Oregon Health Education Teacher Update #6
June 2009

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Please forward this issue of the Health Education Teacher Update to interested colleagues! Teachers may sign up for this monthly e-newsletter and other content teacher newsletters at http://www.ode.state.or.us/search/page/?id=1843. Previous issues are located at http://www.ode.state.or.us/search/page/?=2349.

1. Physical Education Teacher Update Available
   The Physical Education Teacher Update is a monthly e-newsletter that will provide teachers information on physical education related issues, available trainings, grant updates and other important information. If you know of anyone that might be interested, they can subscribe to this newsletter by visiting: http://www.ode.state.or.us/search/page/?id=1843.

2. Oregon Association for Health Education (OAHE)—How to become a member
   OAHE is part of OAHPERD. To be a member of OAHE you must be a member of OAHPERD. The cost is $30 a year. OAHPERD and OAHE provide professional development to teachers. You can learn more about the organization and membership by contacting: OAHE Co-Presidents: Cheyenne Freeman Email: Freeman_cheyenne@yahoo.com, LaNaya Ritson, Phone: 503-585-1368 Email: ritsonl@comcast.net or mattedorrent@msn.com, or by contacting: www.oahperd.com.

3. 2009 Science Standards Available in REAL
   The 2009 science standards adopted by the State Board of Education at their February 20th meeting are now available on the REAL (Resources for Educational Achievement and Leadership) web site. Using Standards by Design (www.ode.state.or.us/teachlearn/real/standards) teachers, administrators and other educators can generate a printable PDF document or an Excel spreadsheet to create a customized version of the new science standards. Download, print and/or export any combination of subjects and grades to create your personalized copy of the standards.

   Since the phase-in for accountability for the 2009 science standards does not begin until 2010-11, both the 2001 and the 2009 versions of the science standards will be available in REAL until the 2001 standards are phased out. For questions about the science standards contact Cheryl Kleckner, Science Specialist, at cheryl.kleckner@state.or.us or (503) 947-5794. For questions about REAL contact Sarah Martin, Instructional Resources, at sarah.martin@state.or.us or (503) 947-5668.

4. Oregon Youth Sexual Health Plan
   The Oregon Youth Sexual Health Plan was released in May 2009, in conjunction with the Governor’s Proclamation of May as Youth Sexual Awareness Month. The Oregon Youth Sexual Health Plan is a guide for planning programs, advocating for policy,
procuring funding and educating stakeholders to support the sexual health of Oregon’s youth. It emphasizes adults’ responsibility to ensure availability of accurate information, skill-building opportunities and quality health services for all youth. It also recognizes youth must be centrally involved in defining their own needs and identifying programs and policies that support their health.

The sexual health plan arose in response to the rising incidence of teen pregnancy and child poverty. Since 1994, Oregon has formally addressed teen pregnancy through collaborative efforts. Supported by the Governor’s Office and a variety of health partners’ coordinated efforts, Oregon formed a statewide Teen Pregnancy Prevention Sexual Health Partnership (TPP/ SHP) in 2005. TPP/SHP created this strategic action plan to address youth sexual health in a holistic manner. Youth actively contributed to this plan in order to define their needs and to identify programs and policies that meet those needs. Youth need to feel empowered, hopeful and valued by their community; this support system will better equip them to make positive choices about sexual health.

It is essential to support teens in making healthy, positive choices in order to avoid negative outcomes such as unintended pregnancy, sexually transmitted infections and sexual violence. A holistic approach to sexual health supports physical, emotional, mental and social well-being in relation to sexuality. As a result, the plan recognizes and advocates policies that help reduce poverty, discrimination, gender inequities and gender role expectations, and cultural assumptions of heterosexuality.

The plan includes five overarching goals:
- Youth use accurate information and well developed skills to make thoughtful choices about relationships and sexual health.
- Sexual health inequities are eliminated.
- Rates of unintended teen pregnancy are reduced.
- Rates of sexually transmitted infection are reduced.
- Non-consensual sexual behaviors are reduced.

In order to accomplish these five goals, the plan suggests the following objectives:
1. Infrastructure
2. Policy
3. Health Inequities
4. Youth Development
5. Education for Youth and Families
6. Services for Youth and Families
7. Data
8. Assurances

The Oregon Youth Sexual Health Plan is on-line at:
http://www.ode.state.or.us/search/page/?id=1773
For more information, or technical assistance for implementing the Oregon Youth Sexual Health Plan in your community, contact:
Brad Victor, Sexuality Education Specialist
Oregon Department of Education
503-947-5655
Brad.victor@state.or.us

5. Summertime Safety Online: Issue 10 of bNetS@vvy
We are pleased to alert you to the latest version of bNetS@vvy, a resource developed
by the NEA Health Information Network, focused on kids and technology. This issue tackles summertime safety online from a variety of viewpoints. In From the Experts, Internet safety expert Nancy Willard offers specific risk prevention tips for parents of children and teens (and see Willard’s downloadable cyber-safety handout, available at bNetS@vvv’s Tips and Tools section). In Parents’ Corner, teacher and mother Vicki Davis details four guidelines for building “a family summertime safety line.” Our Teacher’s Desk piece features Paula White, a tech-savvy elementary school teacher who urges parents and teachers to spend the summer learning more about the benefits of social technology. And in our Youth Voices segment, we hear from two typical kids, one age 11 and one age 15, about how they use social technology in their daily lives.

**About bNetS@vvv:**
A comprehensive Web site ([www.bnetsavvy.org](http://www.bnetsavvy.org)) where educators and parents can find Internet safety information, bNetS@vvv offers classroom tools, family strategies, news updates, and expert advice, all designed to help keep kids safe online.

### 6. Mindful Practices: Classroom Yoga in 8-10 minutes
Mindful Practices is an organization dedicated to bringing wellness to communities from all walks of life. Mindful Practices is excited to announce that US News & World Reports featured our wellness programs at Jefferson Elementary in the article “Schools Battle Student Stress with Creative Strategies.” Eddy Ramírez’s article talks about studies showing that yoga and other stress-management methods can produce many benefits. Mind-body relaxation, including yoga, can improve self-esteem and boost grades and test scores. This program provides information on how to help with classroom behavior issues through your wellness and movement curriculum. Go to [www.MindfulPracticesYoga.com](http://www.MindfulPracticesYoga.com) for further information about this program.

### 7. National School Boards Association’s (NSBA) Promising District Practices
The National School Boards Association’s (NSBA) School Health Programs department is pleased to announce a new web-based resource, *Promising District Practices*, which shares success stories related to district-level school health policies and practices. The website features a searchable database of local school district successes in developing, implementing, and evaluating policies and practices that address health risk behaviors and health promotion issues. The stories are submitted by school districts and schools across the country. While the current topics are limited to Coordinated School Health Programs, Tobacco Use, Asthma, Healthy Eating, and Physical Activity, these may be expanded in the future.

If you know of districts in your states that have success stories that would be useful to share with school district leaders and school health professionals nationwide, please encourage them to submit their story or provide contact information directly to NSBA School Health Programs staff at [schoolhealth@nsba.org](mailto:schoolhealth@nsba.org). We look forward to increasing the website contents to help others build effective school health approaches that can strengthen students’ health and education outcomes.

To explore the *Promising District Practices* website, please click here [www.nsba.org/SchoolHealth/PromisingPractices](http://www.nsba.org/SchoolHealth/PromisingPractices). For more information, please contact NSBA’s School Health Programs at [schoolhealth@nsba.org](mailto:schoolhealth@nsba.org).
8. Update on 2007 Senate Bill 517 and 2008 Senate Bill 1066, Steroid and Performance-Enhancing Substances
During the 2007 Session, the Legislature passed Senate Bill 517 in an attempt to respond to the very serious issue of use and abuse of anabolic steroids and performance enhancing substances among school-age children. It also specifically prohibited school district employees from promoting the use of these types of products and substances. During the 2008 Session, the content from SB 517 was updated with technical changes as part of Senate Bill 1066. One component of the legislation is the training of athletic directors and coaches once every four years on anabolic steroids and performance enhancing substances. Currently, ODE and representatives from a variety of Oregon Athletic Organizations are working on the online training. For more information please visit: [http://www.ode.state.or.us/search/page/?=2411](http://www.ode.state.or.us/search/page/?=2411)

For over twenty years, Cascade AIDS Project has been providing HIV/AIDS Education to the community in an effort to prevent new HIV infections, end stigma and shame, and increase awareness of the global pandemic. Here is the first edition of the Cascade AIDS Project’s HIV/AIDS Education Update.

10. Spring 2009 School Wellness Newsletter
This edition focuses on providing nutrition and physical activity resources for students during difficult economic times. To view the entire newsletter, please go to: [http://www.oregondairycouncil.org/resources/free_downloads/downloads/Wellness_Newsletter_2009_Spring.pdf](http://www.oregondairycouncil.org/resources/free_downloads/downloads/Wellness_Newsletter_2009_Spring.pdf).

11. Walk + Bike To School’s April Newsletter
The April edition of the Walk + Bike Newsletter, brought to you by the Oregon Walk and Bike Committee is now available. To view the entire newsletter, please visit: [http://www.ode.state.or.us/teachlearn/subjects/pe/walknbikenewsletter.pdf](http://www.ode.state.or.us/teachlearn/subjects/pe/walknbikenewsletter.pdf). Of particular note is that the Walk + Bike Challenge Month is now open on [www.walknbike.org](http://www.walknbike.org). Be sure to register early to ensure your school will receive the materials and incentives for the start of the challenge month May 1st. Please send in your stories and pictures of your walking and biking events for a possible feature article in a future newsletter.

12. AmeriCorps HOPE Applications
AmeriCorps HOPE is inviting Applications from potential HOST SITES who are interested in hosting full-time AmeriCorps Members for the grant term from Sept. 1 2009 – July 31, 2010. 
Who can be an AmeriCorps HOPE Host Site?
This invitation is open to the following types of organizations:
> High schools, middle schools, ESDs, school districts, parochial schools, colleges, universities
> Private and public non-profit organizations dealing with youth, families, and health services
> Community based organizations / faith based organizations
> Tribal, State, County, and Local government agencies

Take advantage of this opportunity to have a full-time Member serving your community!
If your organization does not intend to apply as a Host Site, please pass this Announcement on to local entities who work with youth & family services and AmeriCorps HOPE’s focus areas. Please see complete announcement at: www.ode.state.or.us/teachlearn/subjects/health/hostsiteapplication.pdf Additional information can be found at http://www.oregon.gov/DHS/children/teens/americorps/sites.shtml#apply

13. Professional Development Opportunities

Second Annual Teaching Personal and Social Responsibility (TPSR) Conference 2009
Based on the Teaching Personal and Social Responsibility model (Hellison et al, 2000, 2003), the TPSR Alliance seeks to apply sport and physical activity to youth development in schools and after-school and summer programs through workshops, clinics, publications, and other means. This year’s Second Annual TPSR Conference will be held June 25-27 at Springfield College, Springfield-Hartford (airport), Mass. There is no registration fee for the conference, but we do need to know who is coming. Please let us know if you will join us by filling out a REGISTRATION FORM http://www.tpsr-alliance.org/index.php?option=com_content&task=view&id=27&Itemid=5. For conference details, go to: http://www.tpsr-alliance.org/

SEX ED BOOT CAMP Core Competency Training
Take advantage of the registration fee of $85. CEUs offered for an additional cost fee – details to follow in May. This training is hosted by Planned Parenthood of Southwestern Oregon and Oregon Department of Education. For those who teach* and/or work with young people, this 2 day training is designed to help professionals develop the fundamental skills necessary to provide accurate and age-appropriate sexuality education to diverse populations of youth. * This is not a curriculum-specific training.

2009 Superintendent’s Summer Institute – Setting the Stage for Student Success, August 3 – 5, 2009
The Oregon Department of Education (ODE), in partnership with the Confederation of School Administrators (COSA), the Oregon Education Association (OEA) and the Oregon School Boards Association (OSBA), is pleased to announce the 2009 Superintendent's Summer Institute, “Setting the Stage for Student Success”, to be held August 3-5, 2009 in Eugene.

Now in its seventh year, this statewide conference has provided extensive professional development opportunities for middle school and high school teachers and administrators. This year, for the first time the Institute will have a K-12 focus, motivated by the belief that by working together, the shared vision of a quality education for all Oregon's students will be realized. Topics at the institute will include:

- Proficiency-based Learning
- Assessment
- Career and Technical Education
- Literacy
- Cultural Competency
Personalized Learning
Effective Instructional Strategies

As in previous years, a small grant is available to assist teams in off-setting the cost of their travel and accommodations. Registration and grant information along with additional institute related materials are available on the 2009 Summer Institute web page: http://www.ode.state.or.us/search/page/?id=2558.

Safe Routes to School National Conference “Two Steps Ahead” August 19-21, 2009 Hilton Portland & Executive Tower Portland, Oregon

Learn how Safe Routes to School programs across the country are changing the habits of an entire generation of school children and putting thousands of families two steps ahead of health and environmental concerns. The 2nd Safe Routes to School National Conference is being co-presented by the National Center for Safe Routes to School and the Safe Routes to School National Partnership. Join the Bicycle Transportation Alliance at the conference on August 19-21, 2009 at the Hilton Portland & Executive Tower in Portland, Oregon.

The Oregon School-Based Health Care Network’s 2009 Annual Conference Call For Presenters Share your effective practices with the school-based health care field!

Save the date -- October 9, 2009 -- for our annual conference in Salem. Our theme this year is Think Health Care Without Limits. We invite you to share your expertise by responding to our Call for Presenters. Download the application and presentation guidelines today to share your effective practices with the field. Visit the Network’s web site for more information www.osbhcn.org.

34th National Conference on Men and Masculinity, "Roots of Change: Men, Sex and Justice," October 28th-30th, 2009 at Portland State University

The Attorney General's Sexual Assault Task Force and the Portland State University Women's Resource Center, in partnership with the National Organization for Men Against Sexism, are seeking presenters for the 34th National Conference on Men and Masculinity, "Roots of Change: Men, Sex and Justice." The conference will be October 28th-30th, 2009 at Portland State University in Portland, OR.

We are committed to providing conference offerings that will address a broad range of issues pertaining to men and masculinity and the prevention of sexual violence, with an emphasis on addressing the root causes in order to prevent violence before it occurs. We are seeking workshops and presenters that will address the interrelated factors that influence sexual violence, the development and implementation of effective programs, current research in sexual violence prevention and healthy sexuality promotion, and gender equity as it relates to sexual violence. Workshops should take into consideration that audience members will have a broad range of knowledge and skills, and should be designed to meet people where they are at in their understanding of the issues and help to facilitate an increased understanding.

We invite you to submit a workshop that will be of interest to those who develop and implement prevention efforts with boys and men, and in schools,
communities and on college and university campuses. We also invite those with peer and youth programs to consider making a proposal to provide a peer/youth led or peer/youth & provider led workshop. You will find the workshop proposal instructions and form attached to this email.

Please submit your proposal on or before May 11th, 2009 at 5 p.m. Electronic submission is preferred. The Conference Planning Advisory Group will consider these proposals and notify you if your proposal is accepted by May 29th, 2009. If you have questions or need more information, please contact Ethan Young, Prevention Specialist, at 503.990.6541 or email: ethanyoung@oregonsatf.org.

For more information about the conference, please visit http://sati.oregonsatf.org/roots.html.

**Youth @ Work: Teaching Teens About Safety and Health in the Workplace**
Approximately 70 to 80 percent of teens will hold a paying job during their high school years. They are also injured on the job at higher rates than older workers. The University of Oregon’s Labor Education and Research is actively disseminating a new curriculum to teach young workers about workplace safety and health issues. The *Youth @ Work* curriculum can be offered in a three to five hour formats, and uses extensive interactive classroom exercises to teach high school students basic information about occupational safety and health. This curriculum was developed by the National Young Worker Safety Resource Center and is available free through the National Institute for Occupational Safety and Health. For more information about *Youth @ Work*, and links to download the curriculum, check the LERC website: [http://www.uoregon.edu/~lerc/programs/youth.html](http://www.uoregon.edu/~lerc/programs/youth.html)

LERC also offers “Train the Trainer” workshops to familiarize career and technical, and health educators with the program. Contact LERC Research Associate Laurel Kincl to learn more about these opportunities: lkincl@uoregon.edu

**Flash Curriculum Trainings**
Meeting the Needs of Special Education Students in Human Sexuality Education: FLASH Curriculum
Intended Audience: Oregon Special Education Teachers (no cost)
**Registration Will Be Limited to 30 Participants (per site)**
To register contact: Brad Victor, Oregon Department of Education, 503-947-5655, brad.victor@state.or.us

**Sexuality Education Workshops**
The Oregon Department of Education will offer a series of free workshops for HIV/STD and Sexuality Education. These workshops will provide teachers, administrators, and community-based organizations with information on the following topics:

- Research-based curriculums and best practices for the classroom
- Age-appropriate sexuality education and strategies for elementary school-aged youth
• Age-appropriate sexuality education and strategies for middle/high school-aged youth
• Implementing effective, research-based, abstinence-based programs in your school districts
To register contact: Brad Victor, Oregon Department of Education, 503-947-5655, brad.victor@state.or.us

14. **Resources and Research**

**CDC/DASH’s new School Connectedness publication is now available in print**

For more information about school connectedness and its positive effects on health and learning, visit [http://www.cdc.gov/healthyyouth/AdolescentHealth/connectedness.htm](http://www.cdc.gov/healthyyouth/AdolescentHealth/connectedness.htm).

**Six Teen Sexual Health Myths Spread by Web Identified in Packard/Stanford Study**
Health Web sites that tell teens about sex are often riddled with errors and omissions, according to new research from Lucile Packard Children's Hospital and the Stanford University School of Medicine. Myths about birth control, sexually transmitted diseases and Pap exams are not dispelled even on several sites reviewed by doctors, the study found.
[http://www.businesswire.com/portal/site/google/?ndmViewId=news_view&newsId=20090414006224&newsLang=en](http://www.businesswire.com/portal/site/google/?ndmViewId=news_view&newsId=20090414006224&newsLang=en)

**ADDITIONAL MATERIALS:** A handout that corrects the six teen sexual health myths and a poster about the research are available online at [http://tinyurl.com/yen-web](http://tinyurl.com/yen-web). A video of Sophia Yen discussing this research is available at [http://tinyurl.com/yen-video](http://tinyurl.com/yen-video).

**Suicide: Breaking the Silence: Community Awareness Video and Discussion Guide**
[http://www.attcnetwork.org/userfiles/file/Vol_12, Issue 3.pdf](http://www.attcnetwork.org/userfiles/file/Vol_12, Issue 3.pdf) Developed by the Yamhill County Suicide Prevention Coalition in Oregon for community forums they held to get people together to talk openly about suicide and mental health issues. Take a look and download the video and discussion guide at [http://www.oregon.gov/DHS/ph/ipe/ysp/video.shtml](http://www.oregon.gov/DHS/ph/ipe/ysp/video.shtml). You may use these resources to educate yourself and others. If you were looking for a community activity to start a discussion, raise awareness about suicide, and reduce stigma - this is a wonderful tool.

**National School Boards Association’s (NSBA) Report on Childhood Obesity and School Leadership**
NSBA has developed a special report on childhood obesity and school leadership published in the February 2009 issue of the American School Board Journal (ASBJ). The report contains three articles exploring the role of school leadership in addressing school wellness and childhood obesity. Topics include: Advocating for School Wellness, Building Community Partnerships, and Ensuring Sustainability.

To learn more about the special report, read the following update on the NSBA School Health Programs website:

Healthy School Celebrations
Let's Party! From birthday parties to holiday celebrations, there are many celebrations in elementary schools. Along with the fun, usually comes food. Just one school party can include pizza, sugary juice drinks, chips, cake, and ice cream, plus a goodie bag with candy.
Offering so many treats so often can contribute to unhealthy eating habits. However, with a few easy changes, parents, teachers, and school administrators can shift the focus of school parties from unhealthy food to healthy fun. For an awesome list of alternatives visit:
http://www.ode.state.or.us/teachlearn/subjects/health/healthy-school-celebrations.pdf

Adolescent Brain Research
The link below has a number of good resources including an article that does a nice job of explaining the advantages and disadvantages of the adolescent brain developing.
It has web cast and other articles on the adolescent brain.

Website Launched to Support Oregon’s New Teachers
Educator mentoring is a large component of ensuring student success through quality education. The Beginning Teacher and Administrator Mentor Program was created in 2007 in an effort to provide new educators with the tools they need to help their students succeed in the classroom. To support this important initiative, the Chalkboard Project and The Oregon Department of Education, with support from the Boeing Company, launched MentoringEducators.org. The site is designed to provide information about the mentor program to educators, legislators, and the general public. Its features are useful to a range of users. Everyone from an experienced educator mentor to an average Oregonian can find helpful information. The site includes:

- An overview of Oregon’s Mentor Program
- Program participants and program locations
- A calendar with times and details about mentoring classes
- Mentoring models--what and how does mentoring work?
- General educator resources, with an emphasis on Math and Science
- National & local news
- Research--why is mentoring important?
- A forum for discussing Oregon's Mentor Program

The ultimate goal of both the website and the mentor program is to support an investment in quality educators. The website provides Oregonians important information that will help build their support for quality educators. If you have any questions or comments about MentoringEducators.org, please contact Matt Kinshella, Communications Associate, Chalkboard Project at 877-YOUR-K12. Please visit www.mentoringeducators.org and encourage your colleagues to do the same.

Youth Gambling Prevention Classroom Resources
Teachers: looking for a new way to engage your students in learning about risk, addiction, healthy choices? Try a focus on youth gambling—a rising problem in Oregon and elsewhere, according to recent DHS studies. For free teacher-tested curricula, videos, activity ideas, handouts, sample assignments, guest speakers and other resources contact Wendy Hausotter, DHS Problem Gambling Prevention Coordinator (wendy.hausotter@state.or.us). More background information on youth gambling is available at 1877mylimit.org (click on Resources, then “youth” and/or “schools”).

15. Scholarship Opportunities

Oregon Community Foundation Scholarship
The Oregon Community Foundation offers scholarships for students entering a trade/vocational school, 2 or 4 year college, or graduate school. Students can apply for the majority of our scholarships through the OSAC scholarship application. There are additional scholarships available through our website at www.ocf1.org, click on scholarships. These scholarships are focused towards an ethnic group (Native American, Scottish...) or to graduates of a particular high school.

16. Grant Opportunities

Robert Wood Johnson Foundation Local Funding Partnerships 2009-2010
Application Deadline: July 7, 2009
Across America in small towns and big cities, on street corners and town squares, in homes, schools and prisons, Robert Wood Johnson Foundation Local Funding Partnerships goes to where health happens. Funded through the Foundation's Vulnerable Populations Portfolio, Local Funding Partnerships (LFP) projects address some of society's most daunting and seemingly intractable health problems head-on at the community level. These projects are brought forward by local grantmakers who propose a funding partnership by nominating community initiatives that offer new solutions to significant health or health care problems. Through this matching grants
program, LFP brings together the Robert Wood Johnson Foundation, local funders and local organizations so better health can take root in our communities.

- More details and how to apply.
To go straight to the call for proposals, click here: http://www.rwjf.org/files/applications/cfp/cfp_LFP2010.pdf

WEBSITES WITH GRANT AND SCHOLARSHIP INFORMATION --Many websites are available to provide educators, students, and parents with information on grants, scholarships, and other types of financial support. Here are some of them:

ESchool News online. This online version of a monthly magazine contains a grants section with regularly updated grant, scholarship, professional development, and other funding opportunities for both educators and students. Go to http://www.eschoolnews.com/funding/

FastWEB. This describes itself as the largest online scholarship search available, with 400,000 scholarships representing over one billion in scholarship dollars. The site provides students with accurate, regularly updated information on scholarships, grants, and fellowships suited to their goals and qualifications at no cost. Visit: http://www.FastWeb.com.

The Foundation Center. This is an independent nonprofit information clearinghouse on grants available throughout the U.S. The center offers publications, including directories of foundation and corporate grant-makers, research advice, custom research, and database searching. The site includes online training in grant-seeking, proposal writing, and funding research, as well as an online librarian. Visit: http://foundationcenter.org/findfunders/

GrantsAlert.com. This site's goals is to "make life a little easier for those who devote their time to searching for education grants and identifying new funding opportunities for their organizations, schools, districts, consortia, and state education agencies." Visit: http://www.grantsalert.com/

Grants.gov. This site allows organizations to electronically find and apply for competitive grants from all federal grant-making agencies. It encompasses over 900 grant programs offered by the 26 Federal grant-making agencies. It streamlines the process of awarding over $350 billion annually to state and local governments, academia, not-for-profits, and other organizations. Visit: http://www.grants.gov/

Grantsandfunding.com. This site offers a complete listing of all Thompson Publishing Group publications that focus on grant and funding issues. Subscribers to the group's publications have access to a special section that
provides resources such as grant deadlines, highlights of funding issues, and links to related Web sites. Visit: http://www.grantsandfunding.com/.

**SchoolGrants.** This is a collection of resources and tips to help K-12 educators apply for and obtain special grants. The site offers fundraising ideas, sample proposals, grant writing tips, and scholarship information. Visit: http://www.schoolgrants.com/

17. **ODE Resources (in every issue)**

Stay connected and informed with the Superintendent's Weekly Update and Monthly Pipeline. Check out Update (link to http://www.ode.state.or.us/search/results/?id=364) and Pipeline (link to http://www.ode.state.or.us/search/page/?id=684) online or email crystal.greene@state.or.us to be added to the distribution lists.

**Health Announcements:** http://www.ode.state.or.us/search/results/?id=12

**Health Performance Requirements:**
Requirements: http://www.ode.state.or.us/search/page/?id=1746
FAQ: http://www.ode.state.or.us/search/page/?id=1752

**Grade Level Maps:** These are the recommended Grade Level Maps to assist teachers, curriculum specialist, and administrators align their curriculum to Content Standards. http://www.ode.state.or.us/search/page/?id=1749

**Health Sample Scoring Guides:** http://www.ode.state.or.us/search/page/?id=1746

**State Adopted Instructional Materials for Health:**
To see the list of adopted materials:
http://www.ode.state.or.us/teachlearn/instructionalmaterials/health2008-2014.pdf
For publisher representative information, go to http://www.ode.state.or.us/teachlearn/instructionalmaterials/publisheraddresses2008-2014-health-pe.pdf
For a list of materials viewing sites, go to http://www.ode.state.or.us/search/page/?id=1565

**ODE Health web pages:**
Health Education "landing" page:
http://www.ode.state.or.us/search/results/?id=12

**Resources for Educational Achievement and Leadership (REAL):**
http://www.ode.state.or.us/teachlearn/real/

**Oregon Diploma project:** http://www.ode.state.or.us/search/results/?id=368

**Superintendent’s Weekly Update:**
http://www.ode.state.or.us/search/results/?id=364

**Superintendent’s Monthly Pipeline:**
http://www.ode.state.or.us/search/page/?id=684

**Contact the State Specialist:**
Tanya Frisendahl, tanya.frisendahl@state.or.us, (503) 947-5754
Please send items that can be included in the Update. The deadline for submissions will be a week before the first day of the month. Please send something that can just be cut-and-paste into the document without having to edit. The aim is to keep the articles short, and to provide links or contact information whenever possible. Send to tanya.frisendahl@state.or.us

****Disclaimer--The materials contained in the Oregon Physical Education Teacher Update produced by Oregon Department of Education are drawn from both internal and external sources and inclusion of external materials does not necessarily indicate Oregon Department of Education endorsement.****