

March 22, 2012
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Inside this issue:

Community Presentation	2
Early Literacy	2
TeenLife Boston	2
Social Emotional Learning	3
JDRF Events	3
Fuel Up To Play (continued)	3
School Wellness Forums	4

Getting Students Involved in Making Wellness Part of the Game Plan

by Erin Redding, RD, LDN, NE Dairy & Food Council
Collaborator with North River Collaborative/STRIDE

Fuel Up to Play 60 (FUTP 60) is an in-school nutrition and physical activity program launched by National Dairy Council and the National Football League, in collaboration with the United States Department of Agriculture.

The goal is to make changes in schools that will help students “get active and play” for at least 60 minutes each day and “fuel up” with nutrient-rich foods such as low-fat and fat-free dairy, fruits, vegetables and whole grains.

FUTP 60 is designed to engage and empower youth to take action for their own health by implementing long-term, positive changes for themselves and their schools.

Students can get involved in FUTP 60 by:
Registering at FuelUptoPlay60.com and taking the FUTP 60 pledge.

Tracking their healthy eating and physical activity with the [online tracker](#).

Visiting the FUTP 60 [Playbook](#) to find ideas for making healthy changes in their school.

Participating in Fuel Up to Play 60 [Challenges](#). These are contests throughout the year that encourage students to submit videos on how they’re staying healthy for a chance to win exciting prizes!

(Continued on the bottom of page 3)



Youth Health Connection Upcoming Meetings and Events:

March 27, 2012

Dr. Robert Brooks speaking at Notre Dame Academy, Main St. Hingham. Session for school personnel from 3:30-5:30 PM and for parents from 7-8:30 PM.

Both events are free, however registration requested:

karin_farrell@sshosp.org

March 28, 2012

from 8:30-10:30 AM Parent Partner Advisory Meeting at Notre Dame Academy, Main St., Hingham, MA.

Join us to learn more about Student’s Against Destructive Decisions Mobilizing the Community Program & Independence Academy.

April 12, 2012

Community Coffee “**Stress and You: Coping for the Long-Run**” from 9:30-11 AM at South Shore YMCA Early Learning Center, 1075 Washington St. Hanover MA. Presenter: Paula Nesoff, MSW, LMT, Reiki Practitioner. Event is FREE, registration required, to register contact karin_farrell@sshosp.org

Tip for Better Living:

“What we perceive as a failure may simply be our inner being’s way of telling us that we are ready to move to a new level of growth”

Anne Wilson Schaefer, Ph.D.
author, spiritual teacher b. 1934

Community Presentation in Norwell

This Sunday, March 25, 2012 **Joe Ehrmann, former All-Pro Defensive Linesman for the Baltimore Colts** will be speaking at Norwell High School at 6 pm.

Dubbed "The Most Important Coach in America" by Parade Magazine and the subject of the NY Times bestseller, "Season of Life", Joe Ehrmann embodies a different kind of coach; one that teaches kids not just about sports, but about life.

Joe's message will focus on several subjects that affect coaches, parents

and athletes alike, including: Going beyond the X's and O's of coaching and focusing on the Y's, Healthy cooperation between coaches, parents and athletes, Coaching for the right reasons and How athletes can discover the best within themselves.

You don't have to be a coach to appreciate Joe's story and his message. Joe is a regular speaker for the NFL, MLB, US Lacrosse, NCAA, and other professional sports leagues. We are very fortunate to have him come to Norwell!

The United Church of Christ is sponsoring this **free** event and all are welcome. The doors open at 5 pm; *seating is limited and will be first-come-first serve.*

Please share this information with anyone you think would appreciate this important event. I hope you will join us on March 25 and invite other parents, coaches and athletes to attend.

Questions? Contact: 781-659-2887 or (nfacjen@comcast.net)

Two Early Literacy Community Presentations



MAKE WAY FOR READERS: getting our little kids to love to read

April 3, 2012
7-8:30PM

Hingham Public Library,
White Room

Multi-media presentation about how the reading brain begins to wire itself in infancy, great books for young readers and how to motivate them to read.

A FREE Program
For more information contact: Librarian Anna Bryn, at alaszewski@ocln.org

THE JOURNEY TOWARD LITERACY BEGINS EARLIER THAN YOU THINK

April 5, 2012
3:30-4:30PM

Weymouth High School
1 Wildcat Way
Weymouth, MA
Early Childhood Center

Program is for adults who live and work with young children. Multimedia presentation about the development of the reading brain and how to prevent reading difficulties in young children.

A FREE Program.
For more information contact: Jane Kirsch, Weymouth Early Childhood Education Center 781-340-2500
Jane.Kirsch@weymouthschools.org

TeenLife Boston Resources

TeenLife Boston will publish a new quarterly magazine beginning in June 2012 entitled "Life with Teens." You can reserve your free copy now on their website at: www.teenlife.com

This website also has a number of resources for

teens, parents and educators. There are *TeenLife Local Guides to Community Service* for Greater Boston, Overnight Summer Programs, Gap Year Programs, College Admissions, Performing & Visual Arts Colleges and Finding Jobs & Internships.

These multi-page guides are all available on the website as free downloads.

Know a family with a Teen in NYC, Philadelphia or Metro DC Area? There are also guides available for those cities.

Social Emotional Learning Alliance for Massachusetts by Kim Noble RN, MBA, YHC Program Coordinator

Are you aware that there is a new organization in Massachusetts committed to helping children and adults learn the fundamental skills of social-emotional learning?

It is the Social-Emotional Learning Alliance for Massachusetts. This is a framework for school improvement through creating and maintaining caring learning environments. The

organization has launched a website to help spread the word about this important topic.

There are major sections for Social Emotional Learning (SEL) for Massachusetts, SEL for Parents, SEL for Teachers and more. Under the SEL for Teachers heading there are a number of links to articles that support SEL. There was a Social-Emotional Learning

conference held last November and there are many documents and resources from that conference available at the new website. Please be aware this is a new organization and some of the sections are still under construction.

To learn more visit:

<http://www.sel4mass.org/category/selfourmass/>

Upcoming Events from JDRF

by Kim Noble RN, MBA; YHC Program Coordinator

The Juvenile Diabetes Research Foundation will be holding its annual "Off to College Program" on Wednesday, May 23, 2012 beginning at 6:30 PM at Regis College in Weston, MA.

This is a **free** educational and networking program for High Schools Students with Type 1 Diabetes (T1D) and their parents. The program will include a presentation on preparing students with

T1D for life at college and there will be a panel discussion with current college students and their parents.

In addition, Joseph I Wolfsdorf, MB, BCh, Associate Chief-Division of Endocrinology, Children's Hospital Boston will present.

Please RSVP to Lauren Shields at 781-431-0700 or lshields@jdrf.org.

There is also a **Mom's Group** meeting in Hanover at the Club House at Hanover Legion of Elderly Housing Complex, 70 Legion Dr. from 6:30-8 PM on Thursday March 22, 2012. This group is for Moms of children with Type 1 Diabetes of all ages and was created to help network with other moms to share, learn and provide support. **Please RSVP** to Nancy Gaudet at NGaudet@corconranmgmt.com

For more information on either of these programs please visit:

http://www.jdrf.org/index.cfm?page_id=116806

Fuel Up to Play (continued)

Funding of up to \$4000 is available to K-12 schools enrolled in Fuel Up to Play 60 to help jumpstart and sustain healthy improvements. More than 3,500 schools in New England participate in FUTP 60.

For more information on how students or adults can get involved, funding opportunities for schools, or what other schools are doing to make positive changes; **please visit** FuelUptoPlay60.com

OR contact your local Dairy Council registered dietitian, Erin Redding, RD, LDN at eredding@newenglanddairy.com.



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 please visit (scroll to bottom of page)
<http://www.southshorehospital.org/yhc/slideshow/index.html>



School Wellness Forums: Register Now

Is your school district prepared to meet the new federal and state wellness policy and wellness committee regulations that will go into effect in August 2012? Are you interested in strengthening wellness programs in your schools? This March and April, Massachusetts is holding regional School Wellness Forums for district teams of 3-5 people. The Forums, conducted by the MA Department of Elementary & Secondary Education and the Department of Public Health, will review new regulations concerning wellness advisory committees and wellness policies, and will give an overview of changes in

school nutrition standards.

The Forums will focus on guiding participants through a planning process to improve their own district's wellness policies and practices. Local success stories and innovative strategies for program improvement will be highlighted.

All school districts are encouraged to send a team of 3 to 5 people to one of the Forums. Suggested team members include school nurses, physical education staff, administrators, school nutrition directors, school committee members, parents, and community partners. <http://www.doe.mass.edu/conference/?Conference=1267>

The forums will all take place from 8:30am-3:30pm. The first three Forums will be held in:

- Devens at the Common Center on Tuesday, March 27
- Marlborough at the Holiday Inn on Thursday, March 29
- Taunton at the Holiday Inn on Tuesday, April 3

Contact others in your district to form a team, and then register individually for one of the Forums at <http://www.doe.mass.edu/conference/?ConferenceID=1267>

(from STRIDE)

For more information contact:

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