

CHILL

Helps Kids and Families with Emotional and Mental Health Issues

CHILL, which stands for Community Help & Intervention in Life's Lessons, is a free, school-based counseling program for students looking for help with emotional and mental health issues. The services are available in all schools in the Winter Park Consortium—Winter Park High School and its elementary and middle feeder schools.

Developed and supported by the Winter Park Health Foundation (WPHF) and operated by Healthcare Providers & Associates, the CHILL program provides free individual, group and family counseling at each school. Counseling takes place during the day, and participants are guaranteed confidentiality. In addition, parental consent is required to enroll a student in the program, and CHILL counseling records don't become part of a student's school records.

Each CHILL Counselor has a master's degree in social work, counseling, psychology or a related field.

In elementary school, counselors assist children who may be dealing with issues such as divorce, a death in the family, anxiety, anger problems, low self-esteem and behavioral issues.

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

How do parents know if there is a problem? Here are some of the signs CHILL counselors say may indicate a student could benefit from talking with someone.

- Always hungry or doesn't eat
- Gets in fights with others
- Frequent trips to the clinic
- Sudden changes in behavior
- Teasing others
- Afraid to go to school
- Withdrawing
- Drawing items of concern
- Acting out behaviorally
- Frequently crying

To contact a CHILL counselor, call your child's school. To find out more about the CHILL program, go to www.healthykidstoday.org and click on CHILL.



Healthy Recipes

Power Breakfast

Makes 6 Servings

Ingredients:

3 cups cooked brown rice

2 cups skim milk

1/4 cup brown sugar

1/3 teaspoon cinnamon

1/2 cup whole milk

1/3 cup raisins

1/2 teaspoon vanilla extract

Sliced fresh fruit

3/4 cup low fat granola cereal (optional)

1 6-oz. container low-fat vanilla-flavored yogurt (optional)

Directions:

Combine rice, skim milk, brown sugar and cinnamon in a 2 1/2- to 3-quart saucepan. Heat over medium heat, stirring 10 to 12 minutes or until mixture thickens. Stir in whole milk, raisins and vanilla. Cook 5 more minutes, stirring until mixture thickens slightly. Place cereal into serving bowls. Sprinkle with fruit. Top each serving with 2 tablespoons granola and yogurt, if desired.

Per serving:

218 calories, 6 grams protein, 2 grams fat, 45 grams carbohydrate, 1 gram dietary fiber, 4 mg cholesterol, 251 mg sodium.

Brown Rice Black Bean Burrito

Makes 6 servings

Ingredients:

1 tablespoon vegetable oil

1 medium onion, chopped

2 cloves garlic, minced

1 1/2 teaspoons chili powder

1/2 teaspoon cumin

3 cups cooked brown rice

1 (15-16-oz.) can black beans drained and rinsed

1 11-oz. can corn, drained

6 8-inch flour tortillas

3/4 cup (6 oz.) shredded reduced-fat Cheddar cheese

2 green onions, thinly sliced

1/4 cup plain low-fat yogurt

1/4 cup prepared salsa

Directions:

Heat oil in large skillet over medium-high heat until hot. Add onion, garlic, chili powder and cumin. Sauté 3 to 5 minutes until onion is tender. Add rice, beans and corn. Cook, stirring 2 to 3 minutes until mixture is thoroughly heated. Remove from heat. Spoon 1/2 cup rice mixture down center of each tortilla. Top each with 2 tablespoons cheese, 1 tablespoon green onion and 1 tablespoon yogurt. Roll up, top with 1 tablespoon salsa.

Tips for a Healthy Brown Bag Lunch

1. Add some variety to your child's sandwich. Instead of using regular white bread, use whole grain breads such as pita, mini wheat bagels, or whole grain rye.
2. Add dark salad greens, shredded carrots, zucchini, yellow squash, or shredded raw beets to make the sandwich more colorful. This will also help your child get the recommended number of daily vegetable servings.
3. Don't forget a lean protein source. This can also include spreads made from dried beans, such as hummus, or nuts, like peanut butter. Add a twist to your child's peanut butter sandwich by adding chopped apples or sliced bananas.
4. The occasional treat is fine, but fruit is still the preferred dessert. Use fruit cups that are packed in juice rather than syrup, a bunch of grapes, or a piece of whole fruit.
5. Studies show that a student's brain performs better when it gets plenty of water. If your child isn't able to get water throughout the school day, be sure and include a small bottle of water with his or her lunch.

These healthy breakfast and lunch recipes, and tips for a healthy brown bag lunch, are provided by Sherri Flynt, registered and licensed dietitian at Florida Hospital, and co-author of the book "SuperSized Kids."

Per serving:

456 calories, 22 grams of protein, 9 grams of fat, 73 grams of carbohydrate, 6 grams dietary fiber, 10 mg cholesterol, 591 mg. sodium.



Healthy Kids Today

Elementary School Edition

Fall 2006

Parents Are Key When it Comes to Internet Safety

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



Parents Are Key When it Comes to Internet Safety

What do you get when you mix computer-savvy kids with unsupervised and unrestricted use of the Internet?

Answer: A recipe for high-tech hassles creating challenges for parents, students and educators.

At its best, the Internet is a place to learn about any topic in the universe, meet friends with similar interests and share thoughts with others. But at its worst—if it is a place for big-time, far-reaching bullying—often by girls. This has occurred in local schools.

And at its very worst, it is a place for predators to target potential victims.

This, according to law enforcement officials and counselors, is all the more reason for parents to educate

themselves about computer use and to talk about Internet safety with their children as early as possible.

Parents, experts say, play a key role in keeping kids of all ages safe.

Officer Steve McDaniel, Winter Park Police Department, who conducts Internet Safety seminars for adults in the community, estimates that an average of one out of every five U.S. children has been approached by a predator on the Internet in the past year.

A recent study conducted for the National Center for Missing & Exploited Children reveals that dangers are increasing.

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Basic Rules for Internet Safety

1. Be clear on when and how long children can spend online.
2. Make sure children know to never disclose personal information about themselves or the family including last name, school, address, phone number, city, etc.
3. Parents should visit web sites before children are allowed to visit them.
4. Parents should make the consequences for breaking the rules very clear.
5. Parents should have all login and password information to their child's email and for sites such as myspace.com

—Provided by the CHILL counselors

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

In a nutshell, the study, which compared youth Internet experiences in 1999 and 2000 with experiences in 2005, revealed that kids were exposed to more sexual material and harassment, but fewer solicitations. However, serious solicitations—those in which the solicitor tried or succeeded in making contact outside of the Internet—didn't decrease.

Study authors said the drop in solicitations may indicate youths are being more cautious in chat rooms or communicating with people they don't know on the Internet.

Internet problems can be tough to recognize, but there are signs to look for. Here is a list of signs—compiled by counselors in the CHILL Program, a free mental health counseling program supported by the Winter Park Health Foundation and available to students in the Winter Park Consortium schools and their families. Parents should be concerned if:

- Their child spends a lot of time online, especially at night.
- He or she receives phone calls from people parents don't know, or is making calls to numbers parents don't recognize.
- The student receives mail, gifts or packages from someone parents don't know.
- The child quickly turns off the computer monitor or changes the screen when the parent enters the room.

- The child becomes withdrawn from the family.
- The child uses an online account that belongs to someone else.

Parents can head off problems, according to CHILL counselors, by talking to their children about online dangers and encouraging them to speak up if they come across information that makes them uncomfortable.

Officer McDaniel also suggests parents keep the computers in a common room of the home where the screen can be seen by everyone, rather than allowing them in bedrooms.

Joanna Eckhardt, LCSW and coordinator of the CHILL program, also suggested parents randomly check their children's emails and maintain access to the accounts.

private, she added. Therefore, if children want the privilege of using the computer, they need to allow parents to read what is going on and to have access to passwords. "You can't trust the unseen face on the other side of the Internet," she said.

Experts also recommend parents learn how to use the Internet and explore the sites that draw their children. It is also a good idea to learn about software available to block inappropriate sites. Officer McDaniel said the city's Internet Safety seminars include information on effective software and instructions on how to find out about the sites a child has visited.

For more information on the city's Internet Safety seminars, contact Officer McDaniel at 407-599-3455.

For more information on the topic of Internet safety, you can go to:
www.netsmartz.org
www.getnetwise.org
www.fbi.gov, and click on "Internet Safety for Kids."

Children may argue they have a right to privacy, but parents should not buy into this argument, said Ms. Eckhardt. Parents need to know they are empowered to control the family computer. The Internet is not a need, it is a privilege, and it is anything but



Caring for a Healthy, Thinking Brain

The brain is the most important tool every child totes to school each day, and it is a tool that requires basic care and feeding if students are to perform at peak levels.

Parents can do a lot to help make sure their children arrive at school with a healthy, thinking brain.

Here are some suggestions provided by LeAnn Nickelsen, M.Ed., a presenter at the recent Eric Jensen's Learning Brain Expo held in Orlando. She talked about how foods affect learning and life.

1. Start the day off with a healthy breakfast, one that includes a high-fiber, low-fat carbohydrate along with some protein. Skip the sugar-dense baked goods and sugary cereals, because within an hour they will result in a drop in blood sugar and a less energetic child. Nickelsen recommends these cereals: Shredded Wheat, Fiber One, Wheaties, GrapeNuts, GoLean, Cheerios and granola.
2. Send a natural snack to school because your child's brain needs food almost every 3 to 4 hours to keep working at optimum levels. Bodies depend on blood sugar for energy. "Complex carbohydrates

produce a more gradual release of sugar within the food and a more gradual drop in blood sugar levels after digestion rather than simple carbohydrates," Nickelsen said. Some of the best complex carbohydrates for mid-morning snacks include whole grain cereal bars, fresh fruit, vegetables, cheese and crackers, pretzels, sunflower seeds, peanuts, cashews and certain dry cereals, she said.

6. Encourage your child to exercise because it has so many positive effects. "It releases endorphins and serotonin and other 'feel good' chemicals in the brain, it calms and redirects nervous energy, it relieves muscle tension; and it results in the learning state of relaxed alertness which is the optimal state for learning and performance," said Nickelsen.

7. When packing lunches, make sure to include a protein, a carbohydrate and very little sugar. Some good protein foods to pack include lunch meat (chicken, turkey etc) peanut butter and jelly, cashews, tuna sandwich, cheese and yogurt.

For more information on nutrition, try these websites:
www.nutrition.gov
www.eatright.org
www.dole5aday.com

3. Send a clean water bottle to school. Nickelsen notes that research shows that students need to drink one cup of water per hour to make sure the brain is functioning at its best.

4. Encourage good sleep habits. Children need about eight hours of sleep per night, but Nickelsen added that, "some researchers believe that nine hours and 23 minutes is optimal for peak performance the next day." Adequate sleep is important because it allows people to have longer periods of REM, rapid eye movement, sleep, the time when the brain consolidates the day's learning.

5. Teach and model to your child how to deal with stress. "One of the best stress relievers is taking deep breaths," she said. "Breathing is important for optimal learning because the brain requires oxygen to think clearly. Taking stretch breaks and deep breaths during homework is very helpful and mind invigorating."



Healthy School Teams Now Required for all OCPS Schools

Healthy School Teams (HST), thriving fixtures in Winter Park High School and each of its elementary and middle feeder schools since 2002, are spreading throughout Orange County thanks to new School Wellness Policies just adopted by the Orange County School Board.

The new Wellness Policies include a requirement that all schools in the county establish Healthy School Teams beginning this school year.

School Board members passed their new policies in response to a federal mandate. Wellness policies are required of all schools receiving federal dollars for school lunch programs as a result of the Child Nutrition and WIC Reauthorization Act of 2004. The policies are designed to steer kids toward

better health by promoting healthy eating and physical activity, and changing the school environment.

The underlying belief is that healthy kids make better students.

Based on the CDC's Coordinated School Health Model, HSTs—piloted in Winter Park area schools through the support of the Winter Park Health Foundation—have members representing eight areas—health education; counseling, psychological and social services; school health services; nutrition services; physical education; the healthy school environment; health promotion for staff; and family and community.

HSTs are based on the belief that the health of our youth is a community-wide concern requiring involvement of parents, families, teachers, counselors, school administrators, health care professionals and businesses. Schools can't do this alone.

Formed in 13 local schools with assistance and leadership from the Winter Park Health Foundation, each HST has developed activities crafted to meet the specific needs of a school and its students. Events have ranged from "Wellness Wednesdays"

where children were rewarded for participating in healthy activities like eating nutritious lunches and drinking water, to HST-sponsored walking and running clubs for children, teachers and parents.

The activities within the Winter Park Consortium schools are likely to be even bigger and better this year, and are only limited by imagination. All Healthy School Teams are designed to build a culture of health and wellness in schools and help people understand the importance of good health when it comes to learning.

They provide a great place for parents to get involved in school health activities. To participate, contact your school. (The name of each school's HST Leader is listed in this newsletter)

To get more information on HSTs, as well as the other WPHF-supported programs that make up the Coordinated Youth Initiative, including the School Nursing Initiative, CHILL mental health counseling services and the Student Health Centers at Glenridge Middle and Winter Park High schools, go to: www.healthykidstoday.org, a website developed and supported by the Winter Park Health Foundation.

Healthy School Team Leaders work closely with CHILL counselors, nurses and nurse practitioners to build healthy schools for students in our community. Here, Nancy Seyler, Glenridge Middle School nurse (facing forward) talks with (from right) Nurse Practitioner Tori Sheahan, Healthy School Team Leader Melissa Griffin and CHILL Counselor Carol Kirschenbaum as they map out a healthy school plan for Glenridge Middle School.

Healthy School Team Leaders

To find out how to get involved in your school's Healthy School Team activities, contact your school. Here is a list of schools, phone numbers and Healthy School Team leaders.

Aloma Elementary Kathy Styron 407-672-3100	Glenridge Middle Melissa Griffin 407-623-1415
Audubon Park Elementary Wayne Talbott 407-897-6400	Maitland Middle Kevin Neff 407-623-1462
Brookshire Elementary Ann Legg Randi Topps 407-623-1400	Winter Park 9th Grade Center Samantha Fischer Stacy Julian 407-623-1476
Cheney Elementary Faye Denniston 407-672-3120	Winter Park High School Chris Watson Melissa Casebolt 407-622-3200
Dommerich Elementary Angela Goetz 407-623-1407	Winter Park Tech Diane Raspotnik Kim Kochara 407-622-2900
Hungerford Elementary Victoria Felter 407-623-1430	Winter Park Area Preschools Karen Sinclair 407-628-5427
Killarney Elementary Christopher Dolan Kayla Garber-Duba 407-623-1438	For more information about the Healthy School Teams, you can contact:
Lake Sybelia Elementary Susan Maddox 407-623-1445	Jana Ricci HST Program Coordinator 407-672-1620
Lakemont Elementary Jon Siegel 407-623-1453	