



Ohio Action for Healthy Kids newsletter

October 2011



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Upcoming Events

[Zone 5 Meeting](#)

Date: Monday, October 31, 2011
Time: 10:00 a.m.
Location: Athens City-County Health Department

[Zone 7](#)

Healthy Tusc Summit 2011
Date: Thursday, November 3, 2011
Time: 8:00am -3:30pm
Location: Performing Arts Center at Kent State Tuscarawas
 New Philadelphia, Ohio

[Zone 8 Meeting](#)

Date: Tuesday, November 15, 2011
Time: 2:00 pm.- 4:00 p.m.
Location: Columbus Public Health

[Zone 9 Meeting](#)

Date: Thursday, November 17, 2011
Time: 1:30 p.m.
Location: Center for Healthy Communities

[Zone 6 Meeting](#)

Date: Monday, November 28, 2011
Time: 9:00 a.m.- 11:30 a.m.
Location: Union Township Civic Center,
 Queen City Room B
 4350 Aicholtz Rd,
 Cincinnati, OH 45245

[Zone 2 Meeting](#)

Date: Tuesday, December 6, 2011
Time: 9:00 a.m.- 11:00 a.m.
Location: Garden Conference room at St. Rita's Regional Cancer Center

www.ohioactionforhealthykids.org

Feature of the Month

Ohio Action for Healthy Kids Launches New Website

Ohio Action for Healthy Kids is committed to improving the health and educational performance of children through better nutrition and physical activity in schools.



With the recent launch of www.OhioActionforHealthyKids.org, we bring you more great resources on [nutrition](#), [physical activity](#), and [school wellness](#), [a calendar of upcoming events](#), and much more.

Get Involved- Share your Story

Got a great success story to share? We would love to hear from you!

Any policy, program or activity to promote good nutrition and physical activity is a success! By sharing your stories, you may inspire others to adopt your best practices in their schools. [Share your story today](#), and you may see it featured in an upcoming newsletter!

Local and National News

Exercise in wellness at Worthington grade school

Worthington school pushes kids to move to keep them alert, active. After limbering up their muscles and completing a classroom cardio routine that left them gasping, the students topped off their workout with an exercise to strengthen their core muscles. Then the second-graders began their spelling lesson.

The homeroom workout is one of several new fitness initiatives at the school that aim to battle childhood obesity and keep kids alert in class.

Life's Sweeter with Fewer Sugary Drinks

In early September, the American Heart Association, the American Diabetes Association, the Center for Science in the Public Interest and other groups launched the Life's Sweeter with Fewer Sugary Drinks campaign.

The goal is simple:

Help protect our children, our families, our co-workers, and ourselves from the harmful effects of soda consumption, one of the biggest contributors to obesity in America.

Support a realistic goal to reduce consumption of soda and other sugary drinks by more than half to a maximum of 3 per person per week by 2020, a healthy target proposed by the American Heart



Parent Corner

Healthy Halloween Habits from Kidshealth.org

With the chance to dress up in costume and stock up on sweets, Halloween is the highlight of the year for many kids - from toddlers to teens.

But since it's high season for candy, it can also be an exasperating time for parents who encourage kids to eat healthy foods and make sweets a limited part of a balanced and nutritious diet.

*Use your best judgment given what you know about your child's personality and eating habits. Before kids go trick-or-treating, try to serve a healthy meal so they're not hungry when the candy starts coming in.

*Consider being somewhat lenient about candy eating on Halloween, within reason, and talk about how the rest of the candy will be handled.

*Be a role model by eating Halloween candy in moderation yourself. To help avoid temptation, buy your candy at the last minute and get rid of any leftovers.

*Encourage your child to be mindful of the amount of candy and snacks eaten - and to stop before feeling full or sick.
*If a child is overweight - or you'd just like to reduce the Halloween stash - consider buying back some or all of the remaining Halloween candy. This acknowledges that the candy belongs to the child and provides a treat in the form of a little spending money. There are also programs that allow children

Association.

Take on the [Life's Sweeter Challenge](#) to limit soda and other sugary drinks in your home, your workplace, and your community.

Reports and Resources

[AAHPERD- Let's Move in School Webinar Series](#)

Join AAHPERD the second Wednesday of every month for a webinar about what's new with Let's Move in School, resources to use in your school, and real life examples from those in the field.

Next webinar:

[Physical Activity Before and After School](#)

Date: Wednesday, November 9, 2011

Time: 1:00 p.m.- 1:45 p.m.

Physical activity before and after school provides opportunities for all students to practice what they've learned in physical education, work towards the nationally recommended 60+ minutes of daily moderate-vigorous physical activity, and prepare the brain for learning. Hear examples of schools with great before and after school programs!

[Register Now!](#)

[Free HealthierUS Schools Challenge Training](#)

Are you interested in applying for the HealthierUS Schools Challenge, but not sure where to start? To help schools meet the HealthierUS School Challenge, the Ohio Department of Education will be offering a 6-hour FREE HUSSC training.

Date: Monday, November 21, 2011

Time: 9:00 a.m.-4 p.m.

Location: State Library of Ohio

274 East First Ave., Columbus, Ohio 43201

To register, please contact [Susan Hennis](#):

Susan.Hennis@ode.state.oh.us

[School Health Guidelines to Promote Healthy Eating and Physical Activity](#)

Schools play a particularly critical role in the dietary and physical activity behaviors of children by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors. This [report](#) describes school health guidelines for promoting healthy eating and physical activity, including coordination of school policies and practices; a supportive environment; school nutrition services; physical education and physical activity programs; health education; health, mental health, and social services; family and community involvement; school employee wellness; and professional development for school staff.

Funding Opportunities

NEW GRANTS HAVE BEEN BOLDED FOR YOUR CONVENIENCE [Received a grant found here? Share your story with us!](#)

[CVS Caremark Community Grants](#)

Deadline: October 31, 2011

The CVS Caremark Community Grants provides funds to nonprofit organizations targeting children with disabilities and public schools. Selected organizations meeting these criteria will be eligible for receiving award amounts up to \$5,000.

Visit <http://info.cvscaremark.com/community/our-impact/community-grants> for more info and to apply.

[Annie's Grants for Gardens](#)

Deadline: November 30, 2011

to donate their candy to troops overseas in exchange for prizes or money.

[A Sweet Way to Make Everyone Smile: The Halloween Candy Buy-Back Program!](#)

As responsible dentists, community members, and US citizens, Halloween Candy Buy Back dentists have found a way to keep the fun, while helping kids and our troops deployed overseas.

www.ohioactionforhealthykids.org

Annie's offers a limited number of small grants to community gardens, school gardens and other educational programs that connect children directly to gardening. These funds can be used to buy gardening tools, seeds or other needed supplies.

Visit http://www.annies.com/grants_for_gardens for additional information and an application.

[Saucony Run for Good Grants](#)

Deadline: December 13, 2011

The Saucony Run For Good Foundation was established to help end childhood obesity by providing financial support for children's running and fitness programs. They are currently accepting applications for their grant program. The foundation has two grant cycles per year, with up to seven awards granted each cycle.

Visit <http://www.sauconyrunforgood.com/how-to-apply/> to apply.

[Ohio Safe Routes to School Statewide Safety Contest](#)

Deadline: February 29, 2012

Students will submit a creative project describing how to walk or ride their bikes to school safely. Submissions will be accepted from individual students, classrooms or an entire school. Students in grades K-8 are eligible, and over \$25,000 in prizes will be awarded across Ohio!

Visit www.dot.state.oh.us/saferoutes later this summer for more information.

[MetLife Foundation Healthy Habits Grants](#)

Deadline: Rolling

MetLife Foundation supports projects to empower people to lead healthy, productive lives and strengthen communities. The Foundation makes grants in health, education, civic affairs and culture. Underlying the Foundation's programs is a focus on education at all ages and a commitment to increasing access and opportunity. The Healthy Habits program seeks to promote healthy habits and physical fitness for illness prevention, especially among children.

Requests are accepted and reviewed throughout the year. Award amounts vary

Visit this [page](#) to apply.

[Let's Move Salad Bars to Schools](#)

Deadline: Rolling

Let's Move Salad Bars to Schools is a comprehensive grassroots public health effort to mobilize and engage stakeholders at the local, state and national level to support salad bars in schools. Our vision is to significantly increase salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. Let's Move Salad Bars to Schools is an initiative of the Food Family Farming Foundation, National Fruit and Vegetable Alliance and United Fresh Produce Association Foundation to support First Lady Michelle Obama's Let's Move initiative. The goal of the Initiative is to fund and award 6000 salad bars over the next three years.

Visit <http://saladbars2schools.org/guidelines> for more information.

[Coca Cola Community Grants](#)

Deadline: Rolling

Coca Cola is committed to improving the quality of life in the communities where they do business. One of the focus areas for their global giving campaign is active healthy living and education.

Visit http://www.thecoca-colacompany.com/citizenship/application_guidelines.html for more information.

[Corning Incorporated Foundation](#)

Deadline: Ongoing

Selected public K-12 school districts, community colleges and four-year institutions of higher learning are the consistent beneficiaries of Corning Foundation support.

Corning's areas of involvement have included community service programs for students, curriculum enrichment, student scholarships, facility improvement and instructional technology projects for the classroom.

Visit

http://www.corning.com/about_us/corporate_citizenship/community/foundation_request.aspx for additional information on how to apply.

[Cabot Creamery](#)

Deadline: Rolling

Cabot Creamery is providing up to \$200.00 matching grants to schools and clubs promoting healthy initiatives for kids and communities. Matching funds required.

Easy entry online. Our farmers want to help you grow healthy kids.

http://www.cabotcheese.coop/pages/community_and_you/grants_and_fundraising.php

Campbell Soup Foundation

Deadline: Ongoing

The Campbell Soup Foundation provides grants to local champions who inspire positive change in communities in which its employees work, including Napoleon, Wauseon, and Willard, Ohio. The Foundation limits grants to nonprofit organizations focusing on hunger relief, wellness, education, and community revitalization.

Learn more as well as take an eligibility at

<http://www.campbellsoupcompany.com/foundation.aspx>.

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