

CYF NEWS

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MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"We succeed only as we identify in life, or in war, or in anything else, a single overriding objective, and make all other considerations bend to that one objective."

—*"Dwight D. Eisenhower"*



MICHIGAN TEAM NUTRITION PROVIDES SCHOOLS SUPPORT TO IMPLEMENT THEIR LOCAL WELLNESS POLICIES

In 2004, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. This section of the federal law requires local education agencies, that is, school districts that participate in the USDA's school meal programs to establish district-level local wellness policies (LWP). The LWP had to be in place on the first school day that began in August 2006.

To date, Michigan Team Nutrition has partnered with state agencies – Michigan Department of Education (MDE) and Michigan Department of Community Health (MDCH) and other partner organizations – the Michigan Action for Healthy Kids (MAFHK) and the United Dairy Industry of Michigan (UDIM) to assist schools in developing policies and implementing changes to improve their nutrition and physical activity environments.

The first step taken in this direction was for schools to assess their school environments through a Coordinated School Health Team (CSHT) using the expertise of a trained facilitator. The facilitators were trained to use the Michigan-developed *Healthy School Action Too (HSAT)*. The *HSAT* was a collaborative effort of the MDCH, MDE, MSUE, Michigan Team Nutrition and UDIM. This tool helps schools to systematically assess the school environment. The schools then had to develop an action plan to improve their food service and another to implement nutrition education or physical activity.

The past year, Michigan Team Nutrition and MDE have continued to provide support and technical assistance to 37 schools awarded the USDA mini-grants to improve the school environment. Support has included helping schools to increase participation in meal programs, offering healthy á la carte choices, offering a Statewide Training Program to school foodservice directors, training and resources to implement effective nutrition education and physical activity using Team Nutrition and other materials.

To read more on schools that are successfully taking steps to improve their school environment, please go to the Michigan Team Nutrition Web site at <http://www.tn.fcs.msue.msu.edu>. On the Web site you will find links to *HSAT*, Action for Health Kids and other organizations. You will also find downloadable resources developed by Michigan Team Nutrition. You will find samples of completed Wellness Policies by Michigan Schools and many other resources.

Check the Team Nutrition Web site frequently or better bookmark it! *Submitted by Keerti Patel*

NEERS/CRS5 EVALUATION AND REPORTING SYSTEM – FREQUENTLY ASKED QUESTIONS

Q. I still need help – who should I contact?

A. Contact Margaret LaShore with specific CRS5 questions and the regional tech support for computer questions. Response time will vary depending on the quantity of e-mail and phone calls received, but we hope to get back to everyone in a timely manner.

Q. What are the new features of the CRS5 software?

- A. The new CRS5 software system:
- identifies the state and land-grant institution submitting the report – for EFNEP only,
 - captures data on race and ethnicity using the new, mandatory requirements from the Office of Management and Budget,
 - verifies addresses and creates mapping coordinates (while protecting client identity) for future use in illustrating the program's reach and impact – for EFNEP sites only,
 - provides an option to expand the existing subgroup codes to an unlimited number, with text names instead of two-letter codes,
 - provides a new foods database and client impact reports matching the MyPyramid food groupings and quantities consumed chart, as well as physical activity measures,
 - provides enrollment data for youth groups to match new National 4-H Headquarters requirements,
 - provides an initial trial of youth impact instruments, with sample question sets, and
 - enhances reporting capabilities.

CRS5 no longer contains the perinatal module or captures data on individual youth.

Q. What is included on the CRS5 CDs?

A. The CRS5 CDs contain installation software, a Quick Start guide, and a detailed manual for transitioning from ERS4 to CRS5. In Michigan there is also a NEERS Tools2 CD which contains the additional handouts for MI only, the first CRS5 Update, the State Adult Subgroups and State Public Assistance Program.

Q. Have there been updates to CRS5?

A. Yes, and it is very important to install all updates! Please visit the FSNE/EFNEP Reporting Web site for additional information at <http://www.fcs.msue.msu.edu/FNP/FNP-downloads.html>.

Q. What if I need additional copies of CRS5?

A. Each county has been supplied with one copy of the software for EFNEP and one copy for FSNE as well as a copy of a blue CD called NEERS Tools2. The Tools2 CD can be used to load the software on as many computers as needed. If an additional copy of the CD is needed, contact Margaret LaShore at 989.895.4026 or at lashore@msu.edu.

2007 FCS NEW STAFF TRAINING SERIES DESCRIPTION

All sessions are necessary for staff working in FSNE, EFNEP, and BFI. Home Visiting, Learn Together Approach, and Nutrition III are recommended for parenting instructors. Click here for registration <http://web2.msue.msu.edu/inservice/coursetitle.cfm>.

Home Visiting – November 7, 2007:

The Home Visiting training session is appropriate for program associates in nutrition and parenting programs and their supervisors. The session will address effective ways to work with participants in a home-based setting. Discussion will include: identifying barriers to learning and ways to overcome them, confidentiality and proper procedures for handling suspected abuse, ways to deal with difficult situations in participant's homes, ways to develop independence in participants and set boundaries, and preventative personal safety strategies. In addition, this session will include information on recruiting, establishing good relationships with referring agencies, and accurate record keeping.

Learn Together Approach – TBA:

The Learn Together Approach is appropriate for all FCS staff, educators, and program associates. The "Learn Together Approach" is a method of teaching groups through small group facilitation that encourages participants to share their knowledge and experiences. The session discusses benefits of this method of teaching, provides information on developing lesson plans, and conducting sessions using this approach. If you are looking for new ways to work with groups, this session is for you.

Nutrition I – August 22, 2007:

Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, brief discussion of MyPyramid Web site, reading and understanding nutrition labeling, and planning low-cost meals. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

Nutrition II – September 12, 2007:

Nutrition II is appropriate for educators and program associates in Food, Nutrition, and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: teaching the 2005 Dietary Guidelines for Americans and MyPyramid, and recommendations for special populations for prevention of nutrition-related chronic diseases, nutrients and nutrition-related health issues, and the role of nutrition and physical activity in weight management. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed as well as My Tracker and nutrition and physical activity assessments within the MyPyramid Web site.

Nutrition III – October 24, 2007:

Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler, special nutrition considerations for teens and the senior population. Corresponding lessons in the Eating Right is Basic and Enhanced curricula are reviewed.

BLUE RIBBON Q&A

- Q.** We received a memo from State 4-H Leader, Cheri Booth that includes a summary report of 4-H Leader and Staff Training Participation numbers for 2006-2007. Why do we need to report these numbers in Blue Ribbon?
- A.** This information is part of the ES-237 Statistical Report. The numbers are recorded in a separate part of the Blue Ribbon database found under ES237 | Training Log. The data recorded there is pulled into page 6, item #16 “Number of Adult and Youth Volunteers Training through 4-H” on the ES-237 report. The information is broken down into the following three categories:
1. Leadership – topics relating to organizing, managing, and teaching youth in a non-formal education setting.
 2. Parenting – knowledge and skills relating to developmental and learning needs of children and youth.
 3. Other – any training topic beyond the two listed above that is included in the 4-H Project Areas list, ex. Entrepreneurship, Healthy Lifestyle, Financial Literacy, or Science and Technology.

The percent of leaders trained each year is an important indicator of 4-H program quality in each state.

The answer to this question came from the “Answers to Staff Questions About 4-H Enrollment Reporting” CSREES document and is distributed during Blue Ribbon training sessions. Please contact Laura Allen, Blue Ribbon Coordinator at lacourse@msu.edu or 517.432.7632 if you would like a copy.



Deadline for Next Edition of “CYF NEWS”

August 6, 2007, is the deadline to submit articles for the August 10, 2007, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msu.edu