

# Healthy Breakfast and Snack Ideas

Breakfast schedules are topsy turvy this year as families adjust to sending their middle school students to school much earlier than in the past, and high school students—much later.

With start times so early, middle school students could benefit from quick and easy ideas for breakfasts, which are such an important way to start the day.

A quick breakfast can consist of a dish of whole grain cereal, topped with nonfat yogurt and sliced fruit, a whole grain toaster waffle with natural peanut butter or quick cooked oatmeal topped with fresh fruit and chopped nuts. Another quick option is the Breakfast Fruit Wrap (see recipe).

High school students get a later start and have more time for breakfast, but they may need to think about snacks to get them through the afternoon. Nuts and ready-to-eat fruit are easy to tuck away in a back pack. You might want to try the Spiced Nuts recipe.

## CYI from inside

County School Board's new School Wellness Policy requires each of its 180 plus schools to develop a Healthy School Team because of the success the teams have had within the Consortium.

### Breakfast Fruit Wrap

#### Ingredients:

- 1 tortilla, whole wheat
- 2 teaspoons "fruit only" strawberry preserves
- 2 tablespoons reduced fat ricotta cheese
- 1/3 - 1/2 cup sliced fresh strawberries
- 2 tablespoons sliced almonds, toasted

#### Directions:

Spread strawberry preserves on the tortilla. Top with ricotta cheese. Carefully top each tortilla with sliced strawberries. Sprinkle with sliced almonds. Starting from one end, roll tightly. Wrap in foil for neater eating. Variation: Spread tortilla with natural peanut butter or use apricot preserves and sliced fresh peaches.

Calories for the tortilla: 231  
Fat: 9 gm, Protein: 9 gm,  
Dietary fiber: 4 gm

Note: Depending on the age of your child, double the recipe.

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

**We hope you enjoy your Healthy Kids Today newsletter. You will receive two more editions this school year. In addition, we hope you will take time to check out the Foundation-sponsored website, [www.healthykidstoday.org](http://www.healthykidstoday.org), which serves as an additional source of health news, tips and recipes. Read more in the story—Your One-Stop Info Shop.**

### Spiced Nuts

#### Ingredients:

- Olive or canola oil spray
- 1/2 cup whole raw almonds
- 3/4 cup halved raw walnuts
- 3/4 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- Cayenne pepper, to taste (optional)

#### Directions:

Preheat oven to 350 degrees. Place nuts in a small bowl. Spray lightly with oil and toss to coat. Add spices and toss to blend thoroughly. Spread nuts on a baking sheet. Roast until fragrant, about 15 minutes. Serve warm or at room temperature. Store in an airtight container. Makes 5 servings.

Per 1/4 cup serving: Calories: 181 Fat: 18 gm Protein: 5 gm  
Dietary fiber: 1 gm

## HOMEcomings:

### It's a Time for Fun, Not Drinking

From Homecoming to prom, teens have many opportunities to consider taking risks, such as drinking or using drugs. Although nationally, drug use is down, surveys show nearly one in three high school seniors were drunk in the last month and more than one in five used an illicit drug.

Here are suggestions from the U.S. Office of National Drug Control Policy to help your teen stay healthy and safe:

- Reinforce your expectations—be clear—drinking or drug use remains unacceptable.
- Encourage your teens to make each moment count—Let them know you don't want them to miss out on things because of bad choices, like drinking or drug use. One bad choice could change their lives forever.
- Provide safe alternatives—Parties abound, especially during senior year. Plan chaperoned alcohol-free parties around prom and graduation and other events.
- Set a good example—Don't let anyone convince you that it's a good idea for teens to drink or use marijuana under your supervision. It sends the wrong message and may lead your teen to make other bad choices.

## Healthy Kids Today Website— YOUR ONE-STOP INFO SHOP

The Healthy Kids Today website, [www.healthykidstoday.org](http://www.healthykidstoday.org), has been revamped to provide families with even more family-friendly and easy-to-use health and school information.

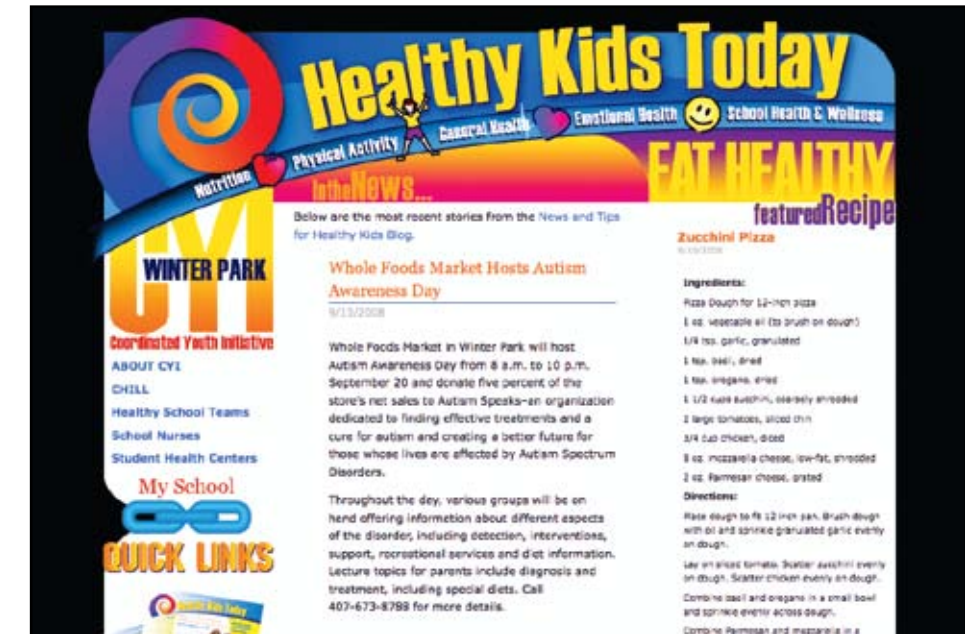
In addition to the latest in health news and healthy recipes updated weekly, the front page of the website provides a quick link to the Orange County Public School system's website. With a click of a button, you can find out:

- The 2008-2009 School Calendar
- Individual websites for each elementary, middle and high school
- School menus

You'll also be able to read all about the programs in the Coordinated Youth Initiative (CYI)—the CHILL counseling program, School Nursing Initiative, Student Health Centers and Healthy School Teams—and find out the names of CYI staff serving each school.

Created and supported by the Winter Park Health Foundation, the website also features the latest issue of the Healthy Kids Today newsletter, as well as an archive of past issues.

Check it out!



# Healthy Kids Today

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220 Eainburgh Drive  
Winter Park, FL 32792

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Permit #286



# Middle & High School Edition Healthy Kids Today

### Fall 2008

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



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## Goal Setting—Not Just For New Year's Day, or Michael Phelps

Goal setting is not just for New Year's Day. Just ask Michael Phelps, swimming wizard with a record breaking eight gold medals from the 2008 Olympic Games in Beijing who has been setting and achieving goals since entering the pool at age seven.

And the goals have served him well. "When I'm focused," Phelps has said in interviews, "there is not one single thing, person, anything that can stand in my way of doing something. There is not. Never has been."

Goal setting also is a good way to get the school year off to a successful start for children of all ages. It is never too late to start setting goals. Studies show children who help set their own academic goals are highly motivated and take their work more seriously. The same applies to personal goals.

And it is also a good time to set family goals, a task that helps family members talk and listen to each other and work together as a team.

*continued inside*



## Home Alone Ground Rules Help Kids Thrive

This year, students in public middle schools throughout Orange County are starting and ending the school day much earlier than in the past. As a result, they have a lot more free time in the afternoon.

Unstructured time can lead to unexpected trouble, making it a good time for parents to step in and provide structure and ground rules for this time of day, according to Ramey Wood, M.A., CHILL Counselor at Maitland Middle School.

Even though the middle school youth often look and act like they are adults, they are not, she emphasizes. Their brains aren't developed enough to make adult decisions. These students need limits and they need to feel safe, she said.

Parents need to address both emotional and physical safety needs in the process.

*continued inside*

Goal setting—important to children because it helps them learn motivation and how to prioritize activities which lead to a sense of accomplishment and a boost in self esteem—can begin with a family meeting where everyone gets a chance to talk about what goals would make this a good year for the family.

“It is good for children to see that parents value their opinions and see them as capable of helping the family reach a goal,” said Aimee Jennings, Licensed Mental Health Counselor (LMHC) and Coordinator of the CHILL Program. (The CHILL program, created and supported by the Winter Park Health Foundation (WPHF), provides licensed mental health professionals in Winter Park

**For more information, including goal-setting forms, go to these stories and websites:**

#### Goal Setting For Students

<http://www.goalsettingforstudents.com/Goal-Setting-Form.doc>

#### Healthy Goals

<http://family.samhsa.gov/be/goals.aspx>

#### Motivation and the Power of Not Giving Up

(This includes an interactive goal-setting diary)

<http://kidshealth.org/teen/exercise/sports/motivation.html>

High School and each of its 10 elementary and middle feeder schools.)

Families might decide they want to try to spend more time together, or read more, or do more community service.

The goals then need to be divided into small tasks that are realistic and appropriate for the ages and abilities of each family member.

For example, if the family goal is to have a successful school year, the child’s goal might be making sure to do and turn in homework each day. For parents, the goal might be to periodically volunteer in a school activity, whether it is chaperoning on a field trip or participating in a PTA meeting. It is important to know that the more involved parents are in their child’s life the better, according to Ms. Jennings.

Another goal might be to spend more time together. As a first step, members might agree to have dinner together one night a week. But it is a good idea to make sure the dinner is a positive experience. One way to do this would be to ask each member to tell about three good things that happened to them that week.

It is helpful to post individual and family goals for all to see and to check on progress periodically. Follow through is an important part of the process. If children see their parents follow through on a goal, it teaches them to do the same.

Sometimes goals aren’t reached, providing a good opportunity to discuss what went wrong and how to find a way to get back on track. This is true for the adults in the family too. Children benefit from seeing that parents continue to work on a goal even when they don’t meet it on the first try.

But it is important to focus more on the successes than on the failures and to be supportive. This is especially true for brothers and sisters.

Reaching goals is a cause for celebration.

At this point, however, the best reward is not money or a purchased gift, Ms. Jennings points out, but rather the celebration of success and the feeling that comes naturally when you achieve your goals.

When it comes to the emotional side of the issue, it is a good idea for parents to help their children feel secure, particularly if they are going to be staying home alone. This might mean making sure there are snacks provided (the healthier the better) in the afternoon, or leaving a positive note for the student, Ms. Wood said. This lets kids know they are cared for even if parents aren’t present.

It also would be reassuring for students to know their parents will call them at a set time in the afternoon.

When it comes to physical safety, parents want to be sure to review basic safety guidelines with their children.

- Talk about what is to be done if the phone rings or if someone knocks at the door. Practice some “what if” scenarios with the children.

- Make sure children know when to dial 911 and how to reach mom and dad including name of workplace, location, and phone numbers (work and cell phone, if appropriate).
- Provide the name, address and phone number of a trusted neighbor or family member who can be contacted during an emergency.
- Lock up alcohol, prescription medication and firearms.
- Discuss Internet safety—a good website resource is [www.safeflorida.net/safesurf](http://www.safeflorida.net/safesurf), sponsored by the Florida Attorney General’s office.

Other questions to consider:

- When do you want your children to check in after school? Officer Steve McDaniel, of the Winter Park Police Department, recommends parents have children check in from the home phone, rather than a cell phone.
- Will your child be permitted to have friends over? If so, how many? This can

be a problem, especially for older children. Word can get out that there is a home with no parental supervision.

- Are your children permitted to go outside, and if so, where?
- Which appliances can be used—the microwave, computer, etc.?
- Which chores need to be done, and by when?
- When should homework be completed?

If possible, it is ideal to keep youth occupied in after-school programs, clubs, sports, the Central Florida YMCA or other activities of interest. Ask about scholarships if needed. One healthy option will be Club FYT (Fitness for Youth and Teens), an after-school health and fitness program by the YMCA, which will be offered at Dommerich and Lake Sybella elementary schools and Glenridge and Maitland middle schools beginning this fall.

Activities improve self esteem and social skills, and give structure to the day—all good things for adolescents, according to Ms. Wood.

If transportation and adult supervision aren’t available in the afternoon, and kids are staying home alone, Ms. Wood recommends parents provide a schedule and vary the plan so that every day is not the same.

Encourage children to stay active, rather than play video games and watch television. Suggest household chores and offer to reward their work with an activity involving the parent on the weekend. Help them put together a list of things to do when they are bored.

The structure will help kids feel accomplished. And it will provide parents with peace of mind.



## Community Help in Hard Times

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

Here are some suggestions:

### The Neighborhood Centers for Families

The centers, operated under the direction of the Orange County Citizen’s Commission for Children, are available in 13 communities, including Winter Park, Eatonville and Union Park. Each center provides services addressing the needs of the surrounding community, such as

- clothing, food, utility bills, rent and mortgage assistance and jobs, as well as after school care.

#### In Winter Park:

901 West Webster Avenue  
Winter Park, Florida 32789  
407-622-2911  
Hours: 8:30 a.m. to 5 p.m.  
(Meetings are available at other times by appointment.)

#### In Eatonville:

323 E. Kennedy Blvd. Suite D  
Eatonville, FL 32751  
407-629-5655  
Hours: 8 a.m. to 5 p.m.

#### In Union Park (which includes the Cheney Elementary neighborhoods)

9839 East Colonial Drive  
Orlando, Florida 32817  
407-207-1684  
Hours: 8 a.m. to 5 p.m.

### Primary Care Access Network (PCAN)

PCAN helps Orange County residents who are underinsured or uninsured find a medical home where they can get regular health care. For more information, call 407-836-PCAN (407-836-7226). [www.pcanorangecounty.com](http://www.pcanorangecounty.com)

### 2-1-1

Anyone who needs any type of community assistance can dial 2-1-1 for free information and referrals. For more information, call 2-1-1. <http://www.211oc.org>

## CYI Makes Healthy Kids, Better Students

### Welcome back!

Whether you are new to Winter Park Consortium schools or returning, it is a good time to get acquainted with the many school-based health services available to all students through the Coordinated Youth Initiative (CYI) created and supported by the Winter Park Health Foundation (WPHF).

The initiative was developed in partnership and with leadership from the Winter Park Consortium schools (including Winter Park High School and its 10 elementary and middle feeder schools) to help your children be as healthy and as academically productive possible. And the services are free.

CYI programs include the CHILL (Community Help & Intervention in Life’s



Lessons) counseling program, the School Nursing Initiative (SNI), Student Health Centers and Healthy School Teams. They are based on the belief that **Healthy Kids Make Better Students and Better Students Make Healthy Communities.**

Each year, the WPHF invests more than \$1 million to support this comprehensive collection of health services in Consortium schools.

### CHILL

CHILL, the oldest component of the CYI, is a free counseling program for students and their families. Under this program, operated by Healthcare Providers and Associates, and financially supported by WPHF, mental health professionals who have a master’s degree in social work, counseling, psychology or a related field, are assigned to each Consortium school.

CHILL counselors hold individual and group sessions. Students who typically find their way to the CHILL program are described as inattentive, easily distracted, worried, suffer from low self-esteem, have declining grades or are involved in a family breakup.

CHILL counselors also provide presentations to classes, staff and parents.

The sessions are confidential and held on campus. Counselors are on school campuses five days a week. Contact your child’s school for more information or to reach the CHILL counselor.

### School Nursing Initiative.

WPHF, through a collaborative partnership with Orange County Public Schools, provides financial support to enable our schools to upgrade from a basic school health aide to a licensed practical or registered nurse in school clinics.

The nurses provide health screenings, health maintenance services and emergency care designed to help students get healthy and back to class as soon as possible. They are available in their clinics at schools during all school hours.

### Student Health Centers

There are two Student Health Centers serving students attending Consortium schools, the Student Health Center at Glenridge Middle School and the Student Health Center at Winter Park High School. Both are financially supported by WPHF. The centers are staffed by Nurse Practitioners who are able to provide more advanced health care services including school and sports physicals, as well as writing prescriptions.

Nurse Practitioners also provide telephone consultation to the school nurses and provide referrals when needed.

The Student Health Center at Winter Park High School primarily serves the high school students. The Glenridge Middle School facility serves students for all other schools.

Visits are by appointment only. To contact the Student Health Center at Winter Park High School, open from 9 a.m. to 4 p.m. Monday-Friday, call 407-622-3200, ext. 2201. To contact the Student Health Center at Glenridge Middle School, open 8 a.m. to 2 p.m., Monday-Friday, call 407-623-1415, ext. 256.

### Healthy School Teams

Modeled after the Centers for Disease Control & Prevention’s (CDC) Coordinated School Health Program, Healthy School Teams (HST) are now a fixture in Consortium schools. The HSTs, assigned the task of planning programs for their schools that promote healthy lifestyles and behaviors, are made up of school staff, administrators, parents and even students.

These successful teams now serve as a model for all of the other public schools in Orange County. The Orange

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