

# Brain-Healthy Recipes

Feed your body, and feed your brain!



## Easy Spinach Pie

Serves 8

### Ingredients:

- 1 box frozen, chopped spinach or 1 bag of steamed, fresh spinach
- 1 small package of fresh mushrooms
- 1 cup skim milk
- 1 egg
- 1 cup fat-free Bisquick Baking Mix
- ½ tsp. parsley
- ½ tsp. black pepper
- ½ tsp salt
- ½ tsp. oregano
- 1 cup fat-free mozzarella, shredded
- 1 cup Parmesan cheese
- garlic powder
- PAM spray

### Directions:

Thaw and drain 1 box of frozen spinach (or steam bag of fresh spinach).

Slice one small package of mushrooms.

Blend the following in a blender: 1 cup skim milk, 1 egg, 1 cup fat-free Bisquick Baking Mix, ½ tsp. each of parsley, black pepper, salt and oregano.

Layer vegetables in a baking dish sprayed with PAM. Sprinkle with garlic.

Top with a mixture of 1 cup fat free mozzarella and 1 cup Parmesan cheese. Pour the milk mixture over the top, and bake at 350 degrees for one hour.

## Brainy Breakfast on the Go

Serves 1

### Ingredients:

- 1 whole wheat bagel
- 1 Tbsp. omega-3 added peanut butter
- ½ banana
- Flaxseed
- Honey

### Directions:

Cut bagel in half and toast. Spread a tablespoon omega-3 added peanut butter on top. Slice ½ banana and place on top. Then sprinkle with flax seed and honey.

Alternative: Top the bagel with two slices of cooked soy bacon and mustard.

Serve with "to go" mug of hot green tea with honey or, dark chocolate cocoa made with fat free milk.

**The recipes were provided by Dr. Linda Karges-Bone, professor at Charleston Southern University School of Education, and nationally recognized author and speaker on the latest in brain-based research and what it takes to keep a brain healthy. Learn more about Dr. Bone at [www.educationinsite.com](http://www.educationinsite.com).**

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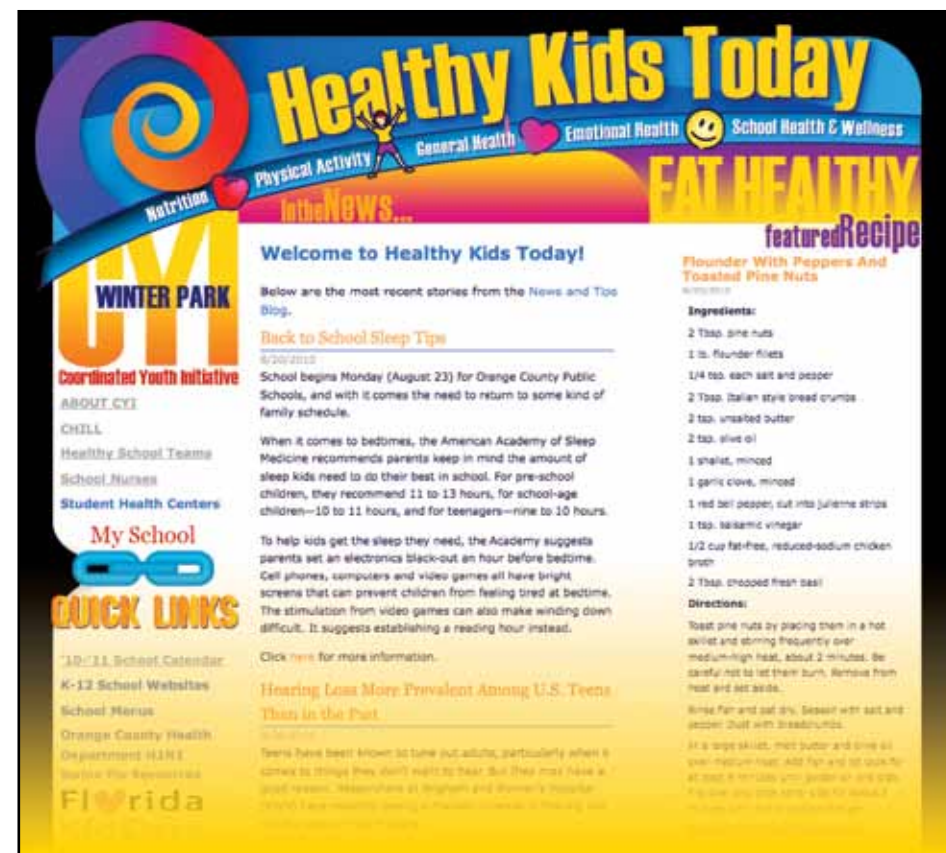
# Healthy Kids Today

# Check it Out!

The Healthy Kids Today website, [www.healthykidstoday.org](http://www.healthykidstoday.org), was created and is maintained by the Winter Park Health Foundation (WPHF) to keep you up-to-date on the latest health news, Healthy School Team activities, tasty and nutritious recipes and important Orange County Public Schools information.

You'll also find more detailed information about the Coordinated Youth Initiative programs and a wide range of links for helpful health information on topics ranging from nutrition to physical activity.

Visit often—the website is updated weekly. And if you have any questions or suggestions, please call Lynn Carolan, WPHF Communications Specialist, at 407-644-2300, ext. 234 or write to her at [lcarolan@wphf.org](mailto:lcarolan@wphf.org).



# Middle & High School Edition Healthy Kids Today

## Fall 2010

Get the Year Off to a Brain-Healthy Start

Brain Health on the Playing Field

Health Officials Would Like More Teens to be Immunized Against Meningitis

CYI Health Services Summary

Brain-Healthy Recipes

**Healthy Kids Today** is published by the Winter Park Health Foundation especially for students and families affiliated with schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Lake Sybelia and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School.

[HealthyKidsToday.org](http://HealthyKidsToday.org)



Click Here For Health

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## Get the Year Off to a Brain-Healthy Start

Chances are your child's back-to-school supply list was missing the thing teachers want most—a brain that is nourished, exercised and given enough sleep so the student can get the most out of the school day.

The brain, a two-to-four pound wonder, plays an important role in all we do—in or out of school—and to do its best, it needs care and attention.

*Continued inside*



## Brain Health on the Playing Field

When you think of sports-related concussions, chances are Tim Tebow—former University of Florida football player—comes to mind. It's hard to forget the sight of the young player stretched out motionless on the field after his head collided with the knee of a fellow player.

Concussions, which are injuries to the brain, happen more often than you'd think and according to a report in the September 2010 issue of "Pediatrics" magazine, emergency room visits for young athletes with concussions are on the rise.

In the same issue, the American Academy of Pediatrics (AAP) presented its updated guidelines on handling sports-related concussions, noting young athletes are more at risk for the effects of concussion because their brains are still developing.

Among the recommendations listed in the article— "children or adolescents who sustain a concussion should always

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# BRAIN-HEALTHY

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Too often the brain gets taken for granted, but there are physicians, educators and scientists working hard to change this, including Dr. Paul Nussbaum, a licensed clinical neuropsychologist and Adjunct Professor of Neurological Surgery at the University of Pittsburgh School of Medicine. He also writes and speaks on the importance of brain health.

It is, he says, important for both kids and parents to know the brain is a true miracle and one that can be shaped over a lifetime. "While it remains true that one of the most critical periods of brain development is in the early infant to childhood years, new research indicates the human brain remains dynamic and capable of being shaped for health across the entire lifespan," said Dr. Nussbaum.

This means there is much that can be done in the home to make sure the brain changes are positive and kids can reach their full potential in school and throughout life.

Tending to the brain is much the same as taking good care of the whole body because it involves eating nutritious foods, drinking water, getting exercise and fitting in adequate sleep at all ages.

This was the basis for a brain-based exercise and nutrition program launched at Brookshire Elementary School nearly a decade ago with a three-year grant from the Winter Park Health Foundation (WPHF). Relying on the latest in brain health research, the successful program emphasized that nutrition, hydration and exercise are important to a healthy working brain.

Its principles have become a model for other area schools throughout Winter Park, Maitland and Eatonville and the rest of the Orange County School District.

When it comes to nutrition, there are foods known to be especially healthy for the brain, including almonds, green tea, beans and legumes, eggs, blueberries, salmon, dark chocolate, peanut butter, flax seed and olive oil, according to Dr. Linda Karges-Bone, a professor of education at Charleston Southern University, as well as writer and speaker. (Dr. Bone's brain-healthy recipes can be found in this newsletter.)

Providing good fuel is important, says Dr. Nussbaum. The brain demands one-quarter of the nutrition that comes into the body, he explains, so it needs to be healthy. This means a good breakfast is a necessity. Dr. Nussbaum, who has two children ages 13 and 14, said he makes sure they get up early enough—5:30 a.m.—to have breakfast before they leave to catch the school bus. "I'm the bad guy in the house."

Then at night, he said his family tries to eat together as often as possible—this provides a chance for a nutritious meal as well as time to slow down, share stories and relieve stress.

Don't forget about water. "Since the brain is 80 percent water, it makes sense to hydrate the brain heavily in order to maximize brain function and form," Dr. Bone said. This is one

reason so many local schools encourage kids to bring water bottles to school.

Physical activity also is important according to Dr. Bone and Dr. Nussbaum. "Every time your heart beats, 25 percent of the blood and nutrients from that one heart beat goes directly to your brain," Dr. Nussbaum said. Walking and biking are good. He suggests families try a nightly walk.

Regular physical activity has been shown in studies to correspond with higher test scores, according to Dr. Nussbaum, and it also has been shown to help hold off dementia in older ages. A recent study by Sunnybrook Health Sciences Center in Canada revealed that women who are active at any age, but especially as teenagers, have better cognitive performance and a lower chance of dementia in old age.

Adequate sleep also is crucial says Dr. Bone, because that is the time the brain is busy consolidating information and forming memory, important to learning. How much sleep? Dr. Bone said kids need a minimum of eight hours of sleep, and teens need more.

Dr. Nussbaum also encourages spirituality which he defines broadly as ranging from spending time in prayer or deep breathing or yoga to spending quality emotional time together as a family. The idea is to turn inward to release stress which he says is difficult for kids to do today.

Other brain-friendly suggestions from Dr. Bone include limiting activity schedules for children—so they get enough sleep and

family time; monitoring and limiting TV and computer time and keeping both out of children's bedrooms, and cleaning up the clutter. "Organization and cleanliness give a sense of order, calm and structure to a child and transfer this to the thinking processes," Dr. Bone said.

All of these suggestions may sound overwhelming, but the good news

is that it is never too early—or too late—to start properly pampering the brain, says Dr. Nussbaum. "The brain doesn't know how old you are, it just wants to be stimulated."

**For more information on Dr. Nussbaum and to review his brain health learning tools, go to [www.paulnussbaum.com](http://www.paulnussbaum.com).**

## Health Officials Would Like More Teens to be Immunized Against Meningitis

With only one in three Florida adolescents—ages 13-17—vaccinated against meningococcal disease, the Florida Association of School Nurses (FASN) and Orange County Health Department are urging local parents to make immunization of kids a priority.

They say the disease, a rare but serious bacterial infection that can cause meningitis (swelling of the brain or spinal cord), has been known to take the life of an otherwise healthy child in just a single day.

The Centers for Disease Control and Prevention (CDC) and other leading medical groups recommend vaccination for preteens and teens 11 through 18 years of age, and college freshmen living in dormitories. The CDC would like to see at least 90 percent of preteens and teens immunized.

About 10 percent of the 1,000 to 2,600 Americans who get meningococcal disease each year will die. Death rates are up to five times higher among teenagers and young adults compared with other age groups. The vaccination is the best protection against the disease.

Check with your pediatrician, family physician or other health care provider for more information about the shot.

# Welcome back!

## Check Out Your School's Health Services

Whether you are new to Winter Park, Maitland and Eatonville public schools, or returning, it is a good time to get acquainted with the many school-based health and wellness services available to students through the Coordinated Youth Initiative (CYI) created and supported by the Winter Park Health Foundation (WPHF).



The initiative was developed in partnership with leadership from the Winter Park Consortium schools (including Winter Park High School and its 10 elementary and middle feeder schools) to help your children be as healthy and academically productive as possible. And the services are free.

### CYI PROGRAMS INCLUDE:

#### CHILL (Community Help & Intervention in Life's Lessons)

CHILL, the first component of the CYI, is a free counseling program for students and their families. Through this program, operated by Healthcare Providers and Associates, and financially supported by WPHF, mental health professionals who have a master's degree in social work, counseling, psychology or a related field, are assigned to each Consortium school.

CHILL counselors hold individual and group sessions. Students who typically find their way to the CHILL program are described as inattentive, easily distracted, worried, suffer from low self-esteem, have declining grades or are involved in a family breakup. CHILL counselors also provide presentations to classes, staff and parents.

The sessions are confidential and held on campus. Contact your child's school for more information or to reach the CHILL counselor.

#### Student Health Centers

There are two Student Health Centers serving students attending Consortium schools, the Student Health Center at Glenridge Middle School and the Student Health Center at Winter Park High School. Services are aimed at those without adequate health care coverage or timely access to their health care provider.

Both centers are financially supported by WPHF. The centers are staffed by Nurse Practitioners or Physician Assistants who are able to provide primary health care services, including school and sports physicals, as well as writing prescriptions.

Nurse Practitioners also provide telephone consultation to the school nurses and provide referrals to the student's usual medical provider, to specialists, CHILL counselors, dentists, community health centers and other providers.

Visits are by appointment only. To contact the Student Health Center at Winter Park High School, open from 9 a.m. to 3 p.m. Monday-Friday, at 2100 Summerfield Road, Winter Park, FL, 32792, call 407-622-3200, ext. 2201. To contact the Student Health Center at Glenridge Middle School, open 8 a.m. to 2 p.m. Monday-Friday, at 2900 Upper Park Rd., Orlando, FL, 32814, call 407-623-1415, ext. 2256.

#### School Nursing Initiative

WPHF, through a collaborative partnership with Orange County Public Schools, provides financial support that enables every school

in the Winter Park Consortium to have a licensed nurse on site during the school day. In addition, nurse practitioners from the Student Health Centers provide consultation and other support for the school nurses.

#### Healthy School Teams

Modeled after the Centers for Disease Control & Prevention's (CDC) Coordinated School Health Program, Healthy School Teams (HST) are now a fixture in Consortium schools. The HSTs, assigned the task of planning programs for their schools that promote healthy lifestyles and behaviors, are made up of school staff, administrators, parents and sometimes students.

These successful teams now serve as a model for all of the other public schools in Orange County. The Orange County Public Schools District Wellness Policy requires each of its 180 plus schools to develop a Healthy School Team because of the success the teams have had within the Consortium.

**For more information about any of these programs, please visit [www.HealthyKidsToday.org](http://www.HealthyKidsToday.org), a website created and maintained by WPHF. For more information about WPHF, please visit [www.wphf.org](http://www.wphf.org).**

### DID YOU KNOW?

The Winter Park Health Foundation (WPHF) has invested more than \$12 million since 1998 on these health and wellness services provided through the Coordinated Youth Initiative.

Based on the belief that Healthy Kids Make Better Students and Better Students Make Healthy Communities, the innovative programs have been recognized at the local, state and national level. WPHF most recently was honored as a recipient of the Florida Education Commissioner's Business Recognition Award for Region III.

It also received the prestigious statewide award—the Sunshine State School Public Relations Association (SUNSPRA) Leading Light Award—for its dedicated efforts to boost the health of the area's children and youth.



## BRAIN HEALTH - SPORTS

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be evaluated by a physician and receive medical clearance before returning to play."

For parents the rising trend is another reason it is important that kids wear the right protective gear for their activities—such as helmets, padding, shin guards, eye and mouth guards—and that parents be aware of the signs and symptoms of a concussion.

**For more information, go to the AAP website for parents at [www.healthychildren.org](http://www.healthychildren.org) and type in the word "concussions." For more information on recognizing concussion symptoms, you can go to [www.cdc.gov/Features/Concussion/](http://www.cdc.gov/Features/Concussion/).**