

Healthy Kids Today

Middle & High School Edition

February 2005

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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 Sybella and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School and Winter Park Tech.



Healthy Kids Make Better Students: FCAT Testing Tips

FCAT testing, on tap for March, can strike fear in the hearts of parents, as well as students.

But there's no need.

Parents can do a lot at home—in addition to assisting with skill practice—to help sons and daughters prepare for the sessions. The goal is to be sure they are adequately rested, healthfully fed and appropriately relaxed for the event. And preparations should start now—not the night before the test.

Here are tips—based on the latest in brain research—designed to set the stage for a successful test-taking experience, suggested by Jenny Stokes, counselor at Glenridge Middle School and Jana Ricci, Healthy School Teams coordinator for the Winter Park Consortium of Schools.

- **Have your student get adequate sleep.** It is important that students get at least eight hours a night. Brain

research suggests that lack of sleep may affect a person's ability to recall information. Some scientists suggest that sleep, especially REM or rapid eye movement sleep, a mentally active period in which people dream, is necessary for rearranging brain circuits, cleaning out the brain of debris, and processing emotional events. In other words, adequate sleep helps the brain to do its job of remembering what has been learned.

Smart tips to help your student face the FCAT

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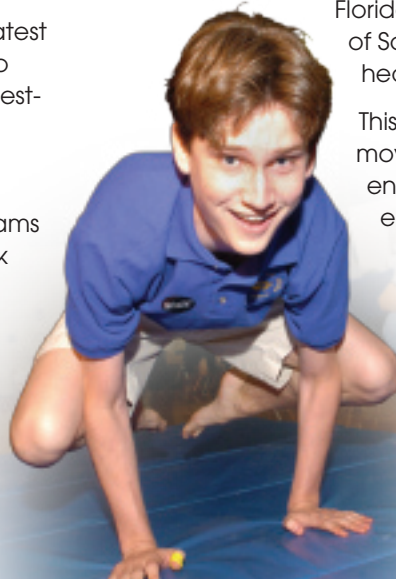
Florida on the Move Goes to School

Florida on the Move has come to the Winter Park Consortium of Schools to get the year launched on the right foot, health wise.

This good-health initiative, affiliated with the national movement called America on the Move (AOM), encourages everyone to walk an extra 2000 steps and eat 100 fewer calories a day to keep weight and health in balance.

It is fun, free and easy, and it is good for the brain, as well as the body. And it is a logical extension of all the activities organized by Healthy School Teams (HST) in consortium schools—Winter Park High School (WPHS) and its elementary and middle feeder schools.

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- **Get plenty of exercise.** Exercise increases the flow of oxygen to the brain, and this increases brain function. Brain research has found that running is the best exercise for increasing oxygen to the brain.
- **Eat healthfully.** The brain, like the body, needs good nutrition for peak performance. Foods that are especially good for the brain include water, cottage cheese, fresh fruit, eggs, fish, oatmeal, chicken, turkey, leafy green vegetables, bananas, apples, complex carbohydrates, and proteins.
- **Eat breakfast.** It is especially important to steer clear of simple carbohydrates such as sugar, sodas, cookies, candy, breads and sugared cereal. These carbohydrates make your test taker sleepy. Good options include fruit, oatmeal, toast, eggs and yogurt. Think protein. Local schools are promoting smoothies as good breakfast and snack alternatives. (See the recipe on page 4.)
- **Encourage children to think positive thoughts.** Positive thinking creates good brain chemistry. When your child is stressed, angry and frustrated, his or her body

produces a chemical called cortisol, which blocks thinking. Successful test taking requires happy, positive thinking. It is important for the student to be his or her own cheerleader.

- **Listen to classical music.** Classical music organizes the brain for focus, clarity, creativity, emotional well-being and the ability to learn and recall.
- **Tune up the brain with exercises.**

There are plenty of ways to stimulate brain activity such as rubbing the eye points in the back of your head when you feel sleepy. These points can be found on the same level as the top of your ears on the back of your head. If a student is trying to recall something, he or she could try looking up and to the left. According to brain research, this action helps the brain access the

moment it learned the information and this helps with recall. Go to www.braingym.org for more information on the impact of exercise on the brain.

- **Dress for success!** Yellow is a good color for waking the brain. Students may want to wear yellow the day of the test.

Florida on the Move

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Open to anyone--individuals, families, businesses, and organizations--the free program was founded in July 2003 based on research conducted by Dr. James Hill, AOM founder and director of the Center for Human Nutrition at the University of Colorado. By walking an extra 2000 steps and eating 100 fewer calories daily, Hill says most Americans will be able to create a balance between calories eaten and calories burned.

This can help eliminate the one to three pounds an individual typically puts on in a year.

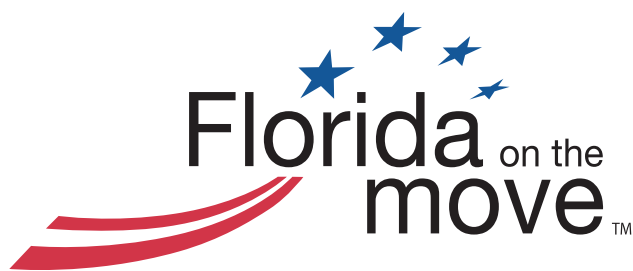
Those who launched the initiative locally—a large group that includes Orange County Public Schools, the Winter Park Health Foundation, local hospitals, WFTV Channel 9 and the Central Florida YMCA, hope the program will catch fire and get everyone interested in improving physical health by taking these small, but meaningful steps.

To join the program, individuals can log on to www.floridaonthemove.org, and follow the step-by-step directions.

Once registered, members can record and track online the number of steps, or minutes of other types of exercise, they rack up each day. The steps are charted on a trail crossing different parts of the United States and illustrated on the computer screen. Members can get daily tips

designed to keep them motivated and have access to informative articles ranging from topics such as grocery shopping strategies and how to take the bite out of emotional eating to ways to give a healthy tailgating party and how to beat blisters.

Enrollment is already underway at local schools. Active parents and staff members serve as motivating role models for their children. HST leaders



www.floridaonthemove.org
800-807-0077

Florida on the Move Codes:

Aloma	RAL19096
Audubon Park	RAU20881
Brookshire	RBR16807
Cheney	RCH20160
Dommerich	RDO18151
Glenridge	RGL18662
Hungerford	RHU18683
Lakemont	RLA16128
Lake Sybelia.....	RLA17269
Maitland	RMA18137
WP 9th Grade Center	RWI20272
WPHS	RWI17297

are considering some friendly competitions between schools. You can expect to hear more about what your school has planned over the next few weeks.

If you are signing up as part of a school group, you will need the school code (listed above).

Check with your school's HST leader if your school code is not listed and to find out about future activities.

You'll be hearing a lot more about Florida on the Move outside of school, too. Sign-up events are being held throughout Central Florida and WFTV Channel 9 is broadcasting ads promoting the program. Barbara West, Channel 9 health reporter and anchor, has attended many signup events including Winter Park High School's student health fair held January 31.

For more information about Florida on the Move, go to www.floridaonthemove.org.

Student Health Services Grow

Two nurse practitioners now are based at Winter Park High School (WPHS), doubling the availability of free, advanced health care services for students in need within the Winter Park Consortium of schools. The Consortium includes WPHS and its middle and elementary feeder schools.

Jan Carlson and Jessica Irvin, the new WPHS nurse practitioners, join Tori Sheahan and Michelle Cash, who are the Nurse Practitioners already based at Glenridge Middle School.

WPHS nurse practitioners, like the two at Glenridge Middle School, can provide school physicals, sports physicals, diagnosis and treatment of common childhood illnesses; health maintenance care for children, including well child examinations, routine developmental screenings and anticipatory guidance regarding common child health concerns.

Pediatric Nurse Practitioner services are available through the financial support of the Winter Park Health Foundation. Locations for the services are provided by Glenridge Middle School and Winter Park High School.

Services are available free to students who attend any of the schools within the Winter Park Consortium; designed primarily for those families experiencing barriers (i.e.; lack of health insurance, difficulty getting appointments, inconvenient office hours, etc.) in accessing needed health care services.

For additional information, and to schedule visits at the Student Health Center at Glenridge—which are by appointment only—call 407-623-1415, ext. 256.

Hours are 9 a.m. to 3 p.m. - Monday, Tuesday, Thursday and Friday; and 9 a.m. to 2 p.m. on Wednesday.

The new WPHS nurse practitioners serve WPHS students on the main campus and are available from 7:30 a.m. to 2:30 p.m. at the school. Students can call for an appointment at 407-622-3200, ext. 2201.



Deep Breathing Eases Test Stress

School nurses become very popular at FCAT time. Students come in with stomachaches and headaches that often are signs of testing jitters. And too much anxiety can have a negative impact on student performance.

Deep breathing can be an effective antidote.

Here is one exercise, Balloon Breathing, suggested by CHILL Counselor Aimee Jennings, LMHC at Brookshire Elementary School.

1. Find a quiet place and close your eyes.
2. Place your hands over your ribs.

3. Think of your belly as a balloon.
4. Take a DEEP BREATH slowly through your nose until the balloon feels full.
5. Hold it. Count slowly to five—1-2-3-4-5.
6. Then breathe out slowly through your mouth.
7. Repeat several times. Each time you will become more and more relaxed.

You can also encourage your child to add a positive word or phrase as he or she exhales, such as "Relax," "I can do it," and/or "I am ready."

Breakfast Smoothie

Here's a healthy option for breakfast or snack time.

Ingredients:

About 1 cup low-fat vanilla yogurt

About 1/2 cup organic strawberry juice, or substitute white grape juice

About 3/4 cup frozen strawberries

1 frozen banana
(Hint: Peel before freezing)

Directions:

Put all ingredients in blender. Blend until smooth.

Experiment substituting other frozen fruits for the strawberries.

Granola Snack Mix

This is a healthy and tasty lunchtime or after-school snack.

1 cup regular oats

2/3 cup sweetened puffed-wheat cereal

1/4 cup wheat bran

1 tbsp. slivered almonds

1 tbsp. peanuts

1/4 cup dried apricots

1/4 cup dried cranberries

1/4 cup raisins

1/4 cup mini M&Ms (optional)

Mix all ingredients in a Ziploc bag.
Seal to store. Serves 4 to 5.

Experiment with different cereals, nuts and dried fruits for variety.

More Health News to Use

Looking for more news you can use to keep your kids healthy and help them become better students?

Visit www.healthykidstoday.org, a website created by the Winter Park Health Foundation.

The site is updated weekly with news, tips and recipes. It features timely stories on topics like nutrition, the importance of physical activity and how to help kids cope with life issues. It also includes information on the Healthy School Teams, School Nurses and Chill Counselors in your child's school.

The Winter Park Health Foundation believes "Healthy Kids Make Better Students" and provides financial support for the Coordinated Youth Initiative and its health and wellness services including the CHILL Counseling Program, School Nurses, Nurse Practitioners/Student Health Centers at Glenridge & WPHS, and Healthy School Teams. For more information on the Foundation go to www.wphf.org.



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