November Edition

Here is the November edition of the *Empower Schools* Newsletter. Each edition will continue to have new academic health-related resources, news and learning opportunities. If you have comments, recommendations or suggestions for future newsletter sections, please send them to Matthew.Leversee@azdhs.gov

Screen Time Viewing

With more information being obtained through technology, “screen” time continues to increase. Computers, televisions, tablets and smartphones are all items that make our lives easier while also making us less active. Although not proven, many feel the increase in technology has led to the growing number of overweight adults in many countries. The 2013 Arizona Youth Risk Behavior Survey showed that among high school students, on an average school day, 27% reported watching 3 or more hours of TV, and 37% reported using computer 3 or more hours per day. That leaves very little time for other activities, especially those that are physically active. Schools can help increase physical activity opportunities for students in a variety of ways, and many are being covered in the regional Comprehensive School Physical Activity Program (CSPAP) trainings that are being provided to leaders in your district this Fall as part of *Empower Schools*.



Empower Schools Highlight of the Month



Congratulations to Cottonwood-Oak Creek, Douglas, Flowing Wells, Heritage, Holbrook, Sunnyside and Williams school districts for their participation in *Empower Schools* Introductory and Comprehensive School Physical Activity Program (CSPAP) training.

cranberries were not foods present at the first Thanksgiving? Lobster, rabbit, chicken, fish, squash, beans, chestnuts, hickory nuts, onions, leeks, dried fruits, maple syrup, honey, radishes, cabbage, carrots, eggs and goat cheese are thought to have made up the first Thanksgiving feast.

Did you know?

Mashed potatoes, pumpkin pies, popcorn, milk, corn on the cob and

Physical Activity and Physical Education Update

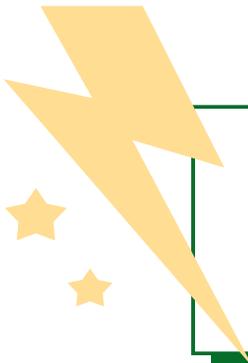
By the start of winter break, all of our participating *Empower Schools* Local Education Agencies (LEA) and their partners will have had at least one person trained on the Comprehensive School Physical Activity Programs (CSPAP). The goal of this model is to get all students at least 60 minutes of moderate to vigorous activity each day and is part of the *Empower Schools* framework.

The five main components of a CSPAP model are:

- Physical activity before/after school,
- Physical activity during school,
- Physical education,
- Staff involvement and
- Family and community engagement

For more information, you can contact your district CSPAP leaders who took this training or you can visit:

<http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm>



A special thank you to University of Arizona - Cooperative Extension and Arizona Nutrition Network for their recent involvement and support in the November 13th CSPAP training in Casa Grande.

Nutrition Update

Smart Snacks in Schools is the new competitive food update impacting all foods sold during school hours. With changes to some lunch menus and the competitive foods that are sold this year as a result of Smart Snacks, it is important to have a healthy and inviting area for staff and students to eat. Here is a design and promotion resource that can help your LEA or individual school have the best environment to increase healthier choices made by students and lead to growth of your food service program through healthy purchases: <http://smarterlunchrooms.org/>.

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks> -USDA Smart Snacks in Schools (New rule in 2014)

To help support school nutrition professionals, a resource website was recently released to help schools make healthier options available while also maintaining revenue.

For more information, please visit: <http://iphionline.org/center-for-policy-and-partnerships/controlling-junk-food-and-the-bottom-line/>

Community Partner Highlight

Health in All Policies Initiative (HAPI) is an effort of the Arizona Department of Health Services that focuses on various policy strategies to impact health. County health departments that receive HAPI funds focus on policy strategies in areas like school health, healthy community design and clinical care to implement best practices and improve overall health in their communities.

All participating LEAs in *Empower Schools* have a HAPI representative at their local county health department to support schools in a variety of school health policy initiatives. Please contact HAPI Program Manager Sherry Haskins at the Arizona Department of Health Services to find the representative in your county or region. Sherry.Haskins@azdhs.gov

Resources

Kids' Safe and Healthful Food Policy information:

<http://www.pewtrusts.org/en/projects/kids-safe-and-healthful-foods-project>

2014 Updated School Health Index Available for Elementary, Middle and High Schools:

<http://www.cdc.gov/healthyyouth/SHI/index.htm>

The University of Arizona Nutrition Network (UANN) offers funding for nutrition and physical activity projects or events at your school. To view your eligibility or other funding opportunities, visit: <http://www.uanutritionnetwork.org/>

Report showing that school lunches may be more nutritious than packed lunches from home:

http://www.nlm.nih.gov/medlineplus/news/fullstory_149343.html

Tips for controlling school junk food and maintaining food budgets:

<http://iphionline.org/center-for-policy-and-partnerships/controlling-junk-food-and-the-bottom-line/>

Presidential Youth Fitness Program funding for schools with certified PE instructed programs:

<http://www.pyfp.org>

Trainings/Webinars

- Arizona Department of Health Services - Empower Schools Monthly Webinar Call and Guidebook Overview Training, November 21st (9:00 - 10:30am MST)
- To join the meeting that day, please use this link: <https://azdhs.ilinc.com/join/fbfhktv>

