



Peyton Manning Children's Hospital at St.Vincent

APPROVED



The Children's Museum PlayFit
Saturday, November 9 • 10am-3pm
3000 N Meridian,
Indianapolis, IN 46208

Join us for an indoor fitness extravaganza. Celebrate healthy choices and active play with special performances and activities. Visit the Peyton Manning Children's Hospital at St.Vincent booths featuring various health and home safety education exhibits. For details visit, www.childrensmuseum.org.

2013 Drumstick Dash Run/Walk
Thursday, November 28, 2013

Join St.Vincent this Thanksgiving in Broad Ripple for the 11th Annual Wheeler Mission Drumstick Dash to benefit homeless men, women and children in our community.

Sign up to participate or to volunteer at www.DrumstickDash.org

NEWSLETTER



The featured produce of the month are **APPLES** and **KALE**!

HEALTHY MINDS = HEALTHY BODIES = HEALTHY STUDENTS

At St.Vincent we believe in treating the mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three of these aspects. This newsletter strives to make a connection between the classroom, cafeteria, home and community to motivate and support students in making healthy decisions.

Peyton Manning Children's Hospital at St.Vincent is here to help you, your school and your students reach whatever health and wellness goals you have. Please don't hesitate to let us know how we can help. For information or resources, contact School Wellness Coordinator Karen Terrell at klterrel@stvincent.org or (317) 338-2336.

We hope you enjoy the newsletters and that you find them useful for your students and their families (and you, too!). Thank you for reading!

HEALTHY BODY FOCUS: National Healthy Skin Month

Did you know that November is National Healthy Skin Month? Sponsored by the American Academy of Dermatology, now is the time to evaluate the health of your skin: the largest organ of the body.

While the strongest rays of the summer sun have faded, the potential harm to the skin from autumn and winter sun exposure is still significant, particularly among skiers and other outdoor enthusiasts. Guarding oneself from the sun's harmful rays is something to be aware of year-round. Start by following these tips...

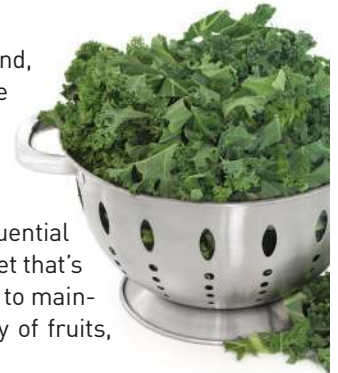
Wear sunscreen: sunscreen needs to be applied year-round, not just during the summer months. While the sun's rays are more powerful in summer, they can still be damaging even in the cloudy, cool conditions of winter. A heavy sunscreen may not be necessary, so apply a moisturizer with SPF.

Eat a healthy diet: What we put in our mouths is just as influential to our skin's health as what we apply externally. Eating a diet that's rich in Omega 3s, whole grains and B Vitamins is essential to maintaining skin's youthful glow. Be sure to incorporate plenty of fruits, vegetables and lean proteins in your diet.

Don't forget your lips: Your lips need just as much protection as the rest of your skin, especially because they can get a lot of exposure to the sun. Carry lip balm with SPF with you and apply it generously, particularly in the dry winter months.

Keep cool: Stress is a huge contributor to skin problems such as acne and wrinkles. By making time to relax during the day, you can greatly improve the condition of your skin.

Moisturize: Your skin needs to stay hydrated to stay healthy. Apply moisturizer to your entire body every morning and at night before going to bed. Keep moisturizer near you during the day so you can continue to moisturize your hands.





APPLES

Nutrition Facts

Serving Size 1 cup, quartered or chopped
125g (125 g)

Amount Per Serving

Calories 65 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 12%

Sugars 13g

Protein 0g

Vitamin A 1% • Vitamin C 10%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

©www.NutritionData.com

GETTING PHYSICAL IN THE CLASSROOM:

As we enter into the holiday season, there are many ways to be active to help balance out the calories that you consume during this time of year. During this Thanksgiving season, make physical activity a part of your school's tradition. Whatever activity you choose, school staff and students will burn calories instead of storing them. Here are some ideas to get you started:

Plan an active theme for your school Thanksgiving celebration. Take a walk whenever you can fit it in during the day, have a classroom game of pumpkin bowling or fit in a few "brain breaks" throughout the day.

Support a worthwhile cause and participate as a school in an active fundraising event. Lots of schools have walk-a-thons to raise money for their school or support another cause such as the Drumstick Dash.

Do the Turkey Strut: tape turkey footprints in silly patterns on your classroom floor and play music. Encourage students to do their best turkey dance, flapping their arms and strutting to the music while they follow the feet.

COOKING IN CLASS



Apples + Dip

For a delicious and healthy daytime snack, encourage your students to bring in sliced apples for their mid-morning snack along with their favorite dip. Apple slices go well with many things...sliced cheese, caramel dip, peanut butter, etc.



KALE		
Nutrition Facts		
Serving Size 1 cup, chopped 67g (67 g)		
Amount Per Serving		
Calories 33	Calories from Fat 4	
% Daily Value*		
Total Fat 0g		1%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 29mg		1%
Total Carbohydrate 7g		2%
Dietary Fiber 1g		5%
Sugars		
Protein 2g		
Vitamin A	206% • Vitamin C	134%
Calcium	9% • Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
©www.NutritionData.com		

EAT YOUR COLORS!

When eating fruits and vegetables, it's important to remember to encourage children to eat a rainbow of colors.

RED	Help maintain a healthy heart, memory function and urinary tract health	Strawberries, red pears, red grapes, beets and tomatoes
ORANGE YELLOW	Help maintain heart health, healthy vision and healthy immune system	Oranges, tangerines, grapefruit or apricots
TAN WHITE BROWN	Help maintain heart health and cholesterol levels that are already healthy	Squash, garlic, jicama, alfalfa sprouts
GREEN	Help maintain healthy vision and strong bones and teeth	Cabbage, Chinese and savoy cabbages, kale and broccoli
BLUE PURPLE	Help maintain healthy aging, memory function and urinary tract health.	Blueberries, purple and red cabbages, eggplant, dried plums, figs

For more information, visit www.fruitsandveggiesmatter.gov

HOW MUCH DO I NEED?

Recommended Daily Amounts Of Fruits & Vegetables*

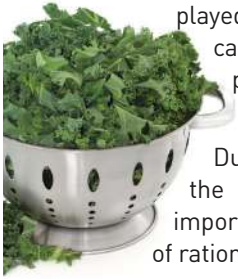
Kids, Ages 5-12	2½ - 5 cups per day
Kids, Ages 13-18	3½ - 6½ cups per day
Adults, 19+	3½ - 6½ cups per day

***If you are active, eat the higher number of cups per day.**

Visit www.mypyramid.gov to learn more.

HISTORY

Kale has been cultivated for more than 2,000 years. Like broccoli, cauliflower and collards, kale is a descendent of the wild cabbage, a plant thought to have originated in Asia Minor and to have been brought to Europe around 600 B.C. by groups of Celtic wanderers. Curly kale played an important role in early European foodways, having been a significant crop during ancient Roman times and a popular vegetable eaten by peasants in the Middle Ages. English settlers brought kale to the United States in the 17th century.



During World War II, the cultivation of kale in the U.K. was encouraged by the Dig for Victory campaign. The vegetable was easy to grow and provided important nutrients to supplement those missing from a normal diet because of rationing.

Historians mention a man named William Blackstone, who brought a bag of apple seeds along with him from Europe into Massachusetts, USA. He is known to have planted apple orchards on Beacon Hill in Boston as well as Rhode Island. In 1632 the first governor of the Massachusetts Bay Colony, John Winthrop was gifted the Conants Island in Boston Harbor. In response to this generous gift, Winthrop promised to plant an apple orchard on the island and also pledged to give a fifth of the fruits produced every year to the governor, whomever he may be. By the 1640s, apple orchards were well established across the US.



Then there is the legend about 'Johnny Appleseed.' The popular folk hero's actual name was John Chapman (1774-1845), a farmer whose desire was to cultivate so many apples that nobody would sleep hungry. He traveled from one land to another, planting apple orchards and is believed to have traveled approximately 10,000 square miles of the country to fulfill his dream. He would dry the apple seeds, put them in bags and give them to passersby whom he met. He devoted his entire life toward the 'apple cause' until his death in 1845.

LITERATURE LINKS

Apples, Apples, Apples by Nancy Elizabeth Wallace

The Book of Kale: The Easy-to-Grow Superfood by Sharon Hanna

HEALTHY MIND FOCUS: THIS ONE'S FOR YOU!!

Your mental health is just as important as your own physical health. This month's healthy mind focus article is directed to teachers to help prevent mental burnout.

Master your mind: Be aware of your energy level and emotional state constantly.

Eat for performance: Think of a good diet as more than a source of fuel. What you eat enables the effectiveness of your body's ability to perform its best.

Work out to work better: Even though you may be tired from work, exercise produces changes in your body and brain that can revitalize you. Working out has been shown to boost mental performance and improve the emotional response to adversity.

Take a reprieve from work and stress: By building in regular breaks throughout your daily schedule, you can increase your vitality and gain a renewed perspective. Walking to the teacher's lounge, gazing out the window or taking a short walk outside are simple ways to get recharged.

Learn to love problems: Even in the face of difficulties, you can control your emotions, manage your anger and see opportunities that can emerge from difficult situations.

Take humor seriously: Bringing humor into your work enhances enjoyment, lessens tension and plays a crucial role in dealing with stress and burnout. Fill your workspace with jokes, cartoons and objects that make you laugh.

Create an engaging environment: Modify your physical workspace as much as possible. Bring fresh flowers to your desk, put up colorful pictures or have an object that is special to you nearby.

This newsletter is brought to you by the Peyton Manning Children's Hospital at St.Vincent. Some material in this newsletter is adapted from the California Department of Public Health's Network for a Healthy California – Harvest of the Month program and from the following web sites:

www.fruitsandveggiesmatter.gov and www.plants.usda.gov.

For additional information or resources, please contact Karen Terrell, School Wellness Coordinator, Peyton Manning Children's Hospital at St.Vincent at klterrell@stvincent.org or 338-2336.