

Spice Up Family Meals With Some Healthy New Recipes

Tangy Tomato Mango Salad

Ingredients:
2 teaspoons red wine vinegar
2 tablespoons olive oil
½ teaspoon salt
¼ cup shallots, thinly sliced
2 cups Roma tomatoes, sliced
1 ½ cups mangoes, sliced
3 tablespoons fresh basil, finely chopped

Directions:
Combine vinegar with olive oil and season with salt.

Add the shallots and 2 tablespoons of the basil, toss well.

Arrange the tomatoes on a platter and top with mango slices.

Drizzle with the dressing, garnish with remaining 1 tablespoon of basil, and serve.



Serves six. Per serving: calories-65, protein-0.6g., carbohydrates-30g., fiber-1.4g., fat-2.5g., cholesterol-0g., sodium-127mg., and vitamin C-16mg.

Festive Quinoa

Ingredients:
1 cup uncooked quinoa
1 teaspoon ground cumin
2 - 15 oz. cans drained and rinsed black beans
1 ½ cups frozen corn, cooked
1 cup diced red bell pepper
¼ cup finely chopped fresh parsley
¼ cup very finely diced red onion (optional)
1 tablespoon olive oil
3 tablespoons fresh lemon or lime juice

Directions:
Rinse quinoa in strainer and drain. In a medium saucepan, combine cumin in 2 cups water. Add quinoa and bring to boil.

Reduce to simmer, cover and cook until all water is absorbed, 15-20 minutes. Fluff with a fork and put quinoa into a bowl.
Add beans, corn, bell peppers, parsley, and onion, to quinoa. Stir in oil and enough lemon or lime juice to give it a zesty edge.
Serve warm or at room temperature.

Serves eight. Per serving: calories-200, protein- 10 g., carbohydrates- 37 g., fiber- 8 g., fat- 4 g., cholesterol- 0 mg., and sodium- 117 mg.

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."



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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. 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 lcarolan@wphf.org.

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Winter Park, FL 32792



Healthy Kids Today

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 off of their prescription medications before submitting them for destruction.

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.deadversion.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.



Middle & High School Edition

Healthy Kids Today

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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



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Parents Play an Important Role in Bully-Proofing Kids

Middle school can be an awkward time, marked by skin blemishes and social insecurities.

It is also prime time for bullying.

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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 weekly, and more complete information about CYI programs, can be found on the website developed and maintained by WPHF-- www.healthykidstoday.org.

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Bully-Proof from page 1

While bullying is present at nearly all ages and stages from elementary through high school and beyond, experts say it peaks in seventh grade. It is a time when peer groups become all important to youths. Students are continually jockeying for social position, and one way to do this is by putting someone else down.

This makes it an important time for parents to tune in to what is happening at school and in their children's lives, and to teach them how to be good friends and empathize with others.

Bullying is an ever-present issue affecting many students. 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.

And the opportunities for bullying types of behavior have grown exponentially now that children have access to cell phones, the Internet and social media, said Kimberly Taylor Beckler, LMHC, SAFE coordinator and Healthy School Team Leader at Maitland Middle School.

Mrs. Beckler, who has made presentations to parents about the dangers of cyberbullying, notes these new tools make bullying even more painful for victims.

With texting, students respond without thinking twice or considering the words they use, explained Mrs. Beckler. And they can

text any time of the day or night. In addition, technology enables students to bully anonymously which causes more fear and anxiety for the victims because they don't know the source of the abuse.

The stress of being bullied, which Mrs. Beckler notes is generally defined as any situation in which there is an imbalance of power, with someone repeatedly and intentionally causing psychological or physical harm to another, can affect learning.

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

In hopes of preventing and dealing with bully issues, the Orange County Public School District has a bullying policy that is detailed in a series of educational videos for parents. They cover 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 and inserting the words "Bullying Policy & Information" in the search box.)

Individual schools use various programs to help reduce bullying and create a safe and supportive atmosphere at school.

For example, Glenridge and Maitland Middle Schools are two of 10 Orange County middle schools participating in a program called "UpStanders: Stand Up to Bullying," a multi-year program

offered through the Holocaust Memorial Resource and Education Center of Florida located in Maitland.

It's designed to teach students how to become "upstanders," those who are willing to stand up for others and help diffuse bullying situations before they get out of hand.

The program includes a visit to the Holocaust Center as well as an in-school presentation from John Halligan, a man whose son Ryan committed suicide after years of intense bullying.

The percentage of students who are the actual aggressors in bullying is small, as is the percentage who are continual victims, said Mrs. Beckler. The idea is to corral the students who make up the group in the middle and teach them skills needed to stand up for others rather than go along with or ignoring bullying.

Parents can make a difference as well.

Here are tips offered by local teachers, administrators and counselors:

- Communication between parent and child is as important now as ever. It is a good idea for parents to spend time with a child, perhaps at dinner, and let them talk. It is important to have time together when there are not a lot of interruptions, said Betty Garner, Glenridge Middle School Psychologist. If they are used to communicating, it will be easier to come to parents with problems like bullying.
- Heather Hilton, Glenridge Middle School Principal, suggests parents get to know their child's circle of

friends and their parents. If the children are invited to a party, there is nothing wrong with parents stopping by to check it out.

- When a child says he or she has been bullied, it is natural for parents to want to take immediate action, but it is a good idea to stay calm and walk through the incident step by step so they can get details on all that happened. It is also important for parents to tell the child they are sorry for what happened, and not blame the child.

- If a child says he or she has been physically threatened, parents should get in touch with school administrators.

- Sometimes the bullying takes place between friends, said Ms. Hilton. She recommended parents talk with their children about the qualities of being a good friend.

- When it comes to use of electronic gadgets, Mrs. Beckler suggests parents come up with contracts children must agree to if they are to have the privilege of using them. For example, parents might want students to agree not to use text messages for name calling or other bad behaviors. And it's good to start as early as possible setting standards.

- Keep an eye on messages and photos on your child's Facebook page.

- Be aware of the signs of bullying which include depression, anger, withdrawal, anxiety, a drop in grades and avoidance of school and use of the computer or cell phone.

- It's also important for parents to be good role models, to be clear on their rules for behavior and consistent in enforcing consequences when rules are broken, said Ms. Garner.

- It may be hard for parents of perpetrators to accept the fact their child may be a bully, but if it is the case, they need to be ready to set up appropriate consequences, said Mrs. Beckler. Students need to be taught empathy.

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 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 or 321-356-0989.

For a more complete list of community gardens, you can go to the WPHF website, 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.