



Elementary Health  
Education Resource

Newsletter Feb 08  
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# Health Education Newsletter

## National Children's Dental

## Juvenile Diabetes

### *Creating Oral Health Awareness*

**February is National Children's Dental Health Month.** National Children's Dental Health Month is sponsored by the [American Dental Association](#) (ADA) to raise awareness about the importance of good dental hygiene. It is vital that students adopt good habits at a young age to ensure a lifetime of excellent oral health.

Regular brushing, flossing, and visits to the dentist are the keystones of healthy teeth and gums. There are many resources online where you can find fun dental activities. [LearntobeHealthy.org](#) has interactive games in the [Decay? No Way!](#) Kit, with Sherriff Tuffy Tooth.



The ADA has [coloring pages](#), [word searches](#), [mazes and puzzles](#). And the [National Museum of Dentistry](#) created [Mouth Power](#), where students can "discover the power of a healthy smile."

Whether you're a member of the dental team, a teacher or a parent, the ADA has **FREE online resources** that can help you with oral health presentations, ideas for the classroom and coloring and activity sheets that can be used as handouts.

Please visit <http://www.ada.org/prof/events/featured/ncdh> to access the **FREE** downloadable resources including a program planning kit, children/teen posters, and a ton of fun activity sheets for kids! ■

### *Walk to Cure Diabetes*

Did you know that **21 million Americans** have diabetes? Did you also know that **your school can help!**? You can teach your students about diabetes, what it means to be healthy, and how they help their classmates affected by the disease all **without lifting a finger!** How? Host a Kids Walk through the Juvenile Diabetes Research Foundation.

**The process is easy...In fact, JDRF does the majority of the work:** Chapter representatives speak to your PE classes about diabetes and healthy lifestyle choices and explain the Kids Walk program. **Teachers never have to count or touch the money.** On Walk day, JDRF will collect all the envelopes and process all the funds. Not only does this program benefit the JDRF and students with diabetes, but it also offers a number of benefits for your school including **a check for 10%** of the money raised and an opportunity for the students to earn fun prizes for their fundraising efforts.

**Jump on board today before the calendar fills up!** We're scheduling for the **2008-2009** school year too where you can coordinate your Kids Walk with National Walk to School Day or Diabetes Awareness month in November. It can be held any time of the year and in conjunction with most any school event.

Please contact **Nicole Ledbetter** at 407-774-2166 or [nledbetter@jdrf.org](mailto:nledbetter@jdrf.org) if you have further questions and to secure a date for a Kids Walk at your school. ■



## Coordinated School Health

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## Just-A-Minute

★ The JAM Program brings health education and daily activity into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits.

★ JAM is a **NO-COST** program.

★ JAM delivers a weekly one-minute exercise routine called the JAMmin' Minute and a monthly health newsletter called Health-E-tips.

★ The JAMmin' Minute is a one-minute fitness burst that includes 5 very simple exercises that kids can do while either standing or sitting in a chair.

★ **JAM continues with health education.** Every month Health-E-tips provides a newsletter designed for school-age kids and their parents that is packed full of nutrition, fitness and health tips. This publication is available as a handout for the kids, placement in the school newspaper, and posting around the schools and on the internet.

★ **To sign-up for this FREE program** visit <http://www.healthetips.com/jam-program.php>

## FREE Health Education Resources

### Websites/Curriculum:

**American Heart Association – HeartPower!:** February is **American Heart Month** and you've just found one of the best resources on the Internet! **HeartPower!** Online is a curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. For the **FREE** curriculum and resources visit <http://www.americanheart.org/presenter.jhtml?identifier=3003357>

**Federal Resources for Educational Excellence:** This program offers teaching and learning resources from federal agencies. All subject areas are included but to access the health education resources please visit [http://free.ed.gov/subjects.cfm?subject\\_id=243&toplvl=60&res\\_feature\\_request=1](http://free.ed.gov/subjects.cfm?subject_id=243&toplvl=60&res_feature_request=1)

**EPA's SunWise Program:** A free program that aims to teach children (K-8) and their caregivers about sun protection. When schools sign up, they get a kit with cross-curricular lessons, an index of sun-protection resources and a UV-sensitive Frisbee that turns purple when exposed to UV radiation. This might be a good kit to supplement Earth Space science lessons. <http://www.epa.gov/sunwise/index.html>

**Free Energizers:** Here is a great article that covers strategies to create a physically active class atmosphere! It includes oodles of free energizer ideas for K-5 classrooms (starting on Pg. 9) but many tips could be easily adapted for older students. [http://www.ncpe4me.com/pdf\\_files/K-5-Energizers.pdf](http://www.ncpe4me.com/pdf_files/K-5-Energizers.pdf)