

CYF NEWS

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MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"Our character...is an omen of our destiny, and the more integrity we have and keep, the simpler and nobler that destiny is likely to be."

—**George Santayana**



MICHIGAN TEAM NUTRITION CELEBRATES 10-YEAR ANNIVERSARY — Michigan Team Nutrition recently celebrated its 10th anniversary. *Do you know what Michigan Team Nutrition is and how you can become involved?* Read on for more information.

Michigan Team Nutrition is a partnership between the Michigan Department of Education and Michigan State University Extension. Michigan Team Nutrition is funded by the United States Department of Agriculture through a competitive grant process; to date we have received ten consecutive Team Nutrition grants. The goal of Michigan Team Nutrition is the same as that of national Team Nutrition: to empower students, families, and community members to make food and physical activity choices for a healthy lifestyle.

There are almost 1000 Michigan schools enrolled in Team Nutrition. That's 25 percent of all Michigan schools! Any school that administers the National School Lunch Program, the National School Breakfast Program, the After School Snack Program or the Special Milk Program is eligible to join Team Nutrition. When schools enroll in Team Nutrition they make a commitment to promote and support the Team Nutrition messages which are:

1. Eat a variety of foods;
2. Eat more fruits, vegetables and whole grains;
3. Eat lower fat foods more often;
4. Get your calcium-rich foods;
5. Be physically active.

Newly enrolled schools receive a Resource Kit from USDA and a Welcome Kit from Michigan Team Nutrition. When a new school enrolls a copy of their enrollment form is faxed on to the MSUE office in the county where the school is located, mainly to let the county office know of a school's commitment to the Team Nutrition messages, and to encourage county MSUE staff members to partner and work with enrolled schools **if** the partnership fits with the county's funding and priorities.

Over the years, many talented and dedicated MSUE county staff members have helped to implement a variety of Team Nutrition grants given to schools at the local level most recently including, *Healthy School Nutrition Environment* grants, which helped schools assess and improve their school nutrition and physical activity environments and *Healthy Reading* grants, which helped schools link nutrition education with reading. Impact fact sheets about these initiatives can be found on the Michigan Team

Nutrition Web site, www.tn.fcs.msue.msu.edu under the “Success Stories” button.

How Can You Get Involved in Team Nutrition?

There are lots of different ways county staff members can become active and involved in Team Nutrition. Here are a few ideas:

1. Contact TN schools in your county and offer nutrition education assistance and expertise. For a list of enrolled schools in your county contact Team Nutrition database manager, Brenda Hodson at hodson6@i2k.com. You can also find out from Brenda which schools are low-income schools, as defined by having \geq 50 percent of the students enrolled eligible for free or reduced-price school meals.
2. Visit the Michigan Team Nutrition Web site at: www.tn.fcs.msue.msu.edu, click on the “Resources” button and check out what’s there. Share appropriate resources with schools. While you’re at the Web site, click on “Grants” to find out if there are any grants that focus on healthy eating and/or physical activity that you could partner with schools and apply for.
3. Join the School Health Team of a Team Nutrition school in your area. If there isn’t a team, offer to start one. Get the word out about MSUE and all the things we do to promote and support healthy students and healthy families.

On campus Michigan Team Nutrition is coordinated by a team of part-time staff members: Chris Flood, Deb Grischke, Ann Guyer and Pat Hammerschmidt. These staff members appreciate and value county involvement in Michigan Team Nutrition and welcome any ideas or suggestions for how to support and link more with Michigan Team Nutrition schools at the local level. If you have questions about Michigan Team Nutrition contact Chris Flood at floodc@msu.edu.

GAME ON. THE ULTIMATE WELLNESS CHALLENGE is an educational and fun back-to-school event that can be held in a school or community to celebrate the importance of nutrition and physical activity. This event is sponsored by national Team Nutrition, national Action for Healthy Kids and numerous other organizations. Schools/communities are eligible for special prizes and national recognition for events held between

August 1 - October 1, 2006. To register (free) and for complete details including a **Game On** toolkit, visit http://www.actionforhealthykids.org/special_GameOn.php. A **Game On** fact sheet that you can share with others can be found under the “Events” tab on the Michigan Team Nutrition Web site – www.tn.fcs.msue.msu.edu. Submitted by Chris Flood/Ann Guyer/Pat Hammerschmidt.

LISTENING TO THE RIVER

Working in “collaboration” to address



community needs has a long and successful history

in our county and region – from receiving two 21st Century Community Learning Center grants to being awarded a U.S. Department of Education Physical Education for Progress grant, Grand Traverse County community collaboratives are successful and provide documented impacts for youth and adults in our communities. Through our partnership with the *Listening to the River* project, 4-H is looking forward to supporting non-formal science and environmental educational and youth development experiences to students, parents, schools, volunteers and community members. The coalition is headed up by the following project partners: Land Information Access Association (LIAA), Northwestern Michigan College’s Great Lakes Water Studies Institute (WSI), Great Lakes Children’s Museum (GLCM) and Interlochen Public Radio, (IPR).

What is Listening to the River?

Listening to the River is a multi-disciplinary non-formal education project that engages students, during out-of-school time, in the scientific exploration and documentation of their local watershed. The project is funded by a grant from the National Science Foundation’s Informal Science Education Division. The project has several components:

Watershed Discovery. Youth (ages 11-17) field teams will join adult volunteers and science/technology experts to explore and document various aspects of their local watershed using state-of-the-art mapping and multimedia technology.

Soundscapes Radio Segments. Working with Interlochen Public Radio (IPR) staff, students can elect to document their watershed discovery with advanced sound recording technology and produce

independent radio segments for broadcast on IPR. *Waterscapes: Traveling Children's Museum or Science Center Exhibits*. Content collected during the field excursions will be used to create immersive exhibits that recreate the experience of exploring a watershed. Exhibits are meant to communicate the concepts of watershed science to an elementary-aged audience.

Listening to the River Web site at <http://www.listeningtotheriver.org/> will provide project information, deliver educational resources, serve as a project management site and be used as a vehicle for the collection, aggregation and display of mapped watershed data and multimedia information.

Grand Traverse MSU Extension 4-H is supporting the project's goals in the following ways:

- ♥ Providing staff time and expertise as a *Listening to the River* Project Team Leader in the areas of adult volunteer mentor recruitment, screening and youth development training and also youth program participant recruitment.
- ♥ Providing youth and adults access to research-based, age-appropriate educational materials for environmental out-of-school time projects and youth development "ages & stages" topics.
- ♥ Offer any interested youths and adults the opportunity to access additional out-of-school learning opportunities such as *Listening to the River* programs.
- ♥ Offer teens the opportunity to apply for a position on the Michigan 4-H Youth Conservation Council (M4-HYCC). M4-HYCC helps Michigan teens who are interested in current environmental issues become involved with state and local governments to help resolve those issues. M4-HYCC was created by the Michigan Senate in 1999 and is coordinated by Michigan 4-H Youth Development. Teens from each region in Michigan may apply to participate in M4-HYCC.
- ♥ Assist the collaboration with local, regional, state and national dissemination of project materials and "lessons learned" through professional out-of-school time, youth development and 4-H staff conferences.
- ♥ Actively assist and support all program evaluation efforts.
- ♥ Actively serve on the advisory/steering committee.

The ultimate goal? A better understanding of the nature of our watersheds!

UPCOMING CONFERENCES:

GREAT CONFERENCE FOR ANYONE WORKING WITH EITC INITIATIVES – Building Prosperity for Working Families; October 11-13, 2006, in Los Angeles, CA. This conference is hosted by the National Community Tax Coalition, with a special focus on Asset Building, Innovation, Leadership, Scale and Sustainability, New Workshop Levels and Exhibitor Hall. Contact information: J. Kuzemsky, Center for Economic Progress, Ph: 312.252.0280 ext. 257, e-mail at jkuzemsky@centerforprogress.org or via Web at <http://www.centerforprogress.org/>
Submitted by Erica Tobe.

BLUE RIBBON Q&A

Q. Is there anything that I can do to make sure our ES-237 is accurate before running the final report?

A. Yes. In Blue Ribbon, go to ES237|ES-237 Verification Report|choose Members, Cloverbuds/Minis and Special|Preview. These are the fields that pull into the ES-237. Look for holes in the report. Everyone should have information in all the columns. Another check is to run ES237|ES237 Statistical Report|Test Member/Leader File Data and then Test Group Data. If the numbers match in these two reports then your final ES-237 report will match. If they do not match in the Member/Leader File report, then go back to your Verification Report. An example of the numbers being off would be if a members primary club code is listed differently in the member ID number than in the club tab. If they do not match in the Test Group Data, go through your Group Enrollments in Blue Ribbon and look for discrepancies. Another option is to send your data files "winzipped" via e-mail to Judy Bishop and she will find the error.

For more information contact Judy Bishop at lentzbis@msu.edu or Laura Allen at lacourse@msu.edu. Please note our new e-mail addresses.



Deadline for Next Edition of “CYF NEWS”

September 4, 2006, is the deadline for submitting articles for the September 8, 2006, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu