

Healthy Bodies – Engaged Minds

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Workshop Goals

- To understand the Relationship between Health and Academics, Behavior and Emotions
- To access available resources
- To learn strategies & best practices
- To be equipped to turnkey findings to all parents, including parents of ELLs and Immigrant children



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The Issue - What Surrounds Us Shapes Us

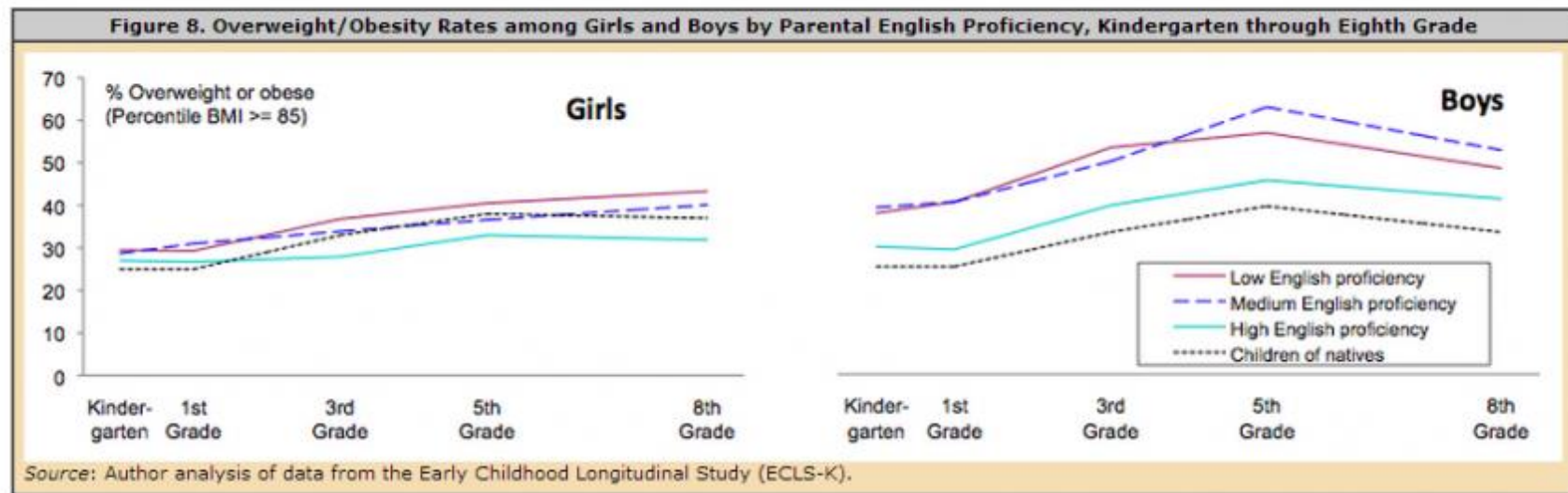
- Changes to our communities, neighborhoods, and schools have made it difficult for children to eat a healthy diet and to be physically active.
- Many youth and their families do not have access to affordable healthy food or safe places to walk, bike, and play.
- Youth and their families are healthier when their schools and communities provide healthy food and safe places to play.

The Challenge

- One out of three children are overweight or obese.
- On a given day 30-40% of children and adolescents eat fast food.
- Children spend more than 7.5 hours a day in front of a screen for non-school purposes.
- Kids view more than 40,000 commercials on TV each year and 87% of the food and beverages they see are for unhealthy foods.
- Only one in three children are physically active every day.
- Only six states require physical education at every grade level.
- The health of Immigrant children declines more rapidly as they age than do native-born children. (Rong & Preissle, 2009)
- Children of immigrants (foreign-born and U.S.-born) are more than twice as likely as children of native-born parents to be in “fair” or “poor” health. (Reardon-Anderson, Capps & Fix, 2002)

How Does English Language Proficiency Affect Health?

- Family education level affects obesity rates for all students.
- Obesity rates decrease as education level rises.
- Obesity rates decrease as English language proficiency increases.



A National Crisis

“...being overweight or obese has become the leading medical reason recruits are rejected for military service....”



from **The latest national security threat: obesity**

By retired U.S. Army Generals John M. Shalikashvili and Hugh Shelton, both former Chairmen of the Joint Chiefs of Staff
The Washington Post, Friday, April 30, 2010

Unless we reverse obesity trends, today's children could have a **shorter life expectancy** than their parents.



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Whole School, Whole Community, Whole Child (WSWC)



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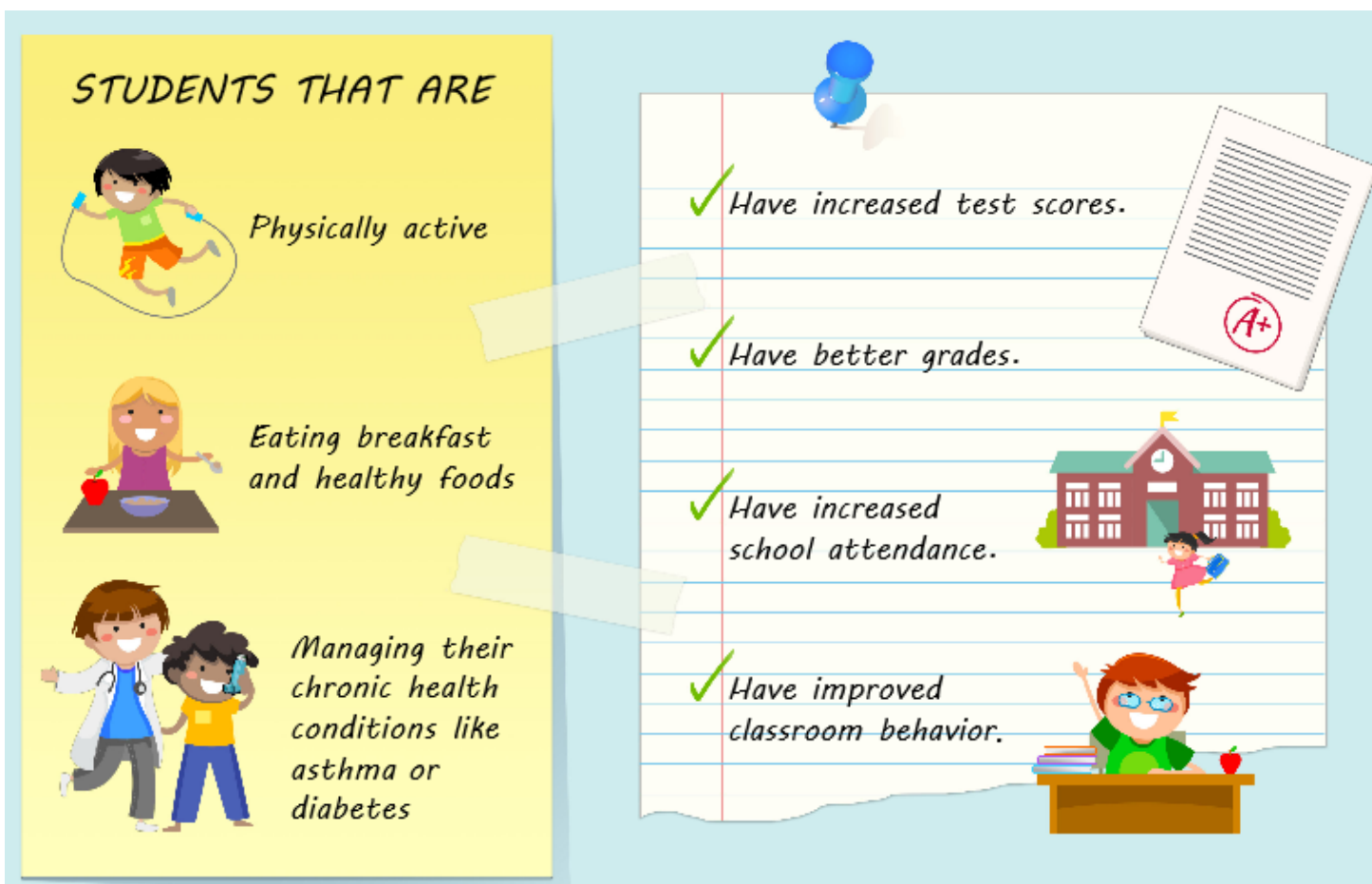
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Helping Children Learn, Grow, and Be Healthy

- ★ Together, parents, school staff, and students can create a healthy school nutrition environment
- ★ Better health = better learners
- ★ Kids with healthier eating patterns and enough physical activity tend to:
 - ⦿ Have better grades
 - ⦿ Remember what was taught in class
 - ⦿ Behave better in class
 - ⦿ Miss less school time



Healthy Students Do Better in School



Source: http://www.cdc.gov/healthyschools/parentengagement/pdf/healthy-students_badge_1.pdf



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Healthy Students Do Better In School

- Good nutrition is linked to improved student behavior, lower absenteeism and reduced tardiness.
- Eating breakfast at school is linked to greater improvements in standardized test scores and math grades.
- Physical fitness levels predict for better math performance.
- Participation in physical activity is consistently related to lower levels of anxiety and stress.
- Participation in high activity physical education program may strengthen scores for elementary-age children on standardized tests.
- Physical activity can positively affect concentration, memory and classroom behaviors.
- Severely overweight children miss 4 times as much school as normal weight children.



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Adapted from Alliance for a Healthier Generation

8 Priority, Educationally Relevant Health Factors

- Vision
- Asthma
- Teen Pregnancy
- Aggression and Violence
- Physical Activity ★
- Breakfast ★
- ADHD
- Oral Health Problems

Charles E Basch, Ph D



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Link Between Health Factors and Educational Outcomes

- Sensory Perceptions
- Cognition
- School Connectedness and Engagement
- Absenteeism
- Temporary or Permanent Dropping Out



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A Case for Physical Activity

- 14 published studies analyzing data from approximately 58,000 students between 1967 and 2006 have investigated the link between overall participation in physical activity and academic performance.
- 11 of those studies found regular participation in physical activity is associated with improved academic performance.



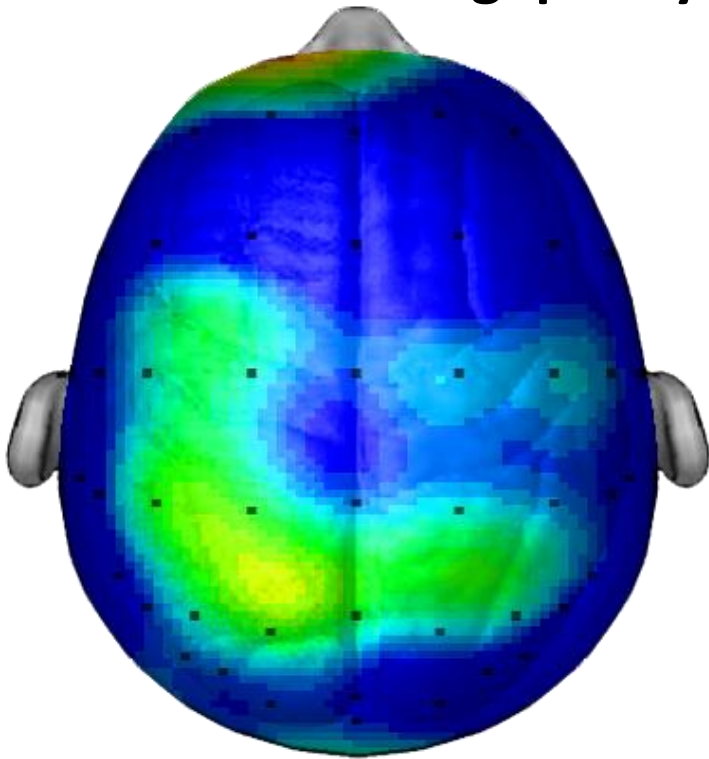
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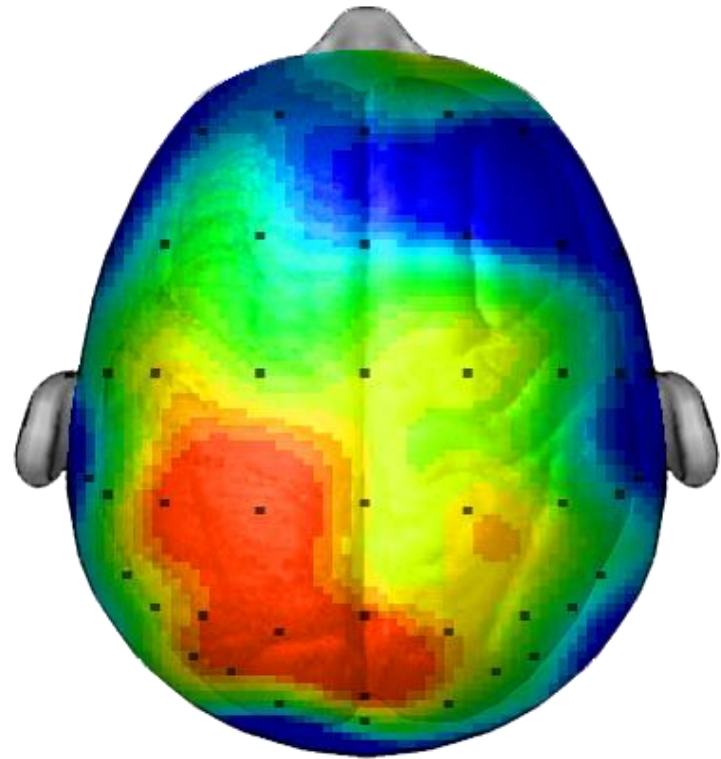
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Average composite of 20 student brains taking the same test

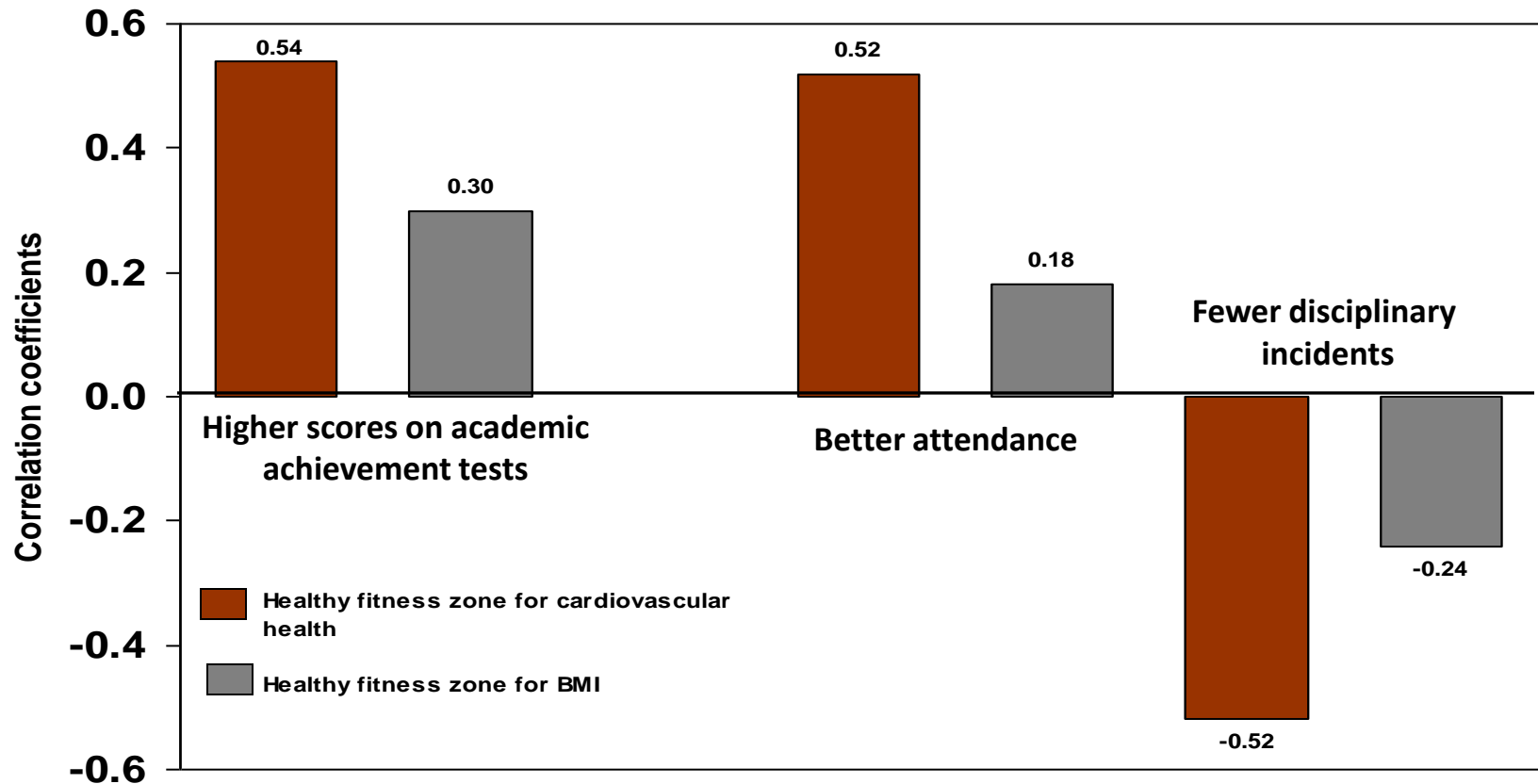
Brains after sitting quietly



Brains after 20 minute walk



A study of more than 2.4 million Texas students in grades 3 to 12 found student fitness* and BMI levels correlate with academic test performance, attendance and disciplinary incidents



***Measured by FITNESSGRAM® tests based on walking or running and adjusted for age and gender**

Welk G. Cardiovascular fitness and body mass index are associated with academic achievement in schools. Dallas, Texas: Cooper Institute, March 2009. <http://www.cooperinstitute.org/ourkidshealth/index.cfm>

Benefits of Physical Activity

- Improved health & fitness
- Better behavior
- Improved focus & time on task



- Reduced feelings of stress & anxiety
- Improved academic performance



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It's also about **quality of life**

Obesity affects everyday living:

- Knees hurt
- Fitting in school desks is uncomfortable
- Clothes don't fit
- Can't run as fast or keep up with other kids
- Feel being judged
- Difficult to tie shoes
- Miss more school
- Harder time staying on task
- Don't sleep well
- More likely to be bullied

How do we show kids what we value and what is important?



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How do we reward our students?



“Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It’s like teaching children a lesson on the importance of not smoking and then handing out ashtrays and lighters to the kids who did the best job listening.”



Marlene Schwartz, Ph.D.

Deputy Director, Rudd Center for Food Policy and Obesity, Yale University

*- from **Alternatives to Food Rewards***

Connecticut State Department of Education, 5/2005, revised 11/2011



In class,
students learn
about nutrition,
healthy eating
and the
importance of
moderation.



Yet in some
classrooms students
eat birthday treats
over 25 times
each year.

Modeling Healthy Eating



Twin Pines-Brentwood UFSD



Northeast Elementary School – Brentwood UFSD



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Modeling Healthy Lifestyles



09/30/2013



[Resources to start your own walking club!](#)





Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to

improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.



6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie.

Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.





Haga elecciones más saludables en las festividades

Las festividades a menudo están llenas de tradiciones consagradas en el tiempo que incluyen algunas de nuestras comidas y alimentos favoritos. Mientras celebra, piense en los pequeños cambios que puede hacer para crear comidas más saludables y días activos.

1 Cree modificaciones de MiPlato

Transforme sus platos favoritos de las festividades. Use Mi Receta en

SuperTracker para mejorar las recetas de las festividades y obtener resultados más saludables.

Vaya a <https://www.SuperTracker.usda.gov/mvrecipe.aspx>.



6 Ajuste el dulce

Para el postre, pruebe las manzanas al horno con canela y una pizca de azúcar en lugar de pastel de manzana. Invite a sus invitados a hacer su propio parfait con fruta cortada de colores y yogur bajo en grasa.



2 Disfrute de todos los grupos de alimentos en su celebración

Prepare galletas integrales con hummus como aperitivo; agregue frutos secos sin sal y frijoles negros a una ensalada de hojas verdes; incluya fruta fresca en la mesa de los postres; use en sus guisados leche baja en grasa en lugar de crema para batir. Comparta opciones más saludables durante sus comidas de festividades.

3 Asegúrese de que la proteína sea magra

Pavo, carne asada o jamón fresco son opciones de proteína magra. Recorte la grasa visible antes de cocinar. Pruebe a hornear o asar en el horno en lugar de freír. Tenga cuidado con las salsas y jugos de carne.

4 Felicitaciones a la buena salud

Sacie su sed con opciones bajas en calorías. Beba agua con rodajas de limón o lima. Ofrezca agua mineral con un chorrito de jugo de fruta 100%.

5 Hornee de manera más saludable

Use recetas con puré de manzana sin azúcar o puré de plátanos maduros en lugar de mantequilla. Trate de reducir la cantidad de azúcar que figura en las recetas. Use especias tales como canela, pimienta de Jamaica o nuez moscada para agregar sabor.



7 Sea el alma de la fiesta

Ríase, hable con todos, baile y juegue a juegos. Concéntrese en la diversión y disfrute de la compañía de los demás.

8 Haga del ejercicio una parte de la diversión

Convierta la actividad física en parte de su tradición de las festividades. Diviértase caminando y hablando con la familia y amigos después de una comida de festividades. Haga regalos que animen a los demás a practicar hábitos saludables como DVD de ejercicios, zapatillas deportivas y botellas de agua reutilizables.

9 Disfrute de las sobras

Cree nuevas comidas deliciosas con las sobras. Agregue el pavo a las sopas o ensaladas. Use los vegetales extra en omelets, sándwiches o estofados. ¡Las posibilidades son infinitas!

10 Dé a los demás

Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Don alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.



WYANDANCH UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER

FEBRUARY 2018



Managing Asthma with Open Airways

Asthma is one of the most common chronic conditions in children in this country and the third leading cause of hospitalizations for this population. The Wyandanch community has consistently ranked number one in Suffolk County for the highest number of emergency room visits and third in the county for hospitalizations for children. This data suggest that children and their families are meeting significant challenges that are affecting their ability to manage their asthma at home and at school.

With the support of the Asthma Coalition of Long Island, Dr. Monica Diamond-Caravella, Assistant Professor of Nursing at Farmingdale State College, has been working closely with the Wyandanch School District to bring the American Lung Association program, **Open Airways for Schools**, to the school community. Third and fourth graders attending the Martin Luther King Elementary School had the opportunity to learn about asthma and how to handle a variety of situations that come up with having this chronic condition. **Open Airways** is a 6 week program geared to children ages, 8 – 11. It highlights basic information about asthma, the medicines used to control it, recognizing and managing asthma symptoms, identifying and controlling asthma triggers, the importance of getting enough exercise and doing well in school. **Open Airways** has demonstrated tremendous effectiveness in teaching children how to self-manage their asthma while teaching their parents about important key triggers that could make their asthma worse.

The goal of this program is to keep children in school by reducing school absenteeism and unnecessary asthma attacks. Hopefully all children with asthma living in Wyandanch can be taught to be asthma self-managers so that they can lead healthy and productive lives.

For additional information about **Open Airways for Schools**, please contact Ms. Moshkovich, LFH/MLK School Social Worker at emoshkovich@wufsd.net



**Martin Luther King Elementary School
Open Airways Participants**

Upcoming Events

2/10/18 - Repair Café
11:00 a.m. – 3:00 p.m. at
Our Lady of Miraculous Medal

2/28/18 – Wellness Wednesdays
Eating Healthy on a Budget
Cornell Cooperative Extension
6:00 p.m. at MLO

4/23 – 4/27 - Every Kid Healthy Week

Weekly Zumba on Thursday Nights
6:30 p.m. at MLO

For more information or if you have any questions please email us at mgierl@wufsd.net

Marzo 2018

BOLETÍN INFORMATIVO DE BIENESTAR DE LOS GUERROS



¡Acelga suiza es una favorita en la clase de la Srta. Dimperio!

El Mes Nacional de Nutrición® fue creado por la Academia de Nutrición y Dietéticas, para traer atención a la importancia de hacer escogencias informadas de comida y de desarrollar hábitos sanos de comer y de actividades físicas. El tema de este año, “Ir más allá con la comida”, nos recuerda que la comida que nosotros escogemos realmente puede hacer una diferencia en nuestra salud, nuestro rendimiento y nuestra habilidad para enfocar entre otros beneficios. Por favor visite la página de Internet <https://www.eatright.org> y tome ventaja de los recursos de nutrición, actividades y hojas de consejos.

Para celebrar el Mes Nacional de Nutrición®, nosotros estamos destacando la **Torre Jardín**, mantenido por la Srta. Dimperio y su clase de Segundo grado en la Escuela Primaria MLK. La Torre Jardín es uno de los dos que fueron comprados el año pasado por la concesión de la Fundación Whole Kids escrita por la Srta. Farber de Starflower Experiences. La Torre Jardín es un sistema de jardín vertical, aeropónico que proporciona oportunidades de aprendizaje basado en proyectos mientras que logra alcanzar los estándares académicos. Incorporando jardinería en el salón de clase incrementa el acceso estudiantil a productos frescos y facilita la educación de nutrición y bienestar. La belleza de usar la Torre en un ambiente de aprendizaje es que usa 90% menos de agua, 90% menos de espacio y da un rendimiento de 30% mayor que un jardín exterior. Estudios han demostrado que si niños creen los vegetales, ellos son más capaces de comerlos. Un nuevo estudio de Cornell publicado en Acta Paediatrica demuestra que cuando vegetales cultivados en un jardín fueron puestos en una ensalada escolar, los estudiantes son cuatro veces más probable de escoger la ensalada.

Los estudiantes disfrutan sembrando, midiendo los niveles de PH, observando el crecimiento de las plantas y comiendo los vegetales. Ellos han hecho pruebas de comparación de sabor para descubrir que tipos de verduras ellos prefieren. Acelga suiza y bok choy han sido los más populares mientras que rúcula y cilantro son los menos favoritos. Los estudiantes están ansiosos de crecer tomates. Recipientes plásticos usados para el Programa de Frutas Frescas y Vegetales (FFVP, según sus siglas en inglés) son reciclados y usados para cuencos de ensalada, agregando un aspecto ambiental a las actividades de la Torre Jardín.

Nosotros estamos emocionados de ver el entusiasmo de nuestros estudiantes para vegetales frescos y las lecciones de la Torre Jardín y estamos viendo hacia adelante a actividades futuras que involucran jardinería (adentro y afuera). Para más información, por favor contacte la Srta. Dimperio al Cheryl.Dimperio@wufsd.net o la Srta. Farber al Laurie@starflowerexperiences.org



Una porción de lo que la Póliza sobre bienestar dice sobre Educación Nutritiva y Promoción –

Escuelas deben proporcionar una educación nutricional y emplear en promoción nutritiva que:

- No es solo parte de la clase de salud, pero de la instrucción en las clases como matemáticas, ciencias, inglés, estudios sociales y electivos; incluye actividades agradables, apropiadas para el desarrollo, tales como: concursos, promociones, pruebas de sabores, visitas a granjas jardines escolares;

Próximo eventos

Miércoles de bienestar - 14/3, 6:00 p.m. en MLO con Cornell Cooperative Extension

Zumba Semanal los jueves en la noche, 6:30 p.m. en MLO

Semana de Cada Niño Saludable – 23/4 – 27/4 Manténgase afinado para más actividades programadas

Para más información o si usted tiene preguntas por favor mande un correo electrónico al mgierl@wufsd.net

5-2-1-0 EVERY DAY!

Follow the 5-2-1-0 message to a healthier you!



- Aim to eat a wide variety of brightly colored fruits and vegetables.
- Fill half of your plate with fruits and/or vegetables.
- Frozen and canned are just as nutritious as fresh.
- Try new fruits and vegetables to discover what you like!



- Keep TV and computer out of the bedroom.
- No screen time under the age of 2.
- Turn off screens during meal time.
- Plan ahead for your screen time instead of just turning it on.



- Take a family walk.
- Turn on the music and dance.
- Use the stairs.
- Choose activities that you enjoy!



- Keep sugary drinks out of the grocery cart.
- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand and fill it up throughout the day.
- Put limits on 100% juice.

For more ideas visit www.letsgo.org



Resources

Alliance for a Healthier Generation

<https://www.healthiergeneration.org>

Action for Healthy Kids

www.actionforhealthykids.org



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Resources Continued

United States Department of Agriculture

<https://www.fns.usda.gov>

www.ChooseMyPlate.gov

CDC

<https://www.cdc.gov/healthyschools/vhs/>

Salud America

<https://salud-america.org>

Social Media



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Feel free to contact me.
Thank You!

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www.wsboces.org

www.facebook.com/HSNYWSBOCES



References

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- <http://www.actionforhealthykids.org/what-we-do/why-we-care/get-the-facts/obesity-complex-but-conquerable>
- President's Council on Fitness, Sports & Nutrition: <http://www.fitness.gov/resource-center/facts-and-statistics/>
- American Psychological Association: <http://www.apa.org/pubs/info/reports/advertising-children.aspx>
- Alliance for a Healthier Generation
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- Hillman (2008) The Learning Connection, "What You Need to Know to Ensure your Kids are Healthy and Ready to Learn, Action for Health Kids Neuroscience", V.159, 1044-1054
- United States Dept. of Agriculture: <https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>