

Plan for Every Kid Healthy Week April 19-25

Have you planned the details for your [Every Kid Healthy Week](#) event? This special week shines a spotlight on the obesity epidemic affecting our children and provides an opportunity for everyone in the country to get involved in its solutions: sound nutrition, regular physical activity and health-promoting school programs. Events can range from health and wellness fairs, to taste tests, fun runs, school garden activities and more. Check out free resources and information at EveryKidHealthyWeek.org.

If your school is participating in Every Kid Healthy Week, you can find all the event resources you need [here](#), whether you are looking for event ideas or you just want to spread the word to your community and recruit volunteers.



[Hunger in Our Schools: Breakfast Is a Crucial “School Supply” for Kids in Need](#)

by Tom Nelson, President, Share Our Strength

“Good nutrition is just as important to a child’s future as a quality education—maybe even more so. We can’t expect kids to learn, excel and achieve if they aren’t properly nourished from day one. Share Our Strength’s new report, Hunger in Our Schools, illustrates how the healthier school breakfasts and lunches are working to address the twin crises of childhood hunger and obesity, particularly for low-income children. Healthy meals set up our kids for success, and school meals are a critical and effective part of that.”

– U.S. Secretary of Agriculture Tom Vilsack

The new report [“Hunger In Our Schools”](#) underscores the fact that hunger hampers a child’s ability to learn, but school breakfast offers a chance to solve this problem for millions of children.

Please advocate and reach out to your child nutrition administrator/director about the importance of eating breakfast. Share Our Strength will be your partner in providing funding to pilot alternative breakfast or implement universal breakfast at your schools.

[Find out more information.](#)

April 2015

Health and Wellness Observances

[National Autism Awareness Month](#)

[Stress Awareness Month](#)

[National Child Abuse Prevention Month](#)

[National Minority Health Month](#)

[Sports Eye Safety Awareness Month](#)

April 6-12: [National Public Health Week](#)

April 7: [World Health Day](#)

April 20-24: [Every Kid Healthy Week](#)

April 26-May 3: [National Infant Immunization Week](#)



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[State program to help foster students not available to some](#)

About a third of California's foster youth don't receive state-funded tutoring and counseling services because they are living with relatives. Proposed legislation would change that.

Foster youth living with relatives cannot take advantage of the Foster Youth Services Program, typically run by county offices of education. The program provides counseling and tutoring. Staff members also act as advocates and mentors for foster youth, determining their needs and identifying gaps in service. Youth in this program demonstrated academic improvement, completed high school and avoided being expelled. The program is in a position to play a key role in helping school districts meet the educational needs of foster youth as required under the Local Control Funding Formula (LCFF), particularly if it could be expanded to include *all* foster students. The program, which serves about 40,000 of California's 60,000 foster youth, currently receives about \$15 million from the state.

[Assembly Bill 854](#) — Educational Services: Pupils in Foster Care — introduced by Assemblywoman Shirley Weber would make all foster youth eligible for the program. Our Legislation Action Committee may consider this bill in coming weeks; we will keep you updated.

Excerpted from an article at EdSource.org by Susan Frey

