

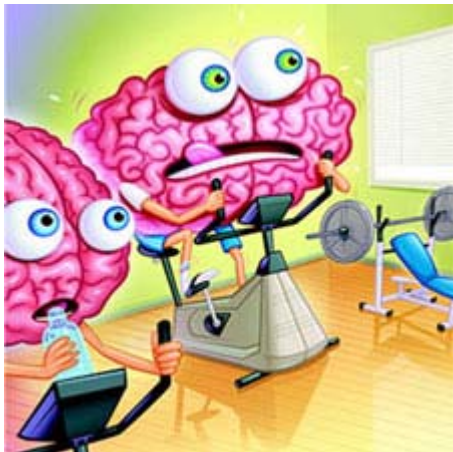
Linking Health and Learning: Supports for Student Wellness

Lindsay Simpson

Physical Education Consultant

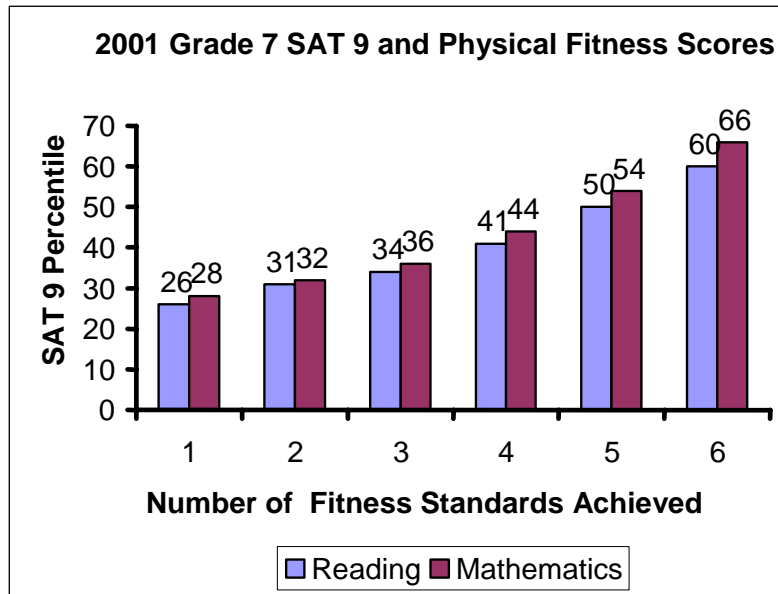
lindsay.simpson@state.vt.us

802-828-1461



Physical Fitness & Academic Achievement

- Higher academic achievement is associated with higher levels of fitness in grades 5,7,9¹
- Aerobic exercise in youth improves focus, concentration, memory, mood and self-confidence²



1 California Department of Education, 2001

2 www.johnratey.com SPARK: The Revolutionary New Science of Exercise and the Brain

Nutrition and Academic Achievement

- Undernourishment impacts the behavior of children, their school performance, and their ability to concentrate and perform complex tasks¹
- Participation in a school breakfast program increases composite math and reading scores, improves student behavior, reduces morning trips to the nurse, and increases student attendance and test scores²
- Teens experiencing hunger are more likely to have been suspended from school, have difficulty getting along with other children, and have no friends³

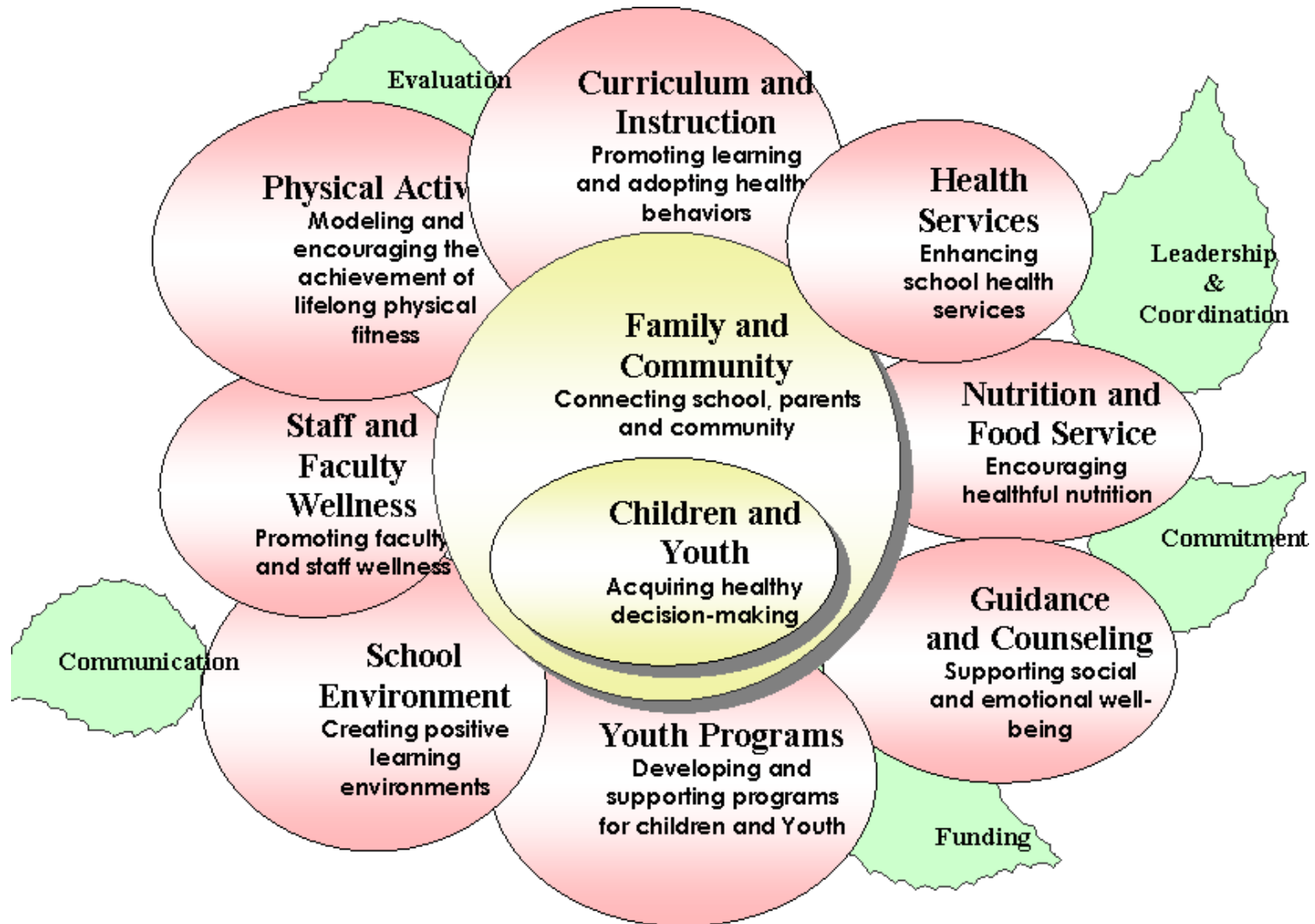


1 www.californiaprojectlearn.org Nutrition, Physical Activity and Academic Achievement

2 www.afhk.org Nutrition, Physical Activity and Academic Achievement

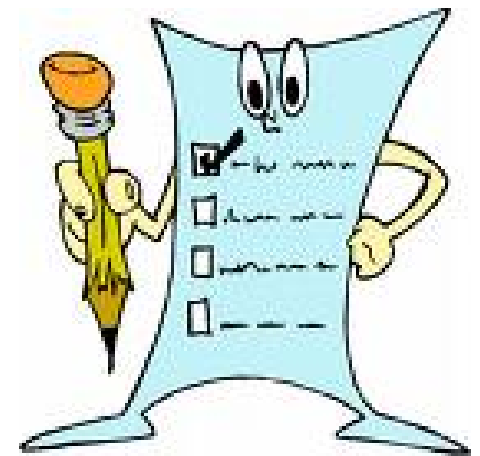
3 www.frac.org Child Nutrition Fact Sheet - Breakfast for Learning

Coordinated School Health



School Wellness Policy Resources

- ❑ Vermont Nutrition and Fitness Policy Guidelines (updated October, '08)
- ❑ Vermont Healthy Schools Resource
- ❑ Vermont Youth Risk Behavior Survey
- ❑ Fit and Healthy Kids School Wellness Award



General School Health Resources

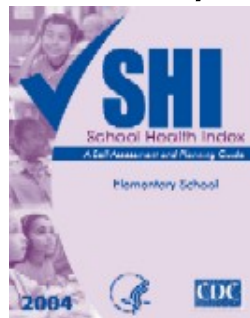
- Department of Education's "Linking Health and Learning" monthly e-bulletin includes:
 - News and general announcements
 - Grant and funding opportunities
 - Professional development opportunities



- To sign up e-mail lindsay.simpson@state.vt.us

General School Health Resources

- Health Education Resource Center: library of HE, PE and PA materials
- Riverdeep Learning Village: Web database of curricular resources aligned with VT GEs
- Technical assistance and professional development for HE, PE, PA, school food service
- CDC tools: SHI, PECAT and HECAT



Grants

- ❑ Heart Rate Monitor Grants for High School Physical Education: Summer '09 - \$30,000
- ❑ Farm-to-School Grants: Fall '09 - \$85,000
- ❑ Food Service Equipment Grants: due June 1, '09
- ❑ Fresh Fruit & Vegetable Grants: due May 8, '09



Partner Organizations Vermont

- ❑ VT Association for Health, Physical Education, Recreation and Dance (VTAHPERD)
- ❑ VT School Nutrition Association
- ❑ VT Action for Healthy Kids (AFHK)
- ❑ VT Food Education Every Day (FEED)
- ❑ VT Education Health Initiative (VEHI)
- ❑ Center for Health and Learning

Partner Organizations National

- CDC – Division of Adolescent and School Health
- USDA – Team Nutrition
- ASCD – The Whole Child
- NASBE – Center for Safe and Healthy Schools
- NSBA – School Health Programs
- NASPE – PA and PE
- Alliance for a Healthier Generation
- Food Research & Action Center

Linking Health and Learning: Supports for Student Wellness

- How is your school working to improve the nutrition and physical activity environment?

