

## Turn in Old Pills to Keep Kids Safe

With an estimated 2,500 U.S. teens each day using prescription drugs to get high for the first time, according to the Partnership for a Drug Free America, it is more important than ever for parents to make sure unused and expired prescription pills are properly destroyed.

It's especially important because studies show kids get most of the abused prescription drugs from friends and family, including the home medicine cabinet.

Families in Winter Park now can drop off these no longer needed drugs at the city's Police Department. The Department recently unveiled a Prescription Reclamation Station in the lobby of the Public Safety Building, available to residents throughout the year during normal lobby business hours—8 a.m. to 5 p.m. Monday through Friday, except for holidays. The location is 500 North Virginia Avenue, Winter Park, 32789.

For confidentiality, it is recommended that citizens remove all identifying information from their prescription medications before dropping them off.

In addition, police departments throughout Central Florida and across the country accept these unused drugs during National Prescription Drug Take Back Days sponsored by the Drug Enforcement Administration periodically during the year. The most recent event was scheduled for April 30, 2011. To find out about the next event, go to [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html).

If a drug take back or collection program is not available, the Office of National Drug Control Policy recommends people dispose of prescription drugs by removing them from their original container, mixing them with an undesirable material such as cat litter or used coffee grounds, and then putting them into a disposable container with a lid.

It's also a good idea to remove personal information, such as names and prescription numbers, from old containers before putting them in the trash.



## Tasty Ways to Add More Fruits & Vegetables to Family Meals

### Veggies in a Blanket

#### Ingredients:

6 whole grain tortillas  
2 cups hummus  
4-5 grated carrots

1 sweet red bell pepper made into thin sticks

6 romaine lettuce leaves, a couple cups of baby spinach leaves, or 1 container sprouts  
Toothpicks

#### Directions:

Spread hummus on the tortillas.

Sprinkle carrots all over the hummus.

Put red pepper sticks length-wise and then lettuce, spinach, or sprouts.

Roll up each tortilla, secure each with 4 evenly placed toothpicks, and slice into 4 individual rolls per tortilla.



Serves six. Per serving: calories-272, protein-10g., carbohydrates-42g., fiber-6g., fat-7g., cholesterol-0mg, and sodium-262mg.

### Dessert Parfait

#### Ingredients:

1 ½ cups raspberries  
1 ½ cups blueberries  
1 ½ cups strawberries  
1/3 cup granola  
¾ cup plain low fat yogurt

#### Directions:

In a 12-oz. cup or bowl layer the following: strawberries, half of the granola, blueberries, the remaining granola, and then raspberries.

Cover with yogurt.

Add a berry for garnish.

Serves six. Per serving: calories-120, protein-3.7g., carbohydrates-20.4g., fiber-3.1g., fat-3.6g., cholesterol-2mg., and sodium-25mg.

*These recipes have been provided by Sherri Flynt, registered and licensed dietitian and Manager of the Center of Nutritional Excellence at Florida Hospital, and co-author of the book "SuperSized Kids, How to Rescue Your Child from the Obesity Threat."*

## CYI Survey

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weekly, and more complete information about CYI programs, can be found on the website developed and maintained by WPHF—[www.healthykidstoday.org](http://www.healthykidstoday.org).

To make sure the programs are the best they can be, the WPHF each year asks parents to provide feedback by completing a survey. Each family should have received a printed copy of the survey with school report cards that were distributed on April 8. Parents and guardians also have the option of completing the survey electronically by going to [www.healthykidstoday.org](http://www.healthykidstoday.org). Families who complete the surveys and provide a name will be entered in a drawing for one of six \$50 gift cards. Only one survey should be completed per family.

If you haven't already filled out a survey, there still is time. **The deadline for turning in the printed survey or completing the online version is May 20.**

We look forward to your input and would especially appreciate feedback on personal experiences with the programs. All of the information is used by the WPHF to measure the success of the programs and evaluate its ongoing investment in the Coordinated Youth Initiative.

**If you have questions about the survey, or need a printed copy, please contact Lynn Carolan, WPHF Communications Specialist, at 407-644-2300 or [lcrolan@wphf.org](mailto:lcrolan@wphf.org).**



Elementary School Edition

# Healthy Kids Today

Spring 2011

Bully-Proofing Your Kids

Anti-Bullying Resources

Complete a CYI Survey

How to Help Our Homeless Students

Gardening For Family Fun

Turn in Old Pills to Keep Kids Safe

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

A Service of the Winter Park Health Foundation

## Parents Play an Important Role in Bully-Proofing Kids

Remember when you were 10 years old, or maybe 8, or even younger?

You may have had friends who refused to play with you, or eat lunch with you and recruited others to join in? Or worse—you struggled with kids who took your lunch money?

*Continued inside*

## Complete a CYI Survey: You Could Receive a \$50 Gift Card

The Winter Park Health Foundation (WPHF) currently provides more than \$700,000 in grants each year to sponsor comprehensive student health and wellness services in Winter Park, Maitland and Eatonville public schools designed to help students be the healthiest and most academically productive possible.

These free programs—including the School Nursing Initiative (SNI), Student Health Centers, the CHILL counseling program and the Healthy School Teams—are all part of what is called the Coordinated Youth Initiative (CYI).

In addition, WPHF publishes this newsletter, distributed to families of all local students twice a year. Other health news, updated

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# Bully-Proof

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Few escape at least an occasional brush with a bully when growing up.

Even President Barack Obama, during the first-ever White House Conference on Bullying Prevention in March, admitted he'd been a victim. "I have to say, with big ears and the name that I have, I wasn't immune," he told summit attendees. "I didn't emerge unscathed."

Bullying may be common—according to the report Indicators of School Crime and Safety: 2008 by the National Center for Education Statistics, about 32 percent of students reported being bullied at school. But experts say it is nothing to dismiss.

Experts note the stress of being bullied can affect learning, cause children to be depressed and anxious, lead to low self-esteem, and in the extreme—even think about suicide. Uncontrolled bullying creates a school culture where kids feel unsafe and don't learn as they should, according to researchers.

While it is hard to know exactly how many students are impacted and whether numbers are growing, bullying is grabbing new levels of attention as bullies are now using cell phones and Internet social media pages as tools for torment.

Parents can help kids cope and support school efforts to eliminate bullying behaviors by learning more about bullying and how to support their children.

The Orange County Public Schools District has posted a series of educational videos on bullying for parents, covering definitions of various types of bullying and consequences as well as how to help bystanders. These can be viewed by going to [www.ocps.net](http://www.ocps.net) and entering the words "Bullying Policy & Information" in the search box. It's helpful if parents ask whether their child's school has a bully prevention program in place so they can enforce the same lessons and messages in the home.

## HERE ARE OTHER SUGGESTIONS FOR PARENTS:

- Try to make it a habit to stay tuned in to your children and their activities all of the time. Ask who they eat with at lunch, who they sit with on the bus, and ask about their friends. This makes it easier for parents to know when changes occur that might be related to bullying, explained Aimee Jennings, Coordinator of the CHILL program. (CHILL stands for Community Help & Intervention in Life's Lessons and is a free counseling program made available in public schools in Winter Park, Maitland and Eatonville with support from the Winter Park Health Foundation.)
- When children tell parents they are being bullied, it is a good idea

to assure them they are not to blame. Ms. Jennings said. Children feel judged all day long—what they need to hear from a parent is "wow—that's a tough situation."

- Try to keep emotions in check. When a child is being bullied, parents may feel they are being bullied. But parents need to step back and stay calm and learn more about the details of the incident.
- It's a good idea to not tell a child to just ignore bullying because he or she may not be able to avoid the bully.
- Contact the child's school if there is a problem—avoid calling the bully's parents.
- Ms. Jennings suggested parents not encourage physical retaliation—that doesn't fix the situation, and it just may get a child suspended. In addition, children who are bullied, tend to be sensitive. Therefore, telling the child to get physical merely adds more pressure.
- Help your children learn communication and social skills that will help them be resilient. If they have a social group to support them, the bully won't matter. It takes the power from the bully.
- Ask about what the child's school is doing to battle bullies, and get involved in trying to build a positive climate at school. If you understand the school's program, you can let your child know what is being done and who he or she

can talk to if problems arise. If you give kids the message that everyone is working together to eliminate bullying, the safer they will feel, she said.

- Help children develop talents and find activities outside of school that help them feel more confident.
- Parents also may want to consider if the child is being bullied because of a lack of social skills. This doesn't justify the bullying, but it may help explain what is happening. If this is the case, Ms. Jennings said parents can contact a CHILL counselor for help in modifying behaviors.
- Try to make the home environment as safe and loving as possible, a place where children feel protected physically and emotionally.

## ANTI-BULLYING RESOURCES

**Connect for Respect, a National PTA program**

<http://www.pta.org/bullying.asp>

**National Center for Missing and Exploited Children**

<http://www.netsmartz.org/Parents>

**National Crime Prevention Council**

<http://www.ncpc.org/>

**No Bully**

[www.nobully.com](http://www.nobully.com)

**Orange County Public Schools**

<https://www.ocps.net/cs/services/student/SSHS/Pages/BullyingPolicyInformation.aspx>

**Stop Bullying Now**

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

# How to Help Our Homeless Students

**Too many Central Florida children are homeless—a problem highlighted in the March 6, 2011 episode of the television show 60 Minutes.**

In fact, it is estimated there are approximately 3,000 children in Orange County Public Schools alone who are homeless. About half of these children are in elementary schools. More than 200 are students attending schools serving children from Winter Park, Maitland and Eatonville.

In an effort to provide some relief, the Foundation for Orange County Public Schools has established a fund to help students with their living and educational needs such as food, clothing, shoes, gas cards for doctor appointments and more.

To contribute, go to <http://www.foundationforocps.org/> and click on "Help Homeless Students."

Families interested in helping may also want to contact their local schools to see if there is a need for clothing or food donations.

If you know of a struggling family in need of food, shelter, financial assistance, or other help, they can also always call the Heart of Florida United Way's 2-1-1 help line. Also, the Winter Park Health Foundation has provided grants to United Way for its Basic Needs Fund designated specifically for residents of Winter Park, Maitland and Eatonville who may qualify for assistance.

**To view the story on Central Florida homeless children, go to [www.youtube.com](http://www.youtube.com) and search for the 60 minutes story "Hard times generation: homeless kids."**



# Gardening Dig in for Healthy Family Fun

**Just last month a new community garden opened in Mead Garden in Winter Park.**

Its 20 garden boxes, which rent for \$15 a year, are all reserved, and there are would-be gardeners on a waiting list. It will be home to lots of fruits and vegetables all tended to by the renters.

This garden and others cropping up in Central Florida reflect a rising interest by local residents in growing produce that is tasty and economical.

Gardening also is a fun and healthy activity family members can do together.

If you're interested in locating a box in a community garden, you might want to check with Our Whole Community, a faith-based organization that sponsors two community gardens in Winter Park. The gardens, supported with grant funding from the Winter Park Health Foundation (WPHF), are located at Winter Park Presbyterian Church, 400 S. Lakemont Avenue, Winter Park and behind the Gardens of DePugh Nursing Center, at 550 W. Morse Blvd., Winter Park. To find out more about these gardens, contact Joann Ruiz at [Joann@stmargaretmary.org](mailto:Joann@stmargaretmary.org) or 321-356-0989.

For a more complete list of community gardens, you can go to the WPHF website, [www.wphf.org](http://www.wphf.org) and click on the community gardening featured initiative.

Whether you plan to join a community garden or set up a backyard garden, Ed Thralls, Residential Horticulture and Master Gardener Coordinator at the Orange County Extension Education Center, offers these suggestions:

- Start small—and grow what you like to eat
- Stick with varieties that grow well in Florida
- Select varieties that are resistant to pests and disease
- Plan to plant in an area that gets at least six to eight hours of sun a day
- Make sure there is a ready source of water close by the garden
- Steer clear of trees

And, while summer is not the best of times to garden in Florida, those who are determined to do so can plant sweet potatoes, southern peas, cherry tomatoes and okra, he said.

**For information about free gardening classes, go to the website for the Orange County Extension Education Center at <http://orange.ifas.ufl.edu/>. The website also includes an Orange County Warm Season/Cool Season Vegetable Planting Chart and a Monthly Landscape and Garden Checklist, as well as other resources.**