



Coordinated School Health

"Healthy Kids One Step at a Time"

August 31, 2007

Volume 1, Number 1

September Dates to Remember

- Fruit and Vegetable Month
- Head Lice Prevention Month
- National Suicide Prevention Week (Sept. 9-15)

Find the Apple

- In this newsletter is hidden an image of an apple. The first person to email jaultman@acs.ac and correctly identify its place, will receive their choice of a free 1 month membership to the Rush or a pedometer.

Health Links of the Month

- www.webmd.com
- www.realage.com
- www.http://state.tn.us/education/schoolhealth/

Welcome

On behalf of the Anderson County Board of Education, we want to welcome you to be a part of a history making adventure! The Coordinated School Health Program was designed by the Center for Disease Control and Prevention to help kids develop healthy habits that will remain with them through adulthood. It was also created to encourage healthy teaching and learning environments which support healthy habits for students and staff. We are excited about the production of our first monthly newsletter and hope you will find it to be a valuable tool for use in your classroom, schools, and home.

Kim and Justin

After School Activities



Many of you have taken advantage of the fitness center discounts now available. In addition to this, we are now offering activities immediately following school at various locations throughout the county. These classes will be a fun and exciting way for you to become more active and in turn, healthier.

Below is a list of instructors, physical activity and location. Please feel free to contact them for further information.

Instructors	Class	Day/Time	Contact	Place	Cost
Ginger Cook	Ballet	Wednesday (3:30-4:30)	gcook@acs.ac 951-0195	ACHS	Free
Tristy Berryhill	Kick Mix	Monday (3:15-4:15)	tberryhi@acs.ac (494-7695) (494-7422)	Norris Elementary	\$10/month \$5/class
Dagny Vigander	Yoga	Tuesday (3:15-4:15)	494-7422	Norris Elementary	\$40 for 5 classes
Faith Johnson	Jazzercise	Mon., Wed. & Thurs (6:00-7:00)	938-8324	Clinton Com Center	\$28/month
Multiple	Pilates, Yoga, etc.	Wednesday (3:00-4:00)	426-2609	Lake City Middle	Free

Coming Soon!!

Get ready to be enticed by being a part of Anderson County's Biggest Loser! That's right, an opportunity to lose weight, begin a healthier lifestyle, and compete with fellow co-workers for some great prizes. You will want to make sure to check out next month's newsletter for more information.



Anti-Aging Tips

- Eat a diet low in fat and high in complex carbohydrates
- Exercises for 30 minutes a day
- Get 8-9 hours of sleep per night
- Drink 6-8 glasses of water each day

COMING SOON!



Indoor Air Quality Kits from the EPA to evaluate your school's air quality

For more information:

Kim Guinn:
kguinn@acs.ac

Justin Aultman:
jaultman@acs.ac

Nutrition Minute



Menu Planning Tips

Variety- Plan several days or a week of meals at a time.

Color- Think about all the different colors of foods. Colorful meals are more appealing. For example, orange and green in fruits and vegetables can indicate Vitamin A.

Texture- Include foods that are crunchy, chewy, and smooth. This will add interest to the meal.

Aroma- Prepare foods that smell good. Baking bread, cooking with spices such as cinnamon will stimulate appetites.

Portions- Serve portions that are inline with MyPyramid recommendations.

Arrangement- Pay attention to how food looks on the plate.

Healthy Snacks for Kids

Healthy snacks are an important part of children's daily eating habits. Since children have small stomachs, they often cannot eat enough in three meals to get the calories and nutrients they need to grow. The number of snacks you serve depends on how long children are in your care. Below is a list of snack options:

- Sweet: apple wheels or banana instead of candy
- Crispy: carrot sticks, cucumber strips, toast, or cereal mixed with nuts instead of chips
- Thirst: vegetable juice or fruit and yogurt shakes instead of coke

Serve either juice, milk, or water at snack time. Children have small stomachs; they may fill up on drinks and eat less food.

Food for Thought

Sweet Potatoes are one of the best vegetables you can eat. They are loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

Say NO to Video

Make time for good old-fashioned fun! Encourage "unplugged" forms of recreation like having backyard treasure hunts, playing hot potato, and doing arts and crafts.

Recipe of the Month

Mixed Fruit Smoothie

- ½ cup frozen strawberries
- ½ orange or tangerine
- ½ cup frozen peaches
- 1 cup ice
- 1 banana without ends
- ½ cup fat free yogurt

Cut the ends off the banana and peel. Place all the ingredients into a blender and blend until it reaches the desired consistency.

