

May 17, 2012
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Summer Cookouts with a Twist

by Claire Blais, RD, CDE, LDN

What better way to celebrate the sunny, warm weather than a festive cookout with family and friends? You may be thinking, "Great, there goes my diet" – but a few smart menu choices can go a long way this summer!

Get to the meat of the problem.

Choose 93% lean ground beef, try a black bean or other veggie burger, go for grilled skinless chicken breast instead of fried drumsticks, thighs, or patties and for kabobs/skewers; include a lot of veggies paired with lean meats or fish.

Control your portions. Cut helpings in half, and slow down before going for seconds. And don't forget about MyPlate: make half

your plate veggies and fruits, and split the other half between a starch and a protein.

Think about your toppings.

Choose whole wheat buns instead of white buns and avoid toppings like cheese and bacon. Instead, add lettuce and tomato and other toppings with a kick, like onions or peppers – my favorite!).

Lighten up your salads. A few tweaks will lighten up those traditional creamy side salads we love so much at a cookout; for coleslaw and potato salad recipes, replace every 1 cup of mayonnaise with ½ cup light mayo plus ½ cup fat free sour cream and for pasta salad, skip the mayo altogether and try light Italian dressing. (cont. pg 2)



How will you fill your plate at gatherings this summer?

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Tip for Better Living:

"Listen with an open heart and open mind to those who love you the most. You may hear a grain of truth that will later become the foundation of your entire belief system."

Callie Khouri
Born 1957
Screenwriter, Academy Award Winner

Youth Health Connections: Upcoming Meetings and Events

CHANGE to our planned calendar!

We will **NOT** be hosting an educational program on June 4, 2012 as originally planned, our apologies for this change in our schedule.

Save the Dates:

September 2012 Advisory Board Meetings: **All Meetings will be held at 30 Reservoir Park Dr., Rockland MA.**

School Nurse Advisory Board Meeting Monday Sept. 17, 2012 from 3:30-5:30 P.M.

Parent Partner Advisory Board Meeting Wednesday Sept. 12 2012 from 8:30-10A.M.

School Mental Health Advisory Board Meeting Wednesday Sept. 19, 2012 from 8-9:30 A.M.

Apply Now for New Science Teacher Academy 2012-2013

For more information and to access the application visit:
<http://www.nsta.org/academy/>

Applications are due by July 1, 2012

The National Science Teachers Association is accepting fellowship applications for the New Science Teacher Academy, a cost-free program that provides professional development and mentoring to secondary science teachers.

Co-founded by the Amgen Foundation, the academy is a professional development initiative created to help

promote quality science teaching, enhance teacher confidence and classroom excellence, and improve teacher content knowledge. The academy provides mentoring and other professional development resources to support science teachers during the often challenging, initial teaching years and to help them stay in the profession.

Two hundred teachers will become fellows in the 2012-13 Academy. The program provides each teacher with a year-long, discipline-specific mentor; Web-based content development courses and other resources; membership in the NSTA; and an opportunity to attend the National Conference on Science Education.

Summer School for School Nurses!



On August 15th and 16th the Children's Hospital Boston, Community Education Initiative is sponsoring a Pediatric Health Assessment Conference. This two-day event is designed especially for school and community healthcare providers.

On Wednesday, August 15th topics covered will include Neurological, ENT, Respiratory and Orthopedic Assessments.

On Thursday August 16th the topics covered will include the GI System, Dental, Mental Health, Dermatology and Cardiology Assessment.

Pre-registration is required. The cost for this full 2-day event is \$215 per person or you can choose to attend either the first or second day at a cost of \$125 per person. To register: email judi.naar@childrens.harvard.edu or call 617-355-8431

This event will be held at The Forefront Center for Meetings & Conferences, Hobbs Brook Office Park, 404 Wyman St. Waltham, MA.

For program information email or call: stephanie.porter@childrens.harvard.edu 857-218-4333
maureen.pursley@childrens.harvard.edu 857-218-4331

Summer Cookouts with a Twist (continued) by Claire Blais RD, CDE, LDN



Keep dessert fresh. Nothing truly hits the spot in the heat like cool, naturally sweet fresh fruit. Serve colorful fruit skewers brushed with vanilla, or use an ice cream scoop to make a colorful fruit salad with melon balls, top angel food cake with

mixed berries or serve low-fat frozen yogurt or sorbet rather than full fat ice creams.

For more tips on eating better and moving more,

visit : <http://www.mass.gov/massimotion>.

For **more information on Choose My Plate** visit: <http://www.choosemyplate.gov/>

Hospice of the South Shore: Programs May-August 2012

Hospice of the South Shore is offering a number of Bereavement programs that are free and open to Hospice of the South Shore families and the public. These events all require pre-registration.

Men's Support Group for Widowers Raising Children or Teens, this is a time limited group that meets on Thursday evenings during the month of June.

The Bereaved Widows, Widowers and Partners Support Groups meet either in the daytime on the 2nd and 4th Monday of each month or the evening group meets every Monday evening.

Bereavement Support Group for Adults Grieving the Death of a Parent or Sibling, this is a time limited group that meets on Wednesday evenings during the month of June.

Writing from the Heart: Therapeutic Bereavement Writing Workshops for Adults, this special event will be held on Sunday July 15th, in the afternoon.

To learn more about any of these programs, the specific meeting times and to **pre-register please call Rob Zucker, Bereavement Coordinator at 781-624-7336.**

Nantasket Beachcombers Club: Summer Evening Walks on the Beach

This is an open program; join in for company & conversation as we take in the warm sea breezes and fresh salt air at Nantasket Beach.

Thursdays 7-8:30 PM on July 12th, 19th, 26th and Aug. 2nd. The group gathers by the blue playground adjacent to Parking Lot 4.

Mix it up at Lunch Day 2012-Mark Your Calendars

This is a National Campaign that began a decade ago and is sponsored by Teaching Tolerance. The event encourages students to identify, question and cross social boundaries. The premise-on one day each year students are asked to step out of their comfort zone and eat lunch with someone new.

To help schools plan for this event, Teaching Tolerance

offers a number of free resources all available on-line. There are planning checklists, grade specific lunch or classroom activities, blogs and even an interactive map to see which other local communities will be hosting an event.

Mix it up day 2012 will be held on October 30, 2012.

Only five and a half months away! What will your school be doing?

(information from the website)

To learn more and link to all the resources visit:

<http://www.tolerance.org/mix-it-up/what-is-mix?newsletter=TT042712>



Physical Activity in Schools

by Matt King, PE Teacher & STRIDE Grant Recipient, Hanson Middle School

According to the Centers for Disease Control and Prevention, the American Heart Association, and numerous other professionals, children over the age of 2 require at least 60 minutes of physical activity every day. As a result of recent budgetary constraints, the physical education

schedule at Hanson Middle School has decreased from two times a week for an hour to once a week for 55 minutes. For some students, this is the only exercise they get for the entire week. These students are inactive for 5-6 hours each day with little to no daily physical activity.

In these difficult financial times, the Whitman-Hanson Regional School District has been fortunate to be a part of the STRIDE/North River Collaborative grant. Through the STRIDE grant initiatives, we have been able to offer cost free before and after school programs as well as programs that run throughout the summer. (continued next page)

Youth Health Connection

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**Health Knowledge
and Risk Prevention
through Collaboration,
Respect, Connectedness
and Coalition Building**

Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection is a community benefits program of South Shore

To subscribe or unsubscribe from this electronic newsletter please visit
www.southshorehospital.org/yhc

Youth Health Connection will **NOT** publish a weekly update next week, due to our office move. The next edition will be published on May 31, 2012

STRIDE Initiative: *Students Taking Responsibility for Individual Diet & Exercise*

This is a program of the North River Collaborative

For more information contact:

Clement Socia
Program Coordinator
(781) 878-6056 X153

If you want to learn more about Hanson Middle School's before/after school program contact:

781-618-7575 ext. 4310
matt.king@whrhs.org

Physical Activity in Schools (continued)

by Matt King, PE Teacher & STRIDE Grant Recipient, Hanson Middle School

At Hanson Middle School, our popular before-school "open gym" is available for the students to come in a half hour before school, Monday-Friday, and engage in many different types of activities. These students come to school barely awake, and after just 20-30 minutes of physical activity are energized and ready to take on the day. The National Institute of Health tells us that regular exercise can actually make students ready to learn, almost like flipping on a switch. Instead of slowly waking up in the classroom, our before-school program kick starts the

student's mind and body having it firing at full speed, ready to take in new information.

After the school day ends, we offer programs using our school's fitness room and gymnasium. Students share that after a long day of learning, they used go home to sleep; now at least they are getting an extra hour of physical activity at the end of the day. This allows the students to de-stress. Exercise has been proven to be an excellent stress reducer and if done regularly, can improve self-esteem and self-concept.

Without the STRIDE grant, Hanson Middle School would still offer after-school activities for students, but these programs are often difficult to fund and usually fill up quickly. The STRIDE grant allows us to offer more opportunities and more choices for students to get physically active during the day. This is an opportunity that every child should have-- time during the day to play, explore their world, and just be a kid.