



# Health Scout



FEBRUARY 2009

FROM THE SUPERINTENDENT'S OFFICE

## Model Behavior

*from Archives of Pediatrics & Adolescent Medicine, November 2008*

Your kids are watching: That's what researchers at Dartmouth College found after conducting a simulated shopping trip with 120 2-6 year olds. When asked to 'buy' foods at make believe grocery store stocked with toy foods, children whose parents customarily made healthier food purchases bought healthier foods.

## Paging Mr. Sandman

*from Pediatrics, November 2008*

Another incentive to put the kids to bed early: Getting a good night's sleep may prevent children from becoming obese later in life. Researchers at the University of Otago in Dunedin, New Zealand, found that of more than 1,000 people studied, those who as children clocked fewer hours under the covers had higher adult body mass indexes than those who had caught more ZZZ's.

## Frozen Yogurt Pops

**Prep time:** about 1 to 2 hours    **Serves:** 3 to 4

**Serving size:** 1 pop

**Ingredients:** 1 8-oz. container of your favorite flavor of yogurt

**Utensils:**

small paper cups

wooden popsicle sticks (available in craft stores)

plastic wrap

**Directions:**

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

**Nutritional analysis (per serving):**

127 calories	5 g protein
2 g fat	21 g carbohydrate
0 g fiber	7 mg cholesterol
73 mg sodium	262 mg calcium
0 mg iron	

**Note:** Nutritional analysis may vary depending on ingredient brands used.

**Suggestions:** If you like, you can make this recipe using plastic ice-pop molds instead of the paper cups and popsicle sticks.

For a cool-looking snack, fill your cups only halfway with one flavor of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavor of yogurt that's a different color. Put the plastic wrap back on and freeze once more. When your pops are frozen, you'll have two-colored treats!

Taken from: <http://kidshealth.org/kid/recipes/index.html>

## Physical Education

By Mr. Hermelbracht

The David City Elementary Physical Education classes are finishing up learning a wide variety of basketball skills and games. Ball Handling, Passing, and shooting were all covered and assessed in the first three weeks back from Christmas break. The Kindergarten classes came back from Christmas break to work on dribbling and passing skills. Everyday the Kindergarten classes were challenged with different obstacle courses and challenges. All classes will soon be working on dance skills. In dance, the students will learn a wide variety of line dances, traditional folk dances, and even create their own dance.

## Hoops For Heart

by Connie Lentz

This February is Heart Awareness Month and Bellwood Attendance Center students can choose to be involved with Hoops for Heart on February 25th. The American Heart Association is celebrating jumping towards a cure for heart disease and stroke celebrating 30 years of Jump Rope For Heart.

The Bellwood students in grades 1st through 6th can sign up with parent's permission to be involved in shooting baskets for Hoops for Heart during their Physical Education class times on February 25th.

For those students doing Hoops for Heart they NEED TO HAVE ALL CASH, COINS, MONEY ORDERS AND CHECKS MADE PAYABLE TO THE AMERICAN HEART ASSOCIATION. Students need to bring their packets and checks made payable to the American Heart Association to school on February 25th to give to Mrs. Lentz before they can do the Hoops for Heart.

Not all students have to collect for the American Heart Association in order to do Hoops for Heart. The students at Bellwood last year raised \$1,197.00 for the American Heart Association. Students should do Hoops for Heart to make a difference in the fight against heart disease and stroke and not just to earn prizes.

All of us have family remembers who have suffered from heart disease and stroke. Let's help in the fight against heart disease and stroke by staying active and learning the early warning signs of heart attacks and strokes so that we learn and live. If you have any further questions feel free to contact Mrs. Lentz at Bellwood Attendance Center.