

closet. Is it full of clothes that are predominantly one color? Examine school books and book bags—gang members almost always put some sort of graffiti on them.

- Find supervised, positive activities to fill free time, combat boredom and offer challenges that build self-esteem.
- Identify role models and look for mentors in the community.
- Volunteer to join or set up a neighborhood watch program.
- Children who join a gang and want out should talk to the police.
- Help your child find new friends and different places to spend their time.

Students facing gang or other difficult issues and who would like to get help can call the "Speak Out Hotline" at 1-800-226-7733. During the school year, they also can contact their School Resource Officer or their school's CHILL Counselor.

In addition, the Winter Park Police Department can provide a program for adults who want to learn more about gangs and their impact on our community. To arrange this program call 407-599-3455.

## Plan Ahead for School and Sports Physicals

### Free School Entry & School Physicals...

For students who attend schools within the Winter Park Consortium of Schools and whose families don't have adequate health care coverage or access to a health care provider for their children.

July 16 through August 10 - WPHS Center serves all WP Consortium school students. Beginning August 13 - it serves WPHS students (grades 9-12) only:

The Student Health Center at Winter Park High School  
2100 Summerfield Rd.  
Winter Park, FL 32792  
407-622-3200 ext. 2201

Beginning August 13 - Glenridge serves WP Consortium elementary and middle school students:

The Student Health Center at Glenridge Middle School  
2900 Upper Park Road  
Orlando, FL 32814  
407-623-1415, ext. 256

Physicals are available by appointment only.

Summer is just around the corner, but it's not too early to plan ahead for school and sports physicals your children may need before the start of the 2007-2008 school year.

For the month leading up to the beginning of school, August 20, 2007, the Student Health Center at Winter Park High School will be open daily for free school and sports physical exams by nurse practitioners. Appointments—which are required for physicals—can be made beginning July 16 by calling 407-622-3200, ext. 2201.

The free exams are available for students who attend schools within the Winter Park Consortium of Schools and whose families don't have adequate health care coverage or access to a health care provider for their children. (The Consortium includes Winter Park High School and its elementary and middle feeder schools.)

Beginning August 13, the Student Health Center at Glenridge Middle School will also be open and available for appointments. At that

time, the Student Health Center at Winter Park High will primarily serve high school students (grades 9-12) and the Student Health Center at Glenridge will serve students from all other schools (grades K-8). Physicals at both facilities are by appointment only.

Both Student Health Centers are supported by the Winter Park Health Foundation.



## Healthy Snack Recipes

### Strawberry and Pineapple Kebobs

#### Ingredients:

- 1 can pineapple chunks (packed in light syrup), well drained, or 1 cup fresh pineapple, cut into chunks

- 1 packet cheese cubes (try low-fat cheese)

- ½ pint of whole strawberries, washed

Feel free to add grapes, chunks of melon or bananas, or any other fruit

Short bamboo skewers or cocktail toothpicks

#### Directions:

Thread 2 or 3 pieces of pineapple, a cube of cheese and finally a strawberry onto skewers to make a serving. Cover and chill until serving time.

Serves 4

### Cottage Cheese & Apple Snack

#### Ingredients:

- 1 cup low-fat cottage cheese

- 2 tablespoons peanut butter

- ¼ teaspoon ground cinnamon or apple pie spice

- 1 - 2 teaspoons skim milk

- 3 medium apples or pears, cored and sliced

#### Directions:

1. For dip, in blender or food processor bowl, place cottage cheese, peanut butter, and cinnamon. Cover and blend until smooth. If necessary, stir in enough milk to make dip of desired consistency.

2. Serve the dip immediately, or cover and chill for up to 24 hours. Serve with apple or pear slices.



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."

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## Healthy Kids Today

Winter Park Health Foundation  
220 Eainburgh Drive  
Winter Park, FL 32792



# Healthy Kids Today

### Middle & High School Edition

#### Spring 2007

CYI Makes Healthy Kids, Better Students

Talking About Violence

Keep Kids Busy and Away From Gangs

Plan Ahead for School and Sports Physicals

Healthy Snack Recipes

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.



## CYI Makes Healthy Kids, Better Students



Coordinated Youth Initiative (CYI) programs—launched in Winter Park Consortium Schools by the Winter Park Health Foundation (WPHF) eight years ago—each year touch the lives of thousands of local students, and according to a recent analysis are having a major impact on them.

Licensed and registered school nurses, a key component of the comprehensive school health initiative, reported more than 50,000 clinic visits during the 2005-2006 school year. And CHILL mental

health counselors, also part of CYI, served 1,051 students for problems such as low self-esteem and family breakup, last school year.

As designed, the CYI programs are helping remove barriers to learning:

On average, students attending School Nursing Initiative (SNI) schools—which have licensed or registered nurses—return to class after an illness as opposed to being sent home much more often than

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### Talking About Violence

The highly publicized violence that has played out on college and high school campuses in recent weeks and years can leave students confused and frightened, making it a good time to assure students their communities, especially schools, are safe.

The CHILL mental health counselors available at each of the Winter Park Consortium schools, and the National

Association of School Psychologists, offer these tips to parents on how to talk about violence with their children and help them cope:

1. Reassure children that they are safe and emphasize that schools are too. Let them know all feelings are okay when a tragedy occurs and help them put the feelings into perspective.

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2. Make time to talk, and watch for clues they may want to talk, such as hovering around while you do dishes or perform some other household task.
3. Make sure explanations are appropriate for the age of your child. For example, with older students, it is helpful to emphasize the role they have in helping maintain safe schools by following school safety guidelines such as reporting threats to schools made by students or community members, communicating any personal safety concerns to school administrators and seeking support for emotional needs. Young children need brief, simple information and at the same time need to be reassured that schools and homes are safe and that adults are there to protect them. But upper elementary and early middle school children may ask more direct questions about whether they truly are safe and what is being done at their schools.
4. Review safety procedures for home and school.
5. Observe the emotional state of children because they may not be able to verbally express their concerns. Signs of anxiety and discomfort include changes in behavior, appetite and sleep patterns, but most of these will pass with reassurance and time. Seek help from mental health professionals if you are concerned.
6. Limit the amount of time spent viewing tragic events on television. Young children especially can be traumatized over and over again if they see a tragedy replayed continuously on the television. In addition, parents should be careful of what they say about events in front of children and limit their use of hateful and angry comments that might be misunderstood.
7. Maintain a normal routine.

**You can find other resources on helping children deal with disasters at:**

- The American Academy of Child and Adolescent Psychiatry — <http://www.aacap.org/>
- American Academy of Pediatrics — [www.aap.org](http://www.aap.org)
- National Association of School Psychologists — <http://www.nasponline.org/resources/crisis%5Fsafety/>
- National Institute of Mental Health — <http://www.nimh.nih.gov/>



Other Points to Emphasize when talking to children:

- Schools are safe places
- The school building is safe because... (cite specific school procedures)
- We all play a role in school safety—be observant and let an adult know if you see or hear something that makes you feel uncomfortable
- There is a difference between reporting, tattling or gossiping
- Don't dwell on the worst possibilities
- Senseless violence is hard for everyone to understand
- Sometimes people do bad things that hurt others
- Stay away from guns and other weapons
- Violence is never a solution to personal problems.

students at non-SNI schools. In addition, students in the CHILL program have recorded better attendance and in some cases better FCAT scores than the general student body.

This is just some of the good news that surfaced during an analysis of CYI programs by the Health Council of East Central Florida designed to examine the quality of the programs and to look for ways to make them even more effective.

CYI, developed and supported by WPHF, is the umbrella under which the CHILL program, School Nursing Initiative (SNI), Student Health Centers and Healthy School Teams (HST) fall. The programs, all free, are focused on removing barriers to learning, and are based on the belief that *Healthy Kids Make Better Students and Better Students Make Healthy Communities*.

The WPHF, dedicated to the health of the whole child and helping children become as academically fit as possible, developed and funded the programs and continues to spend about \$1.2 million each year to support the schools and agencies that provide these services:

**CHILL (Community Help & Intervention in Life's Lessons)**

CHILL, the oldest CYI component, 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 counselors with 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. Last year they held 4,595 individual sessions, 655 group sessions and 1,998 family counseling 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 make presentations to classes, staff and parents on topics such as self-esteem, anxiety disorders, relaxation techniques, managing stress and death and grief.

The sessions provide a healthy outlet for students. Assessment tools used by the CHILL counselors continually demonstrate improvement in participating students' mental health and behavior after counseling. In addition, CHILL students who took the FCAT test received higher scores than the general student body in Grade 6 math and Grade 5, 6 and 7 reading. In addition, CHILL students' grade point averages increased almost 5 percent over the past two years.

**School Nursing Initiative.**

The Foundation, through a collaborative partnership with Orange County Public Schools, provides funds to enable the Consortium schools to upgrade from a basic school health aide to a licensed practical or registered nurse in school clinics. Nurses provide health screenings, health maintenance services and emergency care.

As mentioned earlier, SNI schools return students to class at a higher rate than non-SNI schools. According to the evaluation, nearly 84 percent of SNI students returned to class after clinic visits for illnesses and 94 percent for accidents. At non-SNI schools, the rate was only about 68 percent after visits for illnesses and 78 percent after visits for accidents.

The report also noted that during the 2005-2006 school year, there were more than 50,000 clinic visits in SNI schools, and pointed out that students in SNI schools used their school clinics more often than those in non-SNI schools.

**Student Health Centers**

Two Student Health Centers serve 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, trained to provide more

# Keep Kids Busy and Away from Gangs

Gang activity is everywhere in the country—including Florida, and even Central Florida.

This makes it all the more important for parents to keep tabs on their teen's activities, friends and behaviors this summer when there is so much free time.

In a recent article in the Winter Park Police Department's "Neighborhood Watch Newsletter",

advanced services including school and sports physicals as well as writing prescriptions.

Nurse Practitioners also consult with school nurses and provide referrals to the student's usual medical provider, to specialists, CHILL counselors, dentists, community health centers and other services. They reported nearly 3,000 telephone consultations and 671 referrals last school year. They also completed 1,160 physicals and had 1,072 sick visits the same year. The return to class rate at the Student Health Centers in 2005-2006 was 85 percent for Glenridge Middle School and 77 percent for WPHS. This year, the return to class rate has climbed to 92 percent for both.

Officer Steve McDaniel, gang officer for the Winter Park Police Department, noted "Winter Park has been impacted by six different gang sets for several years. This year it seems to be on the rise." But while there are gang members living in the city and all around it, he added, there is no particular gang that has all members living in Winter Park.

"Young people," he said, "join gangs for a variety of reasons. The most common reason is that they have a sense of family or belonging to a group that actually cares about them," which he notes is far

**Healthy School Teams**

Modeled after the Centers for Disease Control's (CDC) Coordinated School Health Program, Healthy School Teams (HST) are now fixtures in Consortium schools. The HSTs, charged with planning programs for their schools that promote healthy lifestyles and behaviors, are made up of school staff, administrators, parents and even students. Activities have ranged from yoga for teachers and students and a morning walk club to the purchase of water bottles and water coolers.

These successful HSTs serve as a model for all other Orange County public schools. The Orange County School Board's new School Wellness Policy, adopted last year,

from the truth. "Gang members will stand up for each other against rival gangs, but most abandon each other when they have encounters with the police."

Some youths also join for identity and recognition, protection, fellowship and brotherhood or because they have been intimidated, according to the Orange County Sheriff's Office.

Youths involved come from all cultures and economic levels and include boys as well as girls. Officer McDaniel said he has seen members as young as 10 years old.

requires each of its 180 plus schools to develop HSTs because of the success the teams have had within the Consortium schools.

**WPHF hopes to make each of these CYI programs even better and welcomes your input. If you would like to comment on the programs, you can go to the WPHF-sponsored web page, [www.healthykidstoday.org](http://www.healthykidstoday.org), and take the posted survey.**

**We hope you will return to the web page in the future. In addition to CYI program information, the site features important health news, tips and healthy recipes which are updated weekly.**

How do you know if your children might be associating with gang members or headed in that direction?

Parents should start asking questions when a child won't allow them to meet his or her friends, or when there are weird symbols and graffiti drawn on notebooks and backpacks, Officer McDaniel said. These may be gang symbols or signs. Other warning signs could be bullets found in a pocket, the discovery of a holster that has no gun or possession of a large amount of money that cannot be explained, he said.

In addition, parents might notice a change in the attitudes of their children, and their refusal to take part in family outings, or children might sneak out of the house and stay out late at night, gang experts said.



Wearing gang colors also can be a tip-off. According to the Together Against Gangs (TAG) Parent's Handbook, "various colors may be signs of gang association. Red or blue may be used to show association with various specific gangs. Black clothing may be worn by a variety of gang associated youths."

"There are a number of strategies that parents and grandparents can employ to help keep their child from falling into the gang lifestyle," Officer McDaniel said. "One strategy is to be a model for them. Another is to approve or remove some of the clothing their child wears. Wearing clothes with gang members' photos,

notably many rap stars, or gang slang words just adds fuel to the fire and draws attention to them. Sometimes this attention is from rival gangs. Dressing like a gang member, when you aren't one is a sure fire way to get hurt by the gang" he said.

Here are some other tips to keep children safe from gangs, provided by the TAG Group, based in Palm Beach, in their Parent Handbook:

- Spend time with your children and find out who their friends are.
- Get to know your children's friends' parents and agree to communicate with them about your children on a regular basis.
- Always know where your children are and with whom.
- Go into your child's room regularly. Look for graffiti, strange symbols, notes. Check out the clothes

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