



From the Helm

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MAY/JUNE 2010

Website of the Month

Let's Move Outside!
<http://letsmove.gov/outside/index.html>

Join First Lady Michelle Obama, along with doctors, teachers, land managers, community leaders, and others in this nationwide campaign to tackle the challenge of childhood obesity by unplugging and reconnecting outside. This site contains great resources for families to enjoy outdoor fun and fitness!

Moderation is KEY!

Downsize—don't eliminate—the junk food in your cupboard. There is a middle ground between banning all junk food and having too much of it available. Buy junk food only once a week and when it is gone, it is gone. Buy less of it and buy it in smaller containers/quantities. Put the focus on promoting healthy snacks that look more appealing and are more accessible than the unhealthy snacks.

SHIP Announces Video Contest Winners

WJCCPS school students “stole the show” with the 30-60 second, health promotion videos they submitted for the 1st Annual School Health Initiative Program (SHIP) Video Contest. Eighty-seven students produced 29 videos that wowed the panel of judges from *The Williamsburg Health Journal*, making their task a difficult one. Videos were judged on creativity, clarity of message, audio and video quality, and suitability for TV.

Winners, listed below, were chosen for grades K-2, 3-5, 6-8 and 9-12. The four 1st place winners and their guests were invited to the “world premier” of their videos at the SHIP End-Of-Year Celebration on May 25 at Jamestown High School. There the students re-

ceived their awards to much applause from division teachers, administrators and staff. The 2nd and 3rd place winners were also recognized at their individual schools. All four 1st place winning videos

can be viewed on the SHIP website: www.wjccship.com. The top 11 winning videos will begin airing on local cable channel 47 in early June.

Susan Stewart, SHIP Data/Special Projects Manager, who coordinated the video contest, reports, “The students from kindergarten through high school blew me away with their talent, creativity and dedication to inspiring others to eat healthy and be more active. I’ve watched the videos so many times I’ve lost count, but I enjoy them so much every time I watch them. The students did such a great job”.



SHIP Video Contest 1st Place Winners

Front row, from left: Keely Beard, Alexis Tisdale, Katie Deane, Beren Engstrom. Back row: Cindy Hrkman, Heather Hughes, Mary Warner, Emily Council.

SHIP VIDEO CONTEST WINNERS

Elementary, K-2

1st Place: Mrs. Hirkman’s Kindergarten class, James River Elementary ; 2nd Place: Susannah Armstrong, Caroline & Olivia Carney, Stonehouse Elementary.

Elementary, 3-5

1st Place: Keely Beard & Beren Engstrom, Rawls Byrd Elementary; 2nd Place: Valerie Larrieu & Rachel Smith, Clara Byrd Baker Elementary; 3rd Place: Jack & Matthew Earnhart, Clara Byrd Baker Elementary

Middle School

1st Place: Alexis Tisdale, Berkeley Middle; 2nd Place: Jordan Barker, Eric Chai, Patrick Coven, Chad & Cole Herndon, Caleb Waltrip, Toano Middle; 3rd Place: Rachel Barrow, Megan Fox, Malcolm Farmer, Dominique Malott, Jessica Burks, Berkeley Middle.

High School

1st Place: **Katie Deane & Emily Council**, Lafayette High; 2nd Place: **Emily Council & Katie Deane**, Lafayette High; 3rd Place: **Megan Rohr**, Lafayette High.

Healthy Happenings in Our Schools

The Child Nutrition Services staff at **DJ Montague Elementary** planned a fun Cinco De Mayo celebration with costumes and decorations to accompany the special menu that day. Students enjoyed the healthy options and the added fun in the cafeteria!



DJ CNS Staff celebrate Cinco De Mayo

In an effort to stay active and encourage increased movement awareness, the **James River Elementary** KidLink team purchased pedometers for the staff who participated in a walk across the country. All staff were encouraged to wear their pedometers, increase their daily steps, and record their mileage. In just one month, they had walked from Williamsburg, Virginia to San Diego, California and they spent the rest of the school year walking to other exciting destinations.



JRE staff use pedometers to "walk across the country"

During the month of May, **Matoaka Elementary** staff learned a dance in order to inspire students to do well on their SOL tests. Led by MES PE teachers, staff practiced after school to learn the Dip Dive Dance, performed to the Black Eyes Peas song, "I Gotta Feelin". Teachers then performed the song for students in the 3rd, 4th, and 5th grades to keep encourage them to study hard, keep their energy levels up and stay in SHIP SHAPE for the rest of the school year!

Students at **Norge Elementary** are walking the Wall of China, with the goal to finish by the end of this school year. Students began this lofty challenge the first day after spring break and had walked 822 miles as of May 18th. The Great Wall of China is approximately 5,500 miles long and the Norge Roadrunners geared up to reach their goal by the end of school. Students spent 5-10 minutes every day running or walking around the field or blacktop to show their school spirit and dedication in order to achieve this ambitious goal!

The culminating assignment for **Lafayette HS** students in Mrs. Peratsakis' level 3 Spanish class was a demonstration of healthy eating, and exercise. Students gave important healthy advice to the class using Spanish vocabulary and grammatical concepts that they had been studying.

The **Jamestown HS** spring staff wellness program was a big hit! For several weeks teachers and staff participated weekly in hour-long sessions of Yoga for stress relief and relaxation. The numbers increased every week as more staff took advantage of this great opportunity. Also, because there was such a strong demand from students, in late April, JHS introduced an after school yoga class just for students that also boasted large enrollment and regular attendance. JHS definitely ended the year on a healthy note by offering at least one hour of de-stress time for students and staff each week.

Pam Dannon, SHIP's Registered Dietitian, recently taught nutrition lessons for the division's high school Family & Consumer Science classes. Jamestown's Resource Management students learned about the importance of eating breakfast, while students in the Warhill HS Nutrition and Wellness class learned about nutrition during pregnancy and lactation. Hands-on activities included label reading, and calculating sugar cubes and fat pats in certain foods. The schools' cafeteria managers provided a healthy snack.

Stonehouse Elementary teachers used some of the SHIP Wellness Integration lessons for science and history during their Rock the Test program for SOL preparation. This was a great way to prepare for testing, because it engaged the students in a different style of learning and kept their minds and bodies energized and focused!



Stonehouse students ROCK the test!

SHIP would like to extend a huge thank you to WJCC teachers and staff who have submitted healthy happenings for the newsletter this year and who worked hard to support SHIP's goals of healthy eating and physical activity for our students and staff.

Thank you! See you next year!

Join Chef Vega Brown at the Williamsburg Farmer's Market June 12th

Each year, the Williamsburg Farmer's Market hosts one of our cafeteria managers as a Guest Chef at the Chef's Tent. Right up there with some of the finest restaurant chefs in Williamsburg, Matthew Whaley's own Vega Brown works her magic under the Chef's Tent. She shows guests how to make some of the healthy options on our school menus and she provides samples. SHIP provides nutrition education during these events, as well as fun activities, games and prizes for children. This year, Chef Vega will demonstrate the new Kid's Cobb Salad (recipe below) and her own Chopped Salad, made with a strawberry vinaigrette dressing (using USDA commodity strawberries and walnuts!). Recipes for both salads will be available at the Chef's tent. Come visit SHIP and Chef Vega on Saturday, June 12 at the Farmer's Market. Food demonstrations are at 9:30 and 10:30.



Chef Vega Brown works with Rawls Byrd student, Hallie Rubenstein, to prepare a healthy wrap at the Farmer's Market in October.

June Healthy Recipe: Kid Cobb Salad

This salad is one of the latest healthy additions to the WJCC cafeteria menus. You can replicate it at home this summer with the help of your kids! They will love preparing and eating this delicious salad with its chopped, diced, easy-to-eat ingredients.



- 6 C fresh spring greens, coarsely chopped or shredded
- 8 oz chicken, cooked diced
- 1 C carrots, raw, shredded
- 1 C tomatoes, raw, diced

Ingredients

- 4 oz cheddar cheese, reduced fat, shredded
- 2 oz black olives, ripe, sliced
- 1 C corn, canned, southwest flavor
- 8 T ranch salad dressing, low fat

Directions

Place spring greens in a bowl. Bundle, rather than mix, chicken, carrots, tomatoes, cheese, black olives, and corn on the top of the salad greens for kid pleasing presentation. Serve salad dressing on the side, 2 T per salad. Enjoy! **Serves 4**

Nutrition information (per serving): 299 Calories; 13 g Fat; 1 g Sat Fat; 5g Carbohydrates; 20g Protein; 29 g Fiber: 4g

SUMMERTIME FITNESS TIPS: SPICE UP FAMILY WALKS

Family walks are simple and easy for summertime activity. Try adding the following fun games to your walks to keep kids interested. Don't forget the water to keep hydrated!

I Spy: Set rules such as the "I Spy" object must be in front of all family members, it must be larger than a toaster, and not further than a block away.

Simon Says: Use various arm motions, kicks, hops and jumps while walking.

Name that Tune: Choose family favorites, folk songs, rap, or holiday songs.

Establish "Challenges" while walking: Who can walk the fastest? Who can march the furthest? Who can whistle while walking?

Look for funny bumper stickers or out of state license plates on cars when walking on city streets.

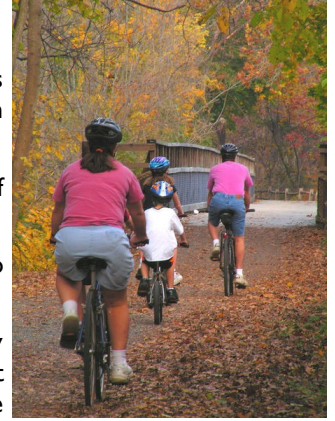
Family Fun in the Sun: Outdoor Summer Fitness Ideas

With long hours of daylight, school vacations, and family travel, summer offers rich opportunities for fitness and fun. Enjoy the warm weather and sunny days (but, don't forget the sunscreen) with some of these seasonal activities:

Get Wet: Sprinklers, hoses, splash parks, the local pool--all are perfect for helping kids cool off and play actively all at once.

Backyard games: Teach kids the classics you remember from your childhood, from freeze tag to Red Rover. See if they can invent their own versions too.

Ride a Bike: Kids' feet can take them farther when they're pushing pedals. Besides being an easy mode of transportation, bicycling makes for a fun whole-family outdoor activity. Explore quiet streets in your neighborhood or visit www.pedaling.com for a searchable list of family friendly bike trails.



Plant a Garden: Outdoor activities for kids don't always have to be just fun and games. Try putting them to work in the garden. They can rake, dig, weed, or water (always a hit). If you don't have a yard of your own, stroll a farmer's market or visit a you-pick-it farm

Go Geocaching: Add a high-tech hide-and-seek game to your outdoor adventures by searching for a geocache. Using a handheld GPS device, navigate to a cache stashed in your area (find them at geocaching.com). Pick up a prize and leave one of your own.

For more fun family fitness ideas for summer, check out About.com's Guide to Family Fitness, <http://familyfitness.about.com>

Sleighbell 5k 2010 T-Shirt Design Chosen

Congratulations to Erin Forgit, 7th grade student at James Blair Middle School for winning the SHIP/Sleighbell 5K T-shirt contest. Her creative design will be featured on the T-shirt for the 2nd annual Sleighbell 5K, which will be held Saturday, December 18, 2010. Erin, along with her Visions class at James Blair, will receive a free lunch donated by Chick-fil-ia, Mooretown Raod, compliments of owner Wrenn Holland. Look for more information on the Sleighbell 5k in the fall 2010 issues of *From the Helm*.

Pictured to the right: Erin Forgit displays her winning design.



The next issue of *From the Helm* will be published in September. Have a safe, healthy, and fun summer!



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Williamsburg Community Health Foundation