

January 2011
Monthly Issue

Healthy Campus/Community Initiative NEWSLETTER "For Health Educators"

Mississippi
Department of
Education
Coordinated
School Health
Program

Component 1:
Health
Education

Component 2:
Physical
Education

Component 3:
Health Services

Component 4:
Nutrition
Services

Component 5:
Safe School
Environment

Component 6:
Counseling,
Psychological,
and
Social Services

Component 7:
Staff Wellness

Component 8:
Community
Involvement

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Looking for an easy way to implement healthy changes in your classroom for this new year? With Valentine parties just around the corner in February, now is the time to make your first big switch! Before you prepare your letters to send home to parent volunteers, decide what do you want your focus to be at this party. Small, baby steps for a class party would be to not allow the traditional package of cookies, candies, and drinks. Instead, encourage parents to send the reduced fat or fat-free alternatives. The tastes are similar, the prices are similar---just the health benefits are different! If you prefer to go a step further, allow your parents to be more creative. Allow some food to be served, like water with cherries, strawberry slices arranged like a heart, or dried cranberries either alone or in an oatmeal cookie. According to Ruth Frechman, registered dietitian with the American Dietetic Association, "parties should focus on getting together with friends, not food. Food can be a part of a celebration, but it should not be the center of attention." Be sure to visit the recommended websites on our newsletter for some additional healthy options. Be the healthy change for your students for

Health Tip:

"Parties should focus on getting together with friends, not food. Food can be a part of a celebration, but it should not be the center of attention."

-Ruth Frechman, the
American Dietetic
Association

Health websites to visit:

- http://www.education.com/magazine/article/Throw_Heart-Healthy_Valentines/
- http://www.ehow.com/how_2178180_healthy-treats-valentines-day-party.html
- <http://www.busybeelifestyle.com/valentines-day-treats-for-school-parties/>

this new year! With some encouragement, your class can be the healthy spark for your whole school!