

School Based Health Program Newsletter November 2017 ISSUE 1

SBH Team

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SBH would like to bring awareness to:



See Diabetes.org for more information

NO BAKE ENERGY

BITES:Ingredients:

½ cup creamy peanut butter
1/3 cup of honey
1tsp vanilla extract
1 cup old fashioned oats (raw)
½ cup ground golden flaxseed meal
6 Tbsp mini chocolate chips

Directions: In a mixing bowl, stir together all ingredients.
Refrigerate and chill until set.
Then shape into 1 inch balls.
Store in refrigerator in an airtight container.

What Did St. Paul's School do to Observe National Bullying Prevention Month in October 2017?

- 1) Posters were placed throughout the school to help bring awareness of bullying prevention. Some of the classes made bullying prevention part of their curriculum in the month as well. Gym classes were geared towards working together, trust building, and teamwork. All K-8 students also received a bracelet that says "Be a Buddy, Not a Bully". Mrs. McFarland, Counselor, worked with all students Kindergarten through 8th grade, throughout the month as well:
- 2) Kindergarten, 1st, and 2nd grades were read the story One and we talked about standing up to others and about that everyone counts (we made a poster to commemorate that as well)
- 3) 3rd grade had a discussion and made a poster about the "keys to being a good friend"
- 4) 4th and 5th grades had a discussion and made a poster with fish that says, "We all may be different, but in this school, we swim together"
- 5) 6th, 7th, and 8th grades had discussions with information about bullying-proofing youth. We talked about the types of students there are in schools and how to stop bullying behavior, how to be a positive bystander that makes change, and how to combat bullying behavior online as well.

The following is some information the older students were given so we can continue to reinforce the idea of us all working together to stop bullying behavior:

What type of student are you?

Leader-does not target other people, do not get targeted by others, everyone naturally follows them because they are truly nice.

Followers-they are a part of a group but not the leader. They don't target others but don't usually stop targeting behavior either. **MOST students fall into the follower category.**

Excluded-These are kids that do not have a group or are excluded from their group.

Blatant targeters-kids that target or hurt others out in the open.

Sneaky (mildew) targeters-kids that target in a sneaky way. They are usually angels around adults and leader kids so no one thinks they'd hurt others. All other kids are unimportant (targets) to the mildew.

Tips for Bystanders to Bullying Behaviors

*Check in with the target

*Ask, "Are you okay?", "Do you need any help?", "Is that person bothering you?"

*Support (stand next to the person being targeted so they know they are not alone. Let the harasser know that you see, recognize, and condemn the behavior)

*Distract the behavior (spill something, ask a question....)

*Ask them to stop

*Go beyond RECOGNIZING a child is hurting and INTERVENE

What do we do about "Mildew" (people who target others)?

-Bullies feed on fear, attention, and things so don't give them these things.

-Remember it is **VERY** difficult for adults to catch sneaky bullies and the nice (leader) kids are fooled by them too.

-Remember that mildew cannot exclude you if you make close friends with another classmate secretly.

-Make a pact to stick together, **NO MATTER WHAT**. If Mildew kicks out one of you, the other goes too.

-This process may take time but will be worth it.

-If Mildew is nice, be nice back.

-When Mildew moves on to another person in the group to exclude, the friendship group of two will then be friends with this person (this moves them from followers to leaders)

-This is not about getting even with Mildew, it's about removing the thing that gives him/her power. When Mildew cannot exclude people anymore, she/he becomes nicer and everyone wins (most of all Mildew because she/he learns how to be a real friend).

10 Tips: Be a Healthy Role Model for Children

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1. Show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2. Go food shopping together

Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3. Get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4. Offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.

5. Reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras" — such as candy or cookies — as replacement foods.

6. Focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

7. Listen to your child

If your child says he or she is hungry, offer a small, healthy snack — even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8. Limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9. Encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child — instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

10. Be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

Go to www.ChooseMyPlate.gov for more information.

MyPlate snack tips for kids

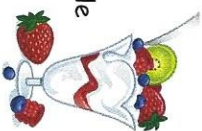
10 tips for making great tasting snacks



If you're a budding chef, it's easy to create a great tasting snack!
Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.

