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901 S. Spring St.
Springfield, IL 62704
Phone 217-528-9617
Fax 217-528-9490

February 1, 2005

TO: ALL LOCAL UNITS

Re: *Parents and Teachers Taking Action for Healthy Kids* \$1000.00 Grants

Dear Local Unit President:

I'm writing today with exciting news! The Illinois PTA has joined efforts with the Action for Healthy Kids of Illinois Team and the Illinois State Board of Education. Together we will be providing one hundred and twenty (120) **\$1,000.00 grants to PTA local units in good standing** to start programs in their schools to promote healthy eating habits and/or better physical education activities.

In order to qualify for this grant program, your PTA must develop a program that will work in conjunction with one of the Action Plan Goals of the Commitment to Change document. These goals are listed in the enclosed literature. Next, complete the enclosed grant application and return it to the Illinois PTA no later than **March 1, 2005**.

The Action for Healthy Kids Team of Illinois will be developing a DVD that will highlight the programs initiated with these funds. You may be requested to cooperate with taping for DVD development, if your project is accepted, to serve as a model for other schools/districts. You may also be asked to share knowledge, experience, and recommendations from this project for applicable presentations and publications.

Enclosed you will find a program outline, a grant application and a Memorandum of Understanding. If you have any questions please contact the Illinois PTA office. Good luck in your efforts. I would really like to see an application from every PTA in Illinois.

Sincerely,

Gayla Boomer
State President

**Executive
Committee**

President
Gayla Boomer

1st Vice President
Mark Cribben

2nd Vice President
Jean Razunas

**VP Department
of Education**
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**VP of Home &
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Barb Miller

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Joanne Strong

**Executive
Administrator**
Jolene Lowder



In order to combat obesity in our youth, the Parents and Teachers Taking Action for Healthy Kids project will provide **120 grants of \$1,000.00** to **Illinois PTA Local Units** to implement steps creating health promoting schools that support sound nutrition and physical activity programs.

PROGRAM GUIDELINES

1. Any Illinois PTA Local Unit in good standing may submit a grant proposal.
2. All proposed programs must begin by May 1, 2005.
3. Proposed programs must focus on one or more of the 12 Action Goals of the Commitment to Change document. (see enclosed form).
4. Proposals may include funding for supplies, and materials. Proposals may not include funding for resource personnel.
5. Proposals will be screened utilizing the following criteria:
 - What is the direct benefit to students?
 - Is the proposed project creative and innovative?
 - Is the project an extension of an existing program?
6. **All applications must be returned to the Illinois PTA postmarked no later than March 1, 2005.**

EXAMPLES

Examples would include working with your school district to:

- Explore healthy vending options
- Offer recess before lunch
- Adopt policies ensuring that all foods and beverages available on school campuses contribute to healthy eating habits
- Improve quality of the physical education program
- Begin a breakfast program*
- Expand physical activity outside of the school class day

DEADLINE FOR SUBMISSION OF MATERIALS

Applications must be returned to the Illinois PTA, 901 South Spring Street, Springfield, IL 62704

Postmarked no later than March 1, 2005

*There may be additional funding to begin a school breakfast program.



Commitment to Change

Action Goals

1. Provide age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.
2. Provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills they need to adopt healthy eating habits.*
3. Ensure that meals offered through all school feeding programs meet federal nutrition standards.
4. Adopt policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.
5. Provide food options that are low in fat, calories and added sugars, such as fruits, vegetables, whole grains, and low-fat or nonfat dairy foods.
6. Ensure that healthy snacks and foods are provided in vending machines, school stores and other venues within the school's control.
7. Prohibit student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restrict access in middle, junior and high schools.
8. Provide an adequate amount of time for students to eat school meals, and schedule lunch periods at reasonable hours around midday.
9. Provide all children, from pre-kindergarten through grade 12, with quality daily physical education that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.
10. Provide daily recess periods for elementary school students, featuring time for unstructured but supervised active play.
11. Provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs.
12. Encourage the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Project Budget:

Project Timeline:

CONTACT INFORMATION

For more information or questions please contact:

Jolene Lowder, Illinois PTA Executive Administrator

800-877-9617

il_office@pta.org

Liz Davis, Illinois PTA Health Chairman

Boomer0704@aol.com



**2005 Parents and Teachers Taking Action for Healthy Kids
Competitive Grant**

Memorandum of Understanding

This Memorandum of Understanding is between the Illinois PTA Unit and the Illinois PTA.

PTA Name _____
PTA President Name _____
PTA President Address _____

The PTA Unit Grantee agrees to:

1. Commit to the project period of April 1, 2005 through September 1, 2005.
2. Organize and maintain a program that adheres to one of the Action Goals of the *Commitment to Change* document throughout the duration of the project period.
3. Serve as a model for other schools/districts.
4. Share knowledge, experience, and recommendations from this project for applicable publications and presentations.
5. Be willing to share progress with the Action for Healthy Kids of Illinois team, as appropriate. Complete any progress and final reports requested throughout the project period.
6. Complete an evaluation of the effectiveness of the Parents and Teachers Taking Action for Healthy Kids' competitive grant process.

The Illinois Parents and Teachers Association agrees to:

1. Provide each PTA grantee with grant funds as approved for the project.
2. Recognize the PTA/school district, locally and statewide as appropriate, if the school district has significantly improved its health promoting activities.

The Action for Healthy Kids of Illinois Team shall provide technical assistance to the PTA/ school district at no charge to the extent possible to help the PTA/school district successfully support sound nutrition and physical activity programs, through a grant provided by the Illinois State Board of Education.

Signatures:

The IL PTA grantee and the IL PTA agree to the above stipulations of this Memorandum of Understanding.

PTA President: _____ Date: _____

Illinois PTA President: _____ Date: _____



HEALTHY KIDS = SUCCESSFUL STUDENTS ACTION PLAN

**For promoting the importance of healthy eating and physical activity
among children and youth to combat the growing national epidemic of childhood obesity.**

National PTA kicked off the “Healthy Kids = Successful Students” Action Plan at the recently held National PTA Convention in Anaheim, California by providing information on ways PTA can help promote and implement the action plan and Resolution adopted by the 2004 National PTA Convention Delegates.

What Can My PTA Do?

There are many ways PTAs and schools can work together to help students, families, and communities improve nutrition, physical fitness, and overall health habits. Research shows a strong link between children’s health and academic performance. Healthy eating habits can help improve attendance, energy levels, classroom participation, school behavior, test scores, and academic success. Children who are fit and nutritionally healthy are ready to learn—by supporting healthy eating and regular physical activity; schools can improve student performance and achievement.

Help establish nutrition standards in schools.

Schools can make a commitment to healthy eating by establishing nutrition policies and standards for all food and beverages at school. Some states already have statewide nutrition policies.

IDEAS for PTAs:

- Work with school officials to review existing policies or develop a new nutrition policy for your school.

Make more healthful foods and beverages available.

Schools can serve high-quality meals (breakfast, lunch, and or/snacks) and offer nourishing choices in vending machines and cafeteria sales. Schools can also limit student access to foods and beverages high in sugar and fat and to those of minimal nutritional value.

IDEAS for PTAs:

- Provide non-food or nourishing alternatives to traditional ice-cream or pizza parties.

Address food and beverage contracts.

Schools don’t have to get rid of everything—start by increasing the number and variety of healthy choices and alternatives sold or offered at school.

IDEAS FOR PTAs:

- PTAs can make strategic business choices to conduct fundraising activities that sell healthful foods or non-food items.

Integrate opportunities for physical activity into every day.

In the U.S., 14% of young people say they don’t get any physical activity at all. Active kids (and families) have healthier growth patterns and reduced risk of diabetes. Encourage schools to provide regular physical activity for all students with in-class and after-school activities.

IDEAS FOR PTAs:

- Students earn a walk with the principal, instead of just a place on the honor roll.
- Create in-school Walk-a-Thon – using pedometers where most “miles” win prizes.
- Apply for a \$5,000-\$10,000 Nickelodeon “Let’s Just Play” Grant – the program provides funding and resources to create or expand opportunities for physical play in schools and after-school community-based organizations.

Implement family nutrition and fitness programs.

Schools can support family involvement in nutrition and fitness through school-based events, educational opportunities, and take-home materials.

IDEAS FOR PTAs:

- Start a cycling, in-line skating, or walking club for parents, teachers, and students.
- Create fact sheets on health and nutrition for families. Many resources are available online at USDA Team Nutrition: www.fnsusda.gov/tn/Default.htm

Source: National PTA

Resolution Adopted by 2004 National PTA Convention Delegates**Nutritional Eating Requirements in Our Schools to Combat Childhood Obesity**

- Resolved, That the National PTA and its constituent organizations promote the importance of healthy eating among children and youth to combat the growing national epidemic of childhood obesity; and be it further
- Resolved, That the National PTA and its constituent organizations support the inclusion of parents, community and health specialists along with educators and administrators when determining whether or not vending machines should be allowed on the school grounds and, if so, also be involved in deciding the types of products allowed within those machines and the use of proceeds garnered.
- Resolved, That the National PTA and its constituent organizations support the requirement that food and beverage items sold to students in vending machines, school stores, and in the school cafeteria contain at least the minimum nutritional value as determined by the USDA.

Source: National PTA

**Selected Resources for *Parents and Teachers*
Taking Action for Healthy Kids Project**

Action for Healthy Kids - *The Learning Connection*, Action for Healthy Kids
www.actionforhealthykids.org

Centers for Disease Control, Nutrition and Physical Activity
www.cdc.gov/nccdphp/dnpa/nutrition.htm

HealthierUS Challenge
<http://www.fns.usda.gov/tn/HealthierUS/index.htm>

Illinois Nutrition Education and Training
www.kidseatwell.org

Information on healthy eating, nutrition, and obesity prevention.
www.nutrition.gov

Mission Nutrition Physical Activity Lessons and Survey
www.missionnutrition.ca/english/teachers/fit_perspective.asp

Nutrition Programs & Support Services
217/782-2491
www.isbe.net/nutrition

United States Department of Agriculture
Agriculture Resource Service, Children's Nutrition Research Center
www.kidsnutrition.org

Team Nutrition Parent Place
<http://www.fns.usda.gov/tn/Parents/index.htm>

Changing the Scene: Improving the School Nutrition Environment
<http://www.fns.usda.gov/tn/Resources/changing.html>

Eat Smart. Play Hard. Campaign
<http://www.fns.usda.gov/eatsmartplayhard/>

WebMD Health
<http://my.webmd.com/content/article/72/81545.htm>