

CYI SURVEY (page 2)

4. Have you or your child attended a CHILL presentation/educational session this past year?

YES NO DON'T KNOW

5. If YES, please rate your satisfaction with the presentation/educational session provided by the CHILL counselor.

Very satisfied

Somewhat satisfied

No opinion

Somewhat dissatisfied

Very dissatisfied

Healthy School Teams

1. Are you aware that your child's school has a "Healthy School Team" in place that is charged with developing programs that encourage healthy lifestyles? (Such as Wellness Wednesdays, Brain Smart activities, running clubs, yoga for students and the Fast Start Track and Field Invitational)

YES NO

2. If YES, have you or your child attended any of the Healthy School Team activities or programs this past year?

YES NO

3. If YES, how many events or programs has your family attended this past year?

1 - 3 events or programs

4 - 10 events or programs

11 or more

4. If you have attended one or more Healthy School Team events, how would you rate them?

Very educational or helpful

Somewhat educational or helpful

No opinion

Minimally educational or helpful

Not educational or helpful at all

Healthy Kids Today

1. The Winter Park Health Foundation produces this seasonal, educational newsletter exclusively for parents and children attending the Winter Park Consortium. Have you previously read the newsletter.

YES NO

2. How helpful do you find these newsletters in educating you and your family about Coordinated Youth Initiative programs and services and how to achieve a healthy lifestyle? Please check responses.

Extremely helpful

Helpful

No opinion

Unhelpful

Extremely unhelpful

3. The Winter Park Health Foundation also hosts a website www.healthykidstoday.org intended to provide information about the Coordinated Youth Initiative programs and services and additional information on how to achieve a

healthy lifestyle. How often have you accessed this website in the past year?

0 times

1 - 3 times

4 - 10 times

11 or more times

4. If you have accessed the website, how helpful do you find it to be?

Extremely helpful

Helpful

No Opinion

Unhelpful

Extremely unhelpful

5. What other topics would you like to see covered on the Healthy Kids Today website?

6. In the past school year, have you accessed the following services?

United Way First Call for Help (211)

YES NO

Local food bank/pantry

YES NO

7. Would you be willing to be contacted to discuss your experience(s) with the Coordinated Youth Initiative and its programs?

YES NO

8. If YES, please provide your contact information so we can contact you regarding your experience(s) with the CYI programs.

Name:

Email address:

Phone number:

If you would rather provide your contact information directly to the Winter Park Health Foundation, please email Lynn Carolan at lcarolan@wphf.org

Please feel free to provide additional comments and/or information on how Coordinated Youth Initiative (CYI) programs have impacted your family here:

Thanks once again for completing the survey! Your input will help us make the Coordinated Youth Initiative programs the most effective possible. Be sure to tear off the survey and have your child return it to his or her teacher by June 4, 2010. Your child's school will earn \$1 for each returned survey for healthy school activities.

If you would prefer to take the survey electronically, please go to: www.healthykidstoday.org and click on the CYI Survey button.



Community Help in Hard Times

These are economically tough times, but there are many sources of help in Central Florida.

Here are some suggestions:

2-1-1

Anyone who needs any type of community assistance can dial 2-1-1 for free information and referrals for a wide variety of services.

For more information, call 2-1-1 or go to www.211oc.org.

Florida's Summer Food Service Program

This program provides free summer meals in the community to any child 18 or younger.

For more information, call 1-800-504-6609, or visit the website below.

www.summerfoodflorida.org

Florida KidCare

Florida KidCare is a free and low-cost health insurance program for uninsured children under the age of 19.

To get help locally, call a Florida KidCare Outreach Specialist, at 407-836-2528.

Primary Care Access Network (PCAN)

PCAN helps Orange County residents who are underinsured or uninsured find a medical home.

For more information, call 407-836-PCAN (407-836-7226).

www.pcanorangecounty.com

Second Harvest Food Bank

The Second Harvest Food Bank provides free food for families in need through non-profit agencies across the community.

For more information, call 407-295-1066.

www.foodbankcentralflorida.org

The Benefits Connection

To meet with outreach specialists for the Benefits Connection program, call 407-423-7333. They qualify and register residents for food stamps as well as the Earned Income Tax Credit, Medicaid, and Florida KidCare.

Healthy Recipes to Try This Summer

Nutrition doesn't have to fly out the window when school doors close. Summer can be a great time to try out healthy recipes like these tasty ones supplied by Heather McPherson, Orlando Sentinel Food Editor. They would also make great additions to your children's lunch bags when it's time to return to school.

Chicken Wraps

Makes 4 servings.

Ingredients:

2 large or 3 small chicken breast halves
1 garlic clove, halved
1 large shallot, peeled and minced
1 garlic clove, peeled and minced
1 cup tomato sauce
1 tablespoon dark brown sugar
1/4 teaspoon each: salt and pepper
1 tablespoon each: red wine vinegar and Worcestershire sauce
1 teaspoon Dijon-style mustard
8 Romaine lettuce leaves
4 whole-wheat flour tortillas

Directions:

1. Rub the chicken with garlic cloves. Spray the chicken with a nonstick cooking spray. Place on a greased, heated grill. Grill until browned and cooked, approximately 30 minutes. When the chicken is cool enough to handle, remove skin and discard. Cut the chicken into thick strips.

2. For the sauce, spray a small pan with nonstick cooking spray. Add the shallot and minced garlic. Sauté 5 minutes on medium heat. Stir in tomato sauce, sugar, salt, pepper, vinegar, Worcestershire and mustard. Simmer 5 minutes.

3. Place two lettuce leaves on each tortilla. Tuck chicken strips into lettuce leaves. Drizzle with the tomato-

based sauce. Wrap up the tortillas to enclose. Pass the remaining sauce on the side.

Crunchy Nutty Clusters

Makes 2 dozen cookies.

Ingredients:

2 cups cashews, chopped
1/2 cup wheat germ
6 ounces golden raisins
3 ounces dried apricots, chopped
1/2 cup quick or old-fashioned oats
1/4 cup firmly-packed brown sugar
2/3 cup light corn syrup
1/4 cup low-fat peanut butter

Directions:

1. Heat oven to 350 degrees F. Lightly coat two baking sheets with cooking spray.

2. Mix nuts, wheat germ, raisins, apricots and oats.

3. In pan, mix remaining ingredients. Bring to boil over medium heat, stirring. Pour liquid mixture over dry ingredients. With a sturdy spoon, stir until the dry ingredients are moistened. Batter will be a bit stiff. Drop by rounded tablespoonfuls onto baking sheets.

4. Bake 8-10 minutes or until golden brown. Place cookies on a wire rack to cool.

Recipe note: These cookies freeze well.



Elementary School Edition

Healthy Kids Today

Spring 2010

Change Can Be Tough for Kids
Parents Can Help

Earn Money for Your School—
Complete a CYI Survey

Stress is Taking a Toll
on Kids of All Ages

Community Help in Hard Times

Healthy Recipes to Try This Summer

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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A Service of the Winter Park Health Foundation

Change Can Be Tough For Kids—Parents Can Help

Change can be tough for parents—just think about starting a new job or trying to cope with a new baby. And it can be even tougher for kids.

With the end of the school year just ahead, many children are approaching some of the biggest transitions of their young lives.

Elementary school fifth graders are heading for middle schools, much larger and more complex than their elementary school homes. There will be more students, more freedom and more responsibilities. Other students may be changing schools, or moving.

All of these transitions can be very scary.

But parents can do a lot to neutralize any fears and pave the way to a smooth and successful transition by helping children develop self-confidence and the ability to deal with change. And summer is a good time to brush up on and reinforce these skills.

No matter what the age, it is never too early—or too late—to begin building these skills, according to mental health professionals.

So where do you begin?

Continued inside

Earn Money for Your School by
Completing a CYI Survey

WE WANT AND NEED YOUR FEEDBACK!

In the past decade, the Winter Park Health Foundation (WPHF) has provided nearly \$12 million in funding for comprehensive student health and wellness services in Winter Park, Maitland and Eatonville area schools designed to help students be the healthiest and most academically productive possible.

The free programs, part of the Coordinated Youth Initiative (CYI) launched over 10 years ago, touch the lives of thousands of local students and continue to have a major impact on them.

In an effort to make the programs the best they can be, WPHF would like your feedback. Parents are invited to complete the survey included in this newsletter, and provide thoughts and suggestions. Your child's school will receive \$1 for each completed survey to be used for healthy school activities.

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Resiliency and good decision-making skills are key to a child making a smooth transition. When children don't have them, change is more difficult and this can lead to stress and worry, according to Ms. Jennings. Coordinator of the CHILL (Community Help & Intervention in Life's Lessons) counseling program.

(CHILL counselors are mental health professionals who provide free, school-based counseling services to students and their families in public schools in Winter Park, Maitland and Eatonville. The program is part of a collection of school-based health services made possible through grant support from the Winter Park Health Foundation.)

Self-confidence comes from competence, so the more opportunities a child gets to tackle a task—whether it is making a bed, putting dishes in the dishwasher, brushing teeth, assembling a sandwich, or something much bigger—the better.

Parents sometimes do so much for their kids, that it undercuts their ability to be self-reliant. Parents may think they are helping their children, but Ms. Jennings noted this is a disservice that will make things harder for them in the future.

And it's important to let children make mistakes along the way. Hovering and continual corrections can send the message that the parent doesn't feel the child is competent—that there is no trust. This

can throw cold water on a child's self confidence.

Encouragement and praise can help a child learn to plug away in spite of mistakes—a valuable tool for the future. But, praise means the most when it is tied to accomplishments or specific efforts.

Open communication between child and parent also is important, according to Ms. Jennings. When kids are used to talking about daily matters they are more likely to come to parents for help with problems and fears.

Here are some other ways to help children become more self-reliant:

- Let them practice getting up in the morning, even when you plan to wake them. This will be useful in later years when they do need to rely on an alarm.
- When school is in session, let them be responsible for their homework.
- Give them a chance to make small choices—such as what they plan to wear or what will be served at dinner. This is good practice for making bigger decisions later.
- Talk about how to make decisions. Ask the child what he thinks about a problem and plans to do. Parents can then help brainstorm different choices and solutions and ask the child to talk about the pros and cons of each one. With all this information in hand, the child can then think through the best decision possible at that time.
- Let children know mistakes are OK and help them learn from them.

- Help children minimize negative self-talk.
- Offer praise and encouragement as children work through problems.

It can be tough for parents to sit back and allow children to make a decision that might have consequences, said Ms. Jennings. But the more practice they get making decisions, the better off they will be later in life.

For more information on transitions and decision-making, you can contact your school's CHILL counselor or visit these helpful websites:

- www.healthychildren.org, a new website sponsored by the American Pediatrics Association
- www.aboutourkids.org, a website sponsored by the NYU Child Study Center
- www.kidshealth.org, part of the Nemours Foundation's Center for Children's Health Media.



Stress is Taking a Toll on Kids of All Ages

Stress is up, and kids aren't immune.

A recent Stress in America Survey by the American Psychological Association revealed that kids are indeed stressed, and many parents don't realize the magnitude of the stress.

For example, the survey, which included responses from young people aged eight to 17, revealed that while 26 percent of "twens" (aged eight to 12) said they worried more this year, only 17 percent of parents believed their tween's stress had grown.

In addition, only two to five percent of parents rated their child's stress as extreme (an eight or higher on a 10 point scale), while 14 percent of tweens and 28 percent of teens said they worry "a lot" or "a great deal."

Here in Central Florida, the 2006 Child and Adolescent Health Survey conducted in Orange, Seminole, Osceola and Brevard Counties with support from the Winter Park Health Foundation indicated that 23 percent of adolescents responding said they worry a lot and 27.3 percent had sleep difficulties.

"Students have always had higher anxiety than the general adult population, but the increase over time is startling," said Jean Twenge, a psychology professor at San Diego State University who headed a recent SDSU study on stress and young people. "Anxiety is usually a precursor to more serious mental health issues like depression, so it's important to teach young people how to manage their stress now so it doesn't become worse."

The good news in this is that there is a lot parents can do to help their children learn to manage stress, according to Almee Jennings, Coordinator of the CHILL (Community Help & Intervention in Life's Lessons) program. And it's never too early to start.

CHILL counselors are mental health professionals who provide free, school-based counseling services to students and their families in public schools in Winter Park, Maitland and Eatonville. The program is part of a collection of school-based health services made possible through grant support from the Winter Park Health Foundation.

Ms. Jennings said the CHILL counselors are seeing more anxiety and depression among students of all ages, and a lot comes from underlying stress. Students are talking about the usual stressors—school and friends and problems at home, such as finances and divorce. These issues have always been around,

but the new forms of communications have accentuated the impact. For example, schools have always had bullies, but not bullies who could attack via computers and telephones using words as well as photos.

Over scheduling is another common stressor.

How do you know there may be a problem?

Typical symptoms of elementary school children suffering a lot of stress include sleep problems, stomachaches, headaches, a grumpy or irritable disposition, crying or a lack of interest in things they usually like, according to Ms. Jennings. In very young children, you may see a lot of crying or regression in behavior.

At home, parents can help by buffering kids from outside influences—limiting exposure to negative news on television, and limiting talk about family problems in front of them. Communication and awareness are key because kids tend to keep their feelings inside.

Here are some other suggestions offered by Ms. Jennings:

- Teach problem-solving skills so children feel confident to deal with new situations (For more

information, see story about Change in this newsletter)

- Help children develop a support system that includes family and mentors
- Help children develop hobbies as stress relievers
- Set clear expectations so kids feel safe
- Parents should tell kids they trust them
- Make sure kids are eating healthfully, exercising and getting enough sleep

If there is a stressful event coming up—like a test—help the child work on some step-by-step solutions such as planning a study schedule so there is no last minute panic. Then, before the test, parents can remind the child he or she is prepared and use past examples of success so he or she feels confident and less stressed.

The NYU Child Study Center also recommends parents teach children techniques to cope with stress, including deep breathing, progressive relaxation, meditation, visualization and listening to soft music.

If parents feel stress is getting out of hand, they can contact the CHILL counselor assigned to their child's school.

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Parents also have the option of taking an electronic version of the survey which is posted on the website, www.healthykidstoday.org

CYI programs include the School Nursing Initiative (SNI), Student Health Centers, the CHILL counseling program and Healthy School Teams.

In addition, WPHF produces this newsletter—Healthy Kids Today—sent home to the families of students. Additional 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

Please take time to complete the survey, in print or online, by June 4, 2010. Print surveys should be returned to your child's teacher. Please complete no more than one survey per family per school. We look forward to your input!



DEMOGRAPHICS

How many children do you have that attend elementary school in the Winter Park Consortium?

- Aloma Elementary
- Audubon Park Elementary
- Brookshire Elementary
- Cheney Elementary
- Dommerich Elementary
- Hungerford Elementary
- Lake Sybelia Elementary
- Lakemont Elementary

SCHOOL NURSING INITIATIVE

1. Are you aware that there is a licensed nurse in the school health room everyday of the school year? (not applicable for Dommerich Elementary) Please check responses.

- YES NO

2. If YES, has your child accessed the service of the school nurse this past year?

- YES NO DON'T KNOW

3. If YES, please check all the reasons your child was seen by the nurse:

- Illness
- Injury
- Routine medication
- Other (fill in)

4. If YES, please rate your satisfaction with the services your child received:

- Very satisfied
- Somewhat satisfied
- No opinion
- Somewhat dissatisfied
- Very dissatisfied

STUDENT HEALTH CENTERS

1. Are you aware that there are two Student Health Centers staffed by a physician assistant and pediatric nurse practitioners located at Winter Park High School and Glenridge Middle School? Please check responses.

- YES NO

2. If YES, are you aware that the health care professionals at the Student Health Centers provide the following medical services free of charge to students, in need, attending any of the Winter Park Consortium schools?

- School Physicals
- Sports Physicals
- Diagnosis and treatment of common childhood illnesses
- Health maintenance care for children, including well child examinations
- Routine developmental screenings
- Prescription writing
- Sports Physical
- School Physical
- Illness
- Injury
- Well Child Visit
- Developmental Screening
- Prescription Writing

6. If YES, where did your child go for care before the Student Health Center? Please check all that apply.

- The Emergency Department
- Other clinic
- Doctor's Office
- Nowhere
- Other (please specify)

7. Please indicate if any of the following apply to your ability to pay for medical care. (Check all that apply)

- Currently, I do not have health insurance.
- I have health insurance, but due to the cost of my co-pay, I accessed the Student Health Center services.
- I have health insurance, but due to the high deductible, I accessed the Student Health Center services.
- During the course of the school year, my family lost health insurance coverage and I accessed the Student Health Center services.

CHILL-Community Help & Intervention in Life's Lessons

1. Are you aware that there is a social worker or mental health counselor on campus (the CHILL Counselor) who provides free counseling services to students and their families?

- YES NO

2. If YES, has your child or any family member utilized the services of the CHILL counselor this past year?

- YES NO

3. If YES, please rate your satisfaction with the counseling services provided by the CHILL counselor.

- Very satisfied
- Somewhat satisfied
- No opinion
- Somewhat dissatisfied
- Very dissatisfied