

School Nurses—a Good Health Resource

Students don't have to be sick to have a good reason to visit the nurse's office at school. The nurses at all schools are most willing to dispense a healthy dose of preventative medicine in the form of education, as well as cures for things ailing a student.

The nurses are a resource for parents as well as students.

There are licensed nurses at each of the schools in the Winter Park Consortium of Schools—Winter Park High and its elementary and middle public feeder schools. In addition, there are nurse practitioners—able to provide more advanced care such as physicals and writing prescriptions—available at Winter Park High School (WPHS) and Glenridge Middle School.

The WPHS nurse practitioners serve only WPHS students. The nurse practitioners at Glenridge, serve students in need attending all consortium schools.

If there are changes mid-year, Mrs. Watson urged parents to let the nurses know.

Parents also need to sign a consent form to enable their children to visit the nurse practitioners.

In addition, if children need to bring medicine to campus, they need to fill out an authorization form that the school nurse keeps on file. Students can't carry their own medication on

campus, it needs to be kept in the nurse's office. When the medicine is dropped off, the prescription is verified by the nurse, and pills are counted, said Tori Sheahan, nurse practitioner based at Glenridge Middle School.

The nurse's office is meant to be a valuable resource for students and parents, said Mrs. Sheahan.

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Healthy School Teams Are Back to School

Healthy Schools Teams are getting primed for a year of fun activities promoting good health in the belief that Healthy Kids Make Better Students. Better Students Make Healthy Communities.

The teams, established at each of the schools in the Winter Park Consortium, which includes Winter Park High and its eleven elementary and middle feeder schools, will continue to advocate the benefits of children drinking water, eating healthier lunches, bringing healthier snacks, and keeping physically active, and many will be hosting school health fairs, according to Jana Ricci, Healthy School Teams Coordinator.

Made up of faculty, staff, parents and sometimes students, Healthy School Teams (HST) are supported financially by the Winter Park Health Foundation. Each team

consists of individuals representing all areas influencing a child's health, including comprehensive school health education; school counseling, psychological and social services; health services; nutrition services; physical education; healthy school environment; health promotion for staff and parent/community involvement.

You'll be hearing more about the Healthy School Teams, CHILL counselors and nurses and nurse practitioners serving the schools in the consortium in a series of Parent Education Nights to be held this fall. And parents will learn how they can play a role in ensuring their children are as healthy as possible and ready to do their best in school. Stay tuned.

To find out the name of your school's HST leader, contact your school or go to www.healthykidstoday.org.

School Nurses

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Parents can call with a variety of questions, including to ask for help in determining if a child is well enough to send to school.

It also is wise to have the child go to the nurse's office before calling home sick, according to Mrs. Sheahan. Nurses can help assess whether the child needs to go home or back to class.

For more information on the nurse practitioners and school nurses, and to find a copy of the consent form required if a student is to see the nurse practitioner, you can go to the Healthy Kids Today website sponsored by the Winter Park Health Foundation. Go to www.healthykidstoday.org and click on "School Health." You also will find the names and phone numbers of the nurses at each school on this site, as well as more detailed information on services.

Take a Pledge to Get Healthy!

Participate in America on the Move's Day of Action on September 28 by pledging to take an additional 2000 steps and eat 100 fewer calories a day and you could win great giveaways and other prizes.

To participate, go to www.healthykidstoday.org and click on the Florida on the Move logo, and then click on the America on the Move logo to learn what you need to do to pledge to be a little more active and eat fewer calories.

Florida on the Move (FOM) is an affiliate of America on the Move. It is a fun, free, family-friendly program designed to help people young and old get healthier by making small lifestyle changes. FOM groups are forming at each school. When you sign up for the program, be sure to use the code from your child's school. To find out your school's code, go the site mentioned above.

Teachers and staff at various schools already are challenging one another to see who will be most active.

Put on your pedometer, parents, and mount a challenge!



Healthy Classes at Whole Foods Market

Whole Foods Market, an active partner of Winter Park Consortium schools and a frequent participant in events sponsored by the Coordinated Youth Initiative and Healthy School Teams, is hosting a series of healthy, family-friendly classes.

To register, contact the store at 407-673-8788, and ask for customer service. Whole Foods is at 1989 Aloma Ave., Winter Park.

Parents' Morning Out, the Last Monday of Every Month

8:30-10:00 a.m.—Pre-registration recommended

After the hustle and bustle of getting the kids to school, stop by the store for a free cup of coffee and morning treat. Relax on the patio or stroll the



www.healthykidstoday.org

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.

Elementary School Edition

August 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, Killarney, 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 Today



Back to School Jitters

Back to school jitters arrive in a variety of disguises—sometimes butterflies in the stomach, or having trouble sleeping at night—and they affect children of all ages.

These jitters appear for many reasons, but they are most likely to surface during the school transition years—the move from elementary to middle school and the move from middle to high school, and they can last several months into the school year or longer.

There also may be nervousness when a child is attending a new school after moving from another community.

At this time of year, it is a good idea for parents to watch for symptoms like these, listen and start

a conversation with their children, according to Shellene Mazany, LCSW, CHILL Program Manager for the Winter Park Health Foundation.

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CHILL: Help for Students and Families

CHILL—Community Help & Intervention in Life's Lessons—is a free counseling program for students of all ages in the public schools serving Winter Park and neighboring communities who need help with issues such as divorce, grief and loss, low self-esteem, anger management, depression and drug and alcohol abuse. CHILL counselors help families, as well as students, to promote healing throughout the family system. There is no cost to students or families.

The Winter Park Health Foundation provides a CHILL mental health professional at each school in the Winter Park Consortium of Schools. This includes Winter Park High and its elementary and middle feeder schools. Individual, group and family counseling services are available.

Students can be referred to the program by teachers, school administrators, school social workers, SAFE Coordinators, parents, school psychologists, behavior specialists and nurses. Students also can refer themselves.

Sessions are confidential and held on campus.

For a list of CHILL counselors at each school, go to www.healthykidstoday.org and click on the CHILL logo.



Healthy Kids Make Better Students. Better Students Make Healthy Communities. www.healthykidstoday.org

For parents of elementary age children, times together spent riding in the car or eating dinner, are prime opportunities to pursue a talk, according to Ms. Mazany. It is a good time to ask about their fears. And it is helpful when parents can talk about the fears they had at the same age in the same situations.

For younger students, the concerns may be about not fitting in or having friends. As they get older, they may be anxious about switching classes or having a locker to manage.

Although it can be more difficult to have these discussions with older children, it is important to pursue them. Teens may act like they don't want to hear the information, said Ms. Mazany, but they hear even though they pretend not to be listening.

Some of the biggest concerns for middle to high school age students focus on fitting in and finding a peer group.

There are several things parents can do to help take the edge off this stress, according to Ms. Mazany.

It's always good to take a child to his or her new campus to meet the principal or guidance counselor and get familiar with surroundings, she said.

Parents can get involved in activities at the new school. From a child's point of view, this makes school seem less intimidating.

If more help is needed, parents can seek assistance from a CHILL

counselor based at each of the schools in the Winter Park Consortium. This includes Winter Park High School and its 11 elementary and middle feeder schools. Counselors with CHILL, Community Help & Intervention in Life's Lessons, provide free, confidential counseling at school for students and their families. The program is one of a variety of health-oriented programs provided in Winter Park Consortium schools with financial support from the Winter Park Health Foundation (WPHF). The programs are all part of the Coordinated Youth Initiative, sponsored by the Winter Park Health Foundation.

Stress is normal, according to Ms. Mazany. The important thing to look for is how a child learns to cope with it. Negative thinking leads to low self-esteem.

To learn more about the CHILL program and its counselors, and to find other resources on emotional health as well as physical activity and nutrition, parents can go to www.healthykidstoday.org. The website is sponsored by the Winter Park

First Back to School Fair a Success

The Winter Park Health Foundation's first Back-to-School Health Fair—held in July at Glenridge Middle School—was a great success resulting in 93 children getting free back-to-school physicals and more than 50 getting free immunizations.

The event was open to all students in need attending schools within the Winter Park Consortium—Winter Park High and its elementary and middle feeder schools. All services were free.

In addition to getting the shots and medical screenings needed to be able to return to school, students and parents had the opportunity to visit health exhibits stocked with informational handouts and food and drink samples. Sponsors included Whole Foods Market, the Central Florida YMCA, Crystal Springs Water, the American Lung Association, the Florida Bicycle Association, the Primary Care Access Network (PCAN), Orange County Public Schools Food and Nutrition Services, M.D.



Anderson Cancer Center, Winter Park Health Foundation (WPHF), and Florida on the Move. Those who visited the booths, were eligible to enter a drawing for two tickets to Universal Studios, a free three-month adult membership to the YMCA and a \$40 gift certificate for a bike tune-up at the Loco Motion bike store.

The event, coordinated with assistance from the Orange County Health Department and Glenridge Middle School, featured the services available through the Coordinated Youth Initiative to schools in the Winter Park

Consortium of Schools. The programs featured, financially supported by the WPHF, included school nurses and nurse practitioners as well as the CHILL counselors.

You can read more about them in other stories in this newsletter and on the WPHF-sponsored website, www.healthykidstoday.org.

Plans already are underway to make next year's Back to School Health Fair even bigger and better.

Brookshire Elementary Offers Safe Ways to School

In an effort to get children—and their parents—out of cars and on their feet walking or biking to school, Brookshire Elementary School this year is piloting a new program called Safe Ways to School.

A spin-off of a statewide project administered by the Florida Traffic and Bicycle Safety Education Program, Safe Ways to School serves a variety of purposes. It is designed to help reduce traffic speed and volume around schools and to motivate children to walk and bicycle to and from school.

It is one simple way that children and their families can add steps to their day, said Jana Ricci, Healthy School Teams Coordinator for the Winter Park Consortium of Schools.

Although children may live close enough to school to walk, some parents are reluctant to allow their children to do so. They would rather drop them off.

Brookshire Elementary, trying to address safety concerns, has worked with the City of Winter Park to determine the safest ways to get to school. They have taken into consideration the location of crossing guards, problem intersections and other potential hazards. Brookshire parents received a map showing the safest routes on Meet the Teacher Day.

Ms. Ricci said the goal is to get families walking together or have children connect with an organized

walking or biking group headed for school. Parents are being recruited to lead these groups.

Planning is underway to establish a Safeways to School program at Lakemont Elementary later this year.

For more information about the Safe Ways to School project, go to the website for the Florida Traffic & Bicycle Safety Education Program, <http://www.dcp.ufl.edu/centers/trafficsafetied/safeways.htm>



Welcome Back!

With the new school year underway, it is a good time to review the health-related programs available in school through the Coordinated Youth Initiative (CYI). They all are dedicated to the belief that **Healthy Kids Make Better Students. Better Students Make Healthy Communities.**

Developed and supported by the Winter Park Health Foundation, the programs all are tethered to our local schools and are designed to improve the health of the whole child. They include the CHILL program, which provides mental health professionals in each school; the Student Health Centers at Winter Park High and Glenridge Middle schools featuring free nurse practitioner services; the School Nursing Initiative, which provides licensed nurses at local schools and Healthy School Teams, established at each local school to come up with school projects that promote good health.

Schools participating in CYI programs include the schools in the Winter Park Consortium of schools. They are Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Killarney, Lake Sybella and Lakemont elementary schools; Glenridge and Maitland middle schools and the Winter Park 9th Grade Center and Winter Park High.

A special welcome goes to Killarney Elementary—the newest full-fledged participant in CYI programs.

Peak Performance Requires Healthy Eating

What does it take to win a Tour de France?

For seven-time winner Lance Armstrong, it required fine tuning everything from body to bike. When it came to nutrition, his trainer Chris Carmichael prescribed a diet designed to help the super athlete reach peak performance levels. To complement his training regimen, Armstrong's diet was heavy on carbohydrates (65 to 70 percent), lighter on protein (13 to 14 percent) and included 16 to 17 percent fat. And when it came to fats, he stuck to unsaturated fats from olive and canola oils, as well as seeds, nuts and fish.

Students aiming for peak performance at school don't have to be that regimented. But they do need to pay attention to nutrition if they want body and brain to perform at Grade A levels in the classroom.

A good lunch can help keep student minds stay primed.

Students who buy lunch at school will see some significant menu changes. Orange County Public Schools staff members have been working all summer to design new menus with reduced fat and more whole grains and fresh fruit.

For parents of students who bring their lunches, Karen Beerbower, a Central Florida registered dietitian and author of the book, "Setting Places," a guide

to restoring order to family dining, offers a variety of healthy suggestions. Here are some of her dos and don'ts.

Do:

- Use cool packs that can be chilled and put into insulated lunch bags so kids can safely take sandwiches with meat to school.
- Keep sandwiches interesting by using a variety of breads including whole wheat, pita pockets, English muffins or even corn bread. Tortilla wraps are a treat. Ms. Beerbower suggested spreading a wrap with a thin layer of cream cheese, adding vegetables and meat, and then wrapping it in plastic wrap and refrigerating it the night before school.
- Bring yogurt (if you use a cool pack)
- Because kids like to dip and spread things at meals, send some whole wheat crackers and a container of egg salad for spreading.
- Encourage students to get milk at school: many are not getting an adequate amount of calcium.
- Kids like crunchy foods, so send along trail mix or raw vegetables.
- Send in grape tomatoes rather than regular tomatoes.

- Pack fresh or canned fruit, rather than artificial fruit roll ups.
- Get creative with cheese. Stores now sell cheese cut in shapes like stars.

Here are some of the don'ts:

- Don't buy the popular prepackaged processed lunches from the grocery. Families are paying primarily for the packaging, she says. And some packages contain candy.
- Don't send in fruit drinks, unless they contain 100 percent fruit juices. Other fruit drinks have a lot of added sugar and dye.
- Don't send in other processed foods that are dyed, such as brightly colored chewy fruit snacks. The artificial coloring can trigger allergy problems.
- Don't send in granola-type bars thinking they are healthy. Most are basically cookies.

Students with after-school sports training need to bring along a snack to carry them through the day.



Ms. Beerbower suggested a half sandwich and some cheese, or a sports bar with at least 9 grams of protein. In a pinch, students can always run by a convenience store and get some milk and a piece of fruit.

For more information on nutrition and other health matters, go to www.healthykidstoday.org, a website sponsored by the Winter Park Health Foundation. The website is a good place to find information about all of the programs in the Coordinated Youth Initiative, as well as the latest health and wellness news and nutritious recipes. Updated weekly, the site also features links to other websites with important health and wellness information. Please send your suggestions and comments to Lynn Carolan, lcrolan@wphf.org, or call 407-644-2300 ext. 234.