

The Third Annual Fast Start Track and Field Invitational

The third annual Fast Start Track and Field Invitational, which draws hundreds of elementary children each year, will be held January 26, 2008 at Showalter Field in Winter Park.

Launched by Scott Millson, a local elementary school parent, the free event is open to all students attending elementary schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Lake Sybelia and Lakemont.

Registration forms were scheduled to be given to students the week of November 26 and parents have been asked to return signed consent forms to school physical education teachers by December 12.

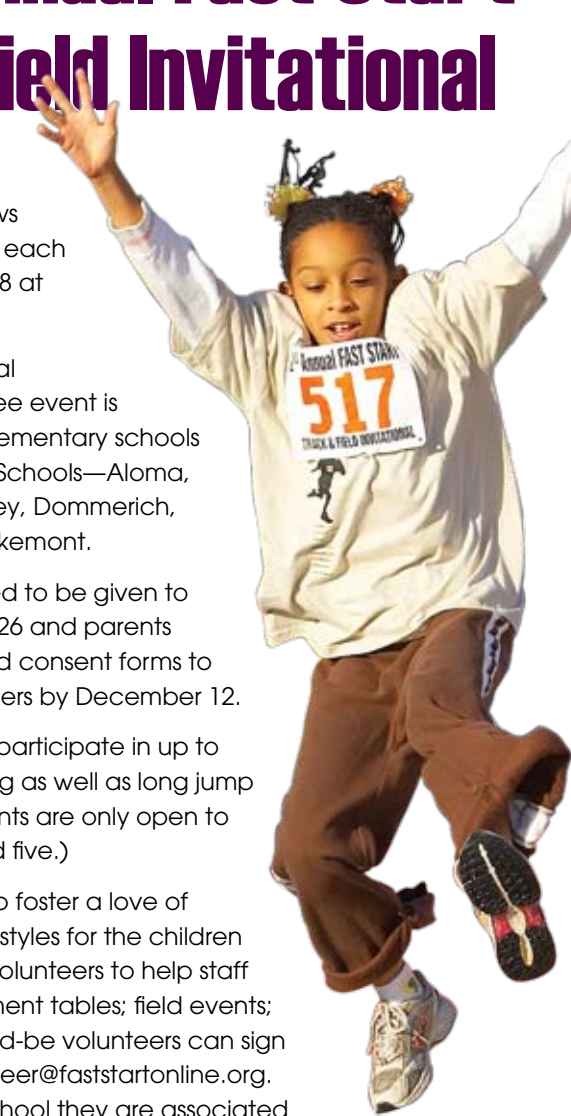
This year students will be able to participate in up to two events, which include running as well as long jump and shot put. (The two latter events are only open to children in grades three, four and five.)

Millson, who created the event to foster a love of running and promote healthy lifestyles for the children of our community, is looking for volunteers to help staff registration, awards and refreshment tables; field events; and the start and finish line. Would-be volunteers can sign up by sending an email to volunteer@faststartonline.org. Volunteers should mention the school they are associated with in the email.

Healthy School Team leaders from each Winter Park Consortium elementary school are helping coordinate the event.

For more information, go to the Fast Start website, www.faststartonline.org

Photo by AB Digital Photography



Play Here!

The Healthy Fun and Fitness Guide to Winter Park, published by the Winter Park Health Foundation (WPHF) in an effort to inspire residents and visitors to become more active, has just been released and is available free of charge at the Winter Park Welcome Center, 151 W. Lyman Avenue, Winter Park.

The guide points out biking and walking trails, as well as parks with a variety of fitness options. It identifies places to swim, boat, run, walk and play with the dogs. And it includes a map showing the location of most area parks and their features.

It also includes directions for suggested walking and running routes, provided by the Track Shack, as well as safe cycling tips and resources for more bicycling safety and group ride information.

The guide is the first byproduct of work being done by a group of organizations working together to help make the community one of the healthiest in the United States. The group, assembled by the Foundation, includes the City

of Winter Park, the Winter Park Chamber of Commerce, Winter Park Memorial Hospital and the Peggy and Philip B. Crosby Wellness Center YMCA.

One of the next projects will be the creation of a website that will support the guide. The site is expected to include more information about healthy community activities and events, as well as health-related organizations.

Stay tuned.



Healthy Snack Recipes

Apple and Cheese Snacks

Ingredients:

24 Ritz Reduced Fat Crackers
6 Kraft 2% Milk cheese slices, cut into squares

12 apple slices, thinly cut and quartered
ground cinnamon

Directions:

1. Top each cracker with a 2% Milk cheese square, and 2 apple slices. Sprinkle with ground cinnamon.
2. Place on microwavable plate. Microwave on high 20 seconds or until 2% Milk cheese squares are warm and slightly melted.

Serving Size: 3 crackers

Nutrition Information per serving:
calories – 180; total fat – 6 grams;
dietary fiber – 3 grams; protein – 9 grams

Crunchy Trail Mix

Ingredients:

1 ½ cups corn squares cereal
1 ½ cups rice squares cereal
1 cup fat free pretzel sticks
¼ cup sliced almonds

¼ cup raisins

¾ teaspoons ground cinnamon

¼ cup sugar free syrup

1 tablespoon canola oil

½ teaspoon vanilla extract

Directions:

1. Preheat oven to 325 degrees F.
2. In large bowl, combine cereal, pretzels, almonds, raisins and cinnamon; mix well.
3. In small bowl, combine syrup, oil and vanilla; slowly pour over cereal mixture. Stir well to coat evenly.
4. Spread on 15X10-inch baking pan coated with vegetable cooking spray.
5. Bake 25 to 30 minutes or until golden brown, stirring frequently. Cool. Store in airtight container.

Serving Size: ½ cup

Nutrition Information per servings:
calories – 110; total fat – 3 grams;
dietary fiber – 2 grams; protein – 2 grams.

The recipes have been provided by Sherri Flynt, registered and licensed dietitian at Florida Hospital and co-author of the book, "SuperSized Kids: How to Rescue Your Child From The Obesity Threat."

Health News Just For You

Healthy Kids Today, a website developed and supported by the Winter Park Health Foundation (WPHF), has been revamped and expanded to provide even more health news and information you can use.

Healthykidstoday.org, includes news stories and tips focused on the health of children and families, and healthy recipes that are updated weekly. Recipes are categorized and archived so they are easily available for future use.

Information about each of the programs in the Coordinated Youth Initiative—Healthy School Teams, the CHILL mental health counseling program, the School Nursing Initiative and the Student Health Centers staffed with nurse practitioners—is featured on the web page.

All of the programs are financially supported by WPHF which believes "Healthy Kids Make Better Students and Better Students Make Healthy Communities."

In addition, the website includes links to pages on the Orange County Public Schools (OCPS) website that are focused on the new Orange County School Wellness Policy and on health services available in schools. It

notes that support from the WPHF, as well as Health Central Hospital and the Orange County Health Department enables OCPS to provide licensed nurses in some school health rooms. There also are answers to frequently asked questions from parents such as "When should I keep my sick child home from school?"

Parents looking for good resources for information on nutrition, physical activity, mental health and general health will also find them on www.healthykidstoday.org There are links to resources appropriate for kids and parents.

Check it out!



Healthy Kids Today

Elementary School Edition

Fall/Winter 2007

Teen Idol Troubles Provide Teachable Moments for Parents
Tackling Obesity Involves All Members of the Family
Local School Health Programs Studied
Fast Start Track and Field Invitational
Play Here!
Healthy Snack Recipes
Healthy News Just For You

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 and Winter Park Tech.



Teen Idol Troubles Provide Teachable Moments for Parents



The perfectly painted faces of today's teen idols are pasted everywhere—in magazines, newspapers and on the television screen.

But recent news accompanying the pretty smiles has not been good. Teen idols including Paris Hilton, Britney Spears and Lindsay Lohan, are troubled and in trouble, much of it related to the use and abuse of drugs and alcohol.

Not surprisingly, it is worrisome for parents because of the impact these idols can have on kids. A

"Newsweek" magazine poll earlier this year found that 77 percent of Americans believe Hilton, Spears and Lohan have too much influence on young girls.

So what is a parent to do?

Parents can have a lot of say about the impact of this behavior on teens, particularly if they treat the negative news as an opportunity to have a candid conversation about drugs and alcohol, smoking and values, according to Shellene Mazany,

continued inside

Tackling Obesity Involves All Members of the Family

Most parents know childhood obesity is a problem. They've heard the statistics and recognize the need for a national change.

In East Central Florida, for example, 16.1 percent of children/adolescents aged two to 19 years are identified as overweight, according to the "2006 PRC Child & Adolescent Health Assessment" sponsored by the Winter Park

Health Foundation (WPHF), the Health Council of East Central Florida and Florida Hospital.

But parents often have trouble recognizing the problem in their own families.

Health experts say they may be in denial because they don't want to deal with their own food issues.

continued inside

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

Licensed Clinical Social Worker and Program Officer for Children and Youth programs at the Winter Park Health Foundation.

It provides parents with the opportunity to point out to children that while celebrity lives look glamorous on the surface that is not always the case. The pretty façade can hide a lot of serious problems with equally serious consequences.

It is a good time for a conversation and it is important for a parent to initiate it, according to Ms. Mazany. It is not one kids are likely to start.

Parents can open a discussion by asking a child, "What do you think about what is happening to these stars?" This would open the door to asking about whether the kids know of any friends dealing with the same issues.

Here are other suggestions from Ms. Mazany for having a meaningful conversation:

- Listen carefully to your child's responses even though there may be a tendency to want to take over the conversation. It is crucial that parents and caregivers really listen to what their child is saying about what they see in the media.
- Try to be non-judgmental and stick with the facts when it comes to discussing risk-taking behaviors and the consequences.

- It is better to be direct rather than beating around the bush. Parents won't get far by skirting the issue.
- Look for spur-of-the-moment opportunities for a conversation—in the car on the way to school or on the way home from school; in the checkout line at the grocery store when kids face a lineup of gossip-type magazines; or at dinner.
- But don't try to have a conversation when the children are tired or hungry.
- Keep conversations brief, knowing children have short attention spans. If a parent talks for too long, the child will shut down and stop listening.

Parents also can talk about the mistakes that were made by the idols, and ask the child how he or she would have handled the situation. It is important to talk about the consequences of the bad behavior by these stars—losing friends, losing a driver's license, entering a rehabilitation center or even going to jail.

It is also a good idea to have some resources to fall back on. (There is a list of resources, in the box above, suggested by the CHILL mental health professionals in Winter Park Consortium Schools.)

And there are positive celebrity role models to include in the conversation, Ms. Mazany pointed out. For example,

About Our Kids
www.aboutourkids.org

This New York University Child Study Center website includes a variety of articles focused on education and mental health information. It is frequently updated.

The Alberta Alcohol and Drug Abuse Commission (AADAC)
www.aadac.com/565_501.asp

This website features a Parent Information Series designed to answer frequently asked questions and give parents factual information that may help prevent children from using drugs and help them make healthy lifestyle choices.

former supermodel Tyra Banks, who now hosts "America's Next Top Model," is trying to take the glamour out of smoking.

Early in the season, Ms. Banks announced the would-be models on the show would not be allowed to smoke. She took it a step further and held a film shoot to underline the issue. Models were first photographed looking glamorous with cigarettes dangling from manicured fingers. They then were photographed showing the devastating negative effects of smoking—lines, wrinkles and skin cancer.

Because I Love You
www.becauseiloveyou.org

This non-profit organization is dedicated to supporting parents with troubled children of any age.

Family Management
www.familymanagement.com/facts/english/facts66.html

This website provides family resources on a wide range of topics.

Good Character
www.goodcharacter.com

This website includes a variety of resources to help with character education

It is important for parents to tune in to what kids are reading and viewing and to help analyze and question the messages. And it is important for parents to know that it is never too late to start a conversation, Ms. Mazany said.

For more information, parents can contact the CHILL counselor at their student's school To find out the name of your school's CHILL counselor, and to find out more about the program, go to www.healthykidstoday.org a website created and maintained by the Winter Park Health Foundation.

Tackling Obesity from page 1

Bringing about change involves all members of the family—parents and children.

A recent telephone poll by "Consumer Reports" that included 609 parents of children ages five to 17 found only four percent categorized their children as being obese (or 20 percent or more over their ideal weight). But "Consumer Reports" found that 19 percent of their children were obese based on BMI calculations.

It's not a surprise to Sherri Flynt, registered and licensed dietitian and co-author of the book "SuperSized Kids, How to Rescue Your Child From the Obesity Threat."

Some parents will come to her with children and ask her to please "fix" them.

But it's not that easy. Children, especially young children, can't go shopping, cook and make healthy decisions on their own. It's a job for the family, not just the child, according to Ms. Flynt. It's not fair, or successful, to single out one family member for change.

The whole family needs to be more active and eat better. And anyone who spends a lot of time with the child—such as a grandparent—needs

to understand the importance of change for the child and support it, she added.

Our society, she noted, doesn't make it easy to be healthy.

So where do you begin?

One place to start is the Centers for Disease Control and Prevention (CDC) website which has an interactive tool for determining the body mass index for children and adults. (www.cdc.gov/nccdphp/dnpa/bmi/index.htm) Body Mass Index, or BMI, is a number calculated using a person's weight and height that provides a reliable indicator of body fatness.

If weight is an issue for the child, it is a good idea for the family to get focused on healthful eating and exercise.

Start small, focusing on small, positive changes, and consider an award system for accomplishments. For example, if the goal is to incorporate 30 minutes of exercise three days a week, the reward might be a game of miniature golf. It's not a good idea to use food as a reward, Flynt pointed out.

In addition, get kids involved in meal planning and preparation, because they will be more likely to eat what is on the table if they had a hand in preparing the food, she added.

And it is important for parents to serve as good role models.



Kids who see parents enjoying exercise are likely to join in. And kids are more likely to eat foods if someone they respect likes the food.

Here are some other mealtime tips provided by Ms. Flynt and co-author Dr. Walt Larimore in the book "SuperSized Kids." They recommend families:

- Plan meals ahead of time because it is more difficult to assemble a healthy meal at the last minute
- Get kids involved in meal planning, and include their favorite foods when possible
- Use smaller size plates
- Turn off the telephone and television during meals
- Eat less fast food
- Try fruits, non-fat yogurt and nuts as a replacement for sugary desserts
- You also might try walking as a family before dinner-which increases metabolism and makes participants less hungry.

Perhaps most importantly, Flynt said that rather than scolding a child for being obese, it is important to tell the child he or she is loved, special and important. Children's feelings about themselves are largely based upon their parents' attitude toward them.

You'll find additional resources for information on nutrition and physical activity by going to www.healthykidstoday.org, a website sponsored by WPHF.

You'll find recipe ideas provided by Ms. Flynt in other parts of the newsletter.

Local School Health Programs Studied By Governor's Council on Physical Fitness

Members of the Governor's Council on Physical Fitness, created by Gov. Charlie Crist, have taken a close look at the successful school health programs in Winter Park Consortium Schools as they get ready to prepare a plan of action for improving the health of Floridians.

The council is charged with developing a comprehensive state plan to "increase physical fitness through regular exercise and sound nutrition practices among Floridians of all ages and to reduce the rate of obesity and resulting chronic diseases in Floridians within the next ten years." It is due to be handed to Gov. Crist in December.

As the group develops a plan, it has been urged to consider—among other things—"the correlation between physical education and academic achievement" and "the feasibility of creating student fitness and wellness centers in schools and using such facilities both for physical education courses, as well as after-school and evening programs that encourage whole-family fitness."

Schools in the Winter Park Consortium, which includes Winter Park High School and its elementary and

middle feeder schools, have a variety of school health programs that fall under the name of the Coordinated Youth Initiative. These include Healthy School Teams, the CHILL mental health counseling program, licensed nurses and Student Health Centers staffed by nurse practitioners. (The programs were developed by and are financially supported by the Winter Park Health Foundation.)

The Council, at its first meeting in August, heard from Chris Watson, RN, Winter Park High School's nurse and Healthy School Team co-leader. She spoke about the Healthy School Team activities.

Ms Watson also was invited to join in a roundtable discuss on school health issues with Gov. Crist at the Governor's mansion in Tallahassee. The session included about a dozen people from around the state. Those attending included principals, physical education instructors, food service managers, as well as registered nurses.

Then in October, Debbie Watson, vice president of the Winter Park Health Foundation was invited to participate in a panel discussion at a Council meeting to discuss



Governor Crist with Chris Watson

developing community programs—such as America on the Move in Florida (AOM)—to increase interest in physical activity. The Foundation helped coordinate school participation in the program.

Information about the Council's meetings and general health information are available on the group's website, www.healthfloridians.com