



# EMPOWER SCHOOLS

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## Empower Schools - March/April Update

Here are the updates for this month:

- Next year we will be completing the Youth Risk Behavior Surveillance Surveys again in certain locations, which will be coordinated with the Arizona Department of Education.
- Stipend payments will be available again in 2017 (pending funding) to each participating Empower Schools LEA.
- Empower Schools pilot project in current locations is still scheduled to end in June 2018.

Contact [Matthew.Leversee@azdhs.gov](mailto:Matthew.Leversee@azdhs.gov) with questions, suggestions or requests.

## Physical Activity / Physical Education and Nutrition Updates

Our Menu of Options Resource Guide will be available soon. Included in the book are statewide programs that can support schools in creating healthier environments. Remember: the Empower Schools program stipends are unrestricted to allow each district to use their funding based on individual needs. Also, over the last several years we have been collaborating with county health departments and community partners to build stronger support systems, with the goal to create a network of local experts who can assist schools with wellness policy and create healthier school environments. We highlighted many of these networks in the Menu of Options book, and we hope that you will utilize them to help fill any gaps or provide additional resources to your schools.

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## Supportive Resources

**Parental Engagement - Tuesday, March 15**

**2:00 - 3:00 p.m. ET**

<http://www.actionforhealthykids.org/events/event/350>

Parents are largely an untapped resource in the movement towards healthier schools. This webinar will feature success stories, effective strategies and practical pointers for engaging parents as powerful partners in your school wellness efforts. This is for school health teams and community members, or join this webinar to become a parent wellness champion.

**Walk and Bike to School - Wednesday, May 11**

**4:00 - 4:30 p.m. ET**

<http://www.actionforhealthykids.org/events/event/352>

Learn about Walk and Bike to School programs that will get your kids moving and ready to learn. Walk and Bike to School Programs are a great way to engage families and community members in your health and wellness efforts.