



A Health Word E-Style

2010
November



RSU #20

November:

- American Diabetes
- Great American Smoke Out
- Mix it Up at Lunch Day (11/9)
- World Kindness Week (11/8-14)
- Great American Smoke Out (11/18)
- National Family Week (11/21- 27)

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Hoop for
Fitness



Wellness Team Meeting
November 15th
3:45
East Belfast School Library

**NEW MEMBERS
 Welcomed!!
 Join us for hooping**

National Diabetes Month

Diabetes occurs when glucose (sugar) builds up in the blood. When this happens, the body is not able to use the glucose for energy. This occurs when the insulin does not work right. Think of diabetes as an "insulin problem" and not a "sugar problem."

There are four types of diabetes:

In Type 1 diabetes (5-10% of people) the body attacks its own insulin making cells. This means that the pancreas can no longer make insulin. Type 1 usually occurs in a child, teenager or young adult, but it can occur in older adults too. People with type 1 diabetes need to take insulin daily for life, to control their blood sugar levels.

Type 2 diabetes occurs in 90-95% of all people with diabetes. With type 2 the body makes insulin but it may not make enough. Sometimes the insulin does not work as it should. Type 2 often occurs in adults but a **growing number of children and teens now have type 2 diabetes**. Risk factors for type 2 diabetes include older age, **obesity**, family history of diabetes, **physical inactivity**, race and ethnicity.

Gestational diabetes is a type of diabetes that occurs during pregnancy. About 4% of women will develop gestational diabetes. If not treated, it can cause problems for mothers and babies. **One-third of women who had gestational diabetes will go on to have type 2 diabetes later in life.**

Pre-diabetes is the stage that occurs **before** a person gets type 2 diabetes. Blood sugar levels are higher than normal, but they are not high enough to be diagnosed with diabetes. Approximately **56 million** Americans have pre-diabetes.

The common signs of diabetes are:

Feeling tired	Blurred vision
Urinating often	An infection that does not go away
Being very thirsty	Wounds or sores that do not heal
Feeling very hungry	Possible weight loss

Lab tests are used to diagnose diabetes. These include fasting blood sugar (results 126 or greater); random blood sugars (results 200 or greater), Glucose Tolerance test (2 hours after drinking a sweetened drink - blood sugars are 200 or greater and finally A1C of 6.5 or greater).

Whether you have type 1 or type 2 diabetes, managing diabetes is a balancing act. You need to balance food, exercise, medication and stress. It is important to check your blood sugar levels to know how well you are managing your diabetes.

Follow a meal plan that allows you to keep a healthy weight.

Watch portion sizes. Eat meals at regular times. Eat the "right" kinds of foods. DO NOT SKIP MEALS (eat when you are hungry – stop when you are satisfied). **Eat a variety of foods** (add lots of "color" to meals with fresh fruits and vegetables). **Plan your meals and "slow down" and enjoy each bite of the food.**

Continued on page 5



Goes To School

LET'S GO WALDO



November is..... O sugary drinks, more water and low fat milk.

Think your Drink...



Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110 to 150 empty calories. Many contain caffeine, which kids don't need.

Instead, fuel your body with water!

- ☉ Water is the most important nutrient for active people
- ☉ Between 70% -80% of a child's body is made up of water
- ☉ Water is the #1 thirst quencher!



Fuel your body with water when you need more fuel!

When you exercise, you sweat, and when you sweat, you LOSE water and minerals. It is important to replace the water you lose when you sweat. Kids who are very active for longer than 60 minutes may need to replace water and minerals using sports drinks, like Gatorade® and Powerade®, especially when it's hot and humid.

Energy drinks are NOT sport drinks and should never be used to replace water during exercise. Most energy drinks, like Red Bull® and SuperStar™, contain CAFFEINE. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches and sleep problems.

Energy drinks contain HIGH amounts of sugar and calories. The extra sugar and calories may add to weight gain and tooth decay.

Encourage low fat milk instead of sugar-sweetened drinks.



From the Kitchen.....

RSU #20 Food Service Program

What's cooking at THMS

Head Cook Shirley Caler and Food Service staff member Shelia Costello at the Troy Howard School are letting their creative juices flow. Utilizing the bountiful harvest from the THMS Garden Project, they've prepared a variety of eye appealing dishes. Fresh pesto sandwiches and pesto pizza, steamed broccoli, mashed squash, roasted potatoes, fresh green beans with fresh basil and parsley, baked beans with mirafax beans the kids shucked and vegetable chili with garden carrots, tomatoes and little red chili peppers.

On the salad bar, students and staff enjoy crunchy, roasted chick peas, pumpkin seeds, and veggie pasta salad along with fresh cucumbers, lettuce, colored peppers, and tomatoes.

Every Thursday, Costello makes her award winning homemade soups. Pureeing soups is easier now after Food Service Director Perley Martin purchased an immersion blender last year. Cream of broccoli, heirloom tomato soup, and chicken vegetable soup are just a few soups students and staff have enjoyed.

Bumper Crop at the THMS Garden

Garden Coordinator Jon Thurston reported an extraordinary crop season. Produce grown is sold to Food Service and the Belfast Coop, as well as marketed through a farmer's market stand after school. Teacher and parents are encouraged to call in order to insure produce availability.

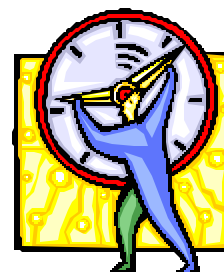
Once a week, produce is harvested by students and delivered to the local soup kitchen.

Students harvested and sold 698 lbs of produce to the Food Service program and THMS kitchen. This included: 42 lbs lettuce, 235 lbs tomatoes, 5 lbs, 160 ears of corn, 15 lbs broccoli, 108 lbs cucumbers, 2 lbs basil, 130 lbs potatoes, 8 lbs peppers, 30 lbs green beans, 23 lbs carrots, 60 lbs of onions and 40 lbs of cabbage.

Daylight Saving Time

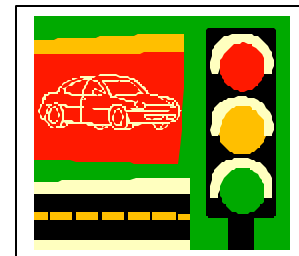
Don't forget to turn back your clocks 1 hour-

November 7th





Go Foods Slow Foods Whoa Foods



Lots of kids want to know which foods to eat to be healthy. Here's something kids can do to eat healthier: Learn the difference between Go, Slow, and Whoa foods. You probably know that foods fit into different categories. The USDA shows My Pyramid in these categories:

- Grains
- Vegetables
- Fruits
- Milk and dairy products
- Meat, beans, fish, and nuts
- Oils

But now, foods can be classified in three new groups: Go, Slow, and Whoa. In 2005, the U.S. National Heart, Lung, and Blood Institute (part of the National Institutes of Health) suggested kids start thinking about whether foods **are Go foods, Slow foods, or Whoa foods.**

Go Foods

These are "Nutrient Dense" (rich in vitamins, minerals and other nutrients) foods that are good to eat anytime. They are lowest in fat, added sugar and relatively low in calories. Example:

- Fruits & vegetables
- Whole grains, fat-free or low-fat milk & milk products
- Lean meats,

Slow Foods

These are sometimes/less often foods. They are higher in fat, added sugar, high in calories.

Example:

- Waffles and pancakes
- Tuna in oil

Whoa Foods

These foods should make you say exactly that— *Whoa! Should I eat that?* Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once in-a-while foods.

Example:

- French fries
- Soda



Looking for other foods that fall in the Go, Slow and Whoa category? Download an easy to follow chart at WE CAN! Choosing Foods for your Family at: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/choosing-foods.htm>



Check out the cool 5210 message at Drinkwater! RSU #20 art teacher, Samantha Maheu, used art to teach students about 5210. Students and Ms. Maheu discussed the importance of valuing their bodies. They agreed that by following the 5210 guidelines, they can be healthier!

Third grade students made the dancing fruit collages. The fourth grade students made the value scales that are on the "5" and the "0."

Students discussed the importance of making art that helps us to remember important ideas.

RSU #20 Enjoys a Successful Maine Harvest

Across the district, students, parents, staff and administrators enjoyed a Maine Harvest Meal prepared by Food Service staff. Food Director Perley Martin stated that 1355 meals were served.

The meal featured: BBQ chicken (Mainely Poultry, Warren), butternut squash (Community Garden, Belfast), colored potatoes (Alive n' Pickin, Thorndike, Sparrow Arc Farm, Unity & THMS Garden Project, Belfast) cantaloupe (Curra Farm, Knox) watermelon (Common Sense Farms, Thorndike) tomatoes & cucumbers (THMS Garden Project) , apples (Mildel Farm, Plymouth) and crisp apple cider (The Apple Farm, Fairfield).

In addition to the Maine Harvest Meal, Food Service highlighted local, weekly produce specials on the menu. These included yellow and red beets, purple, yellow and orange carrots, corn, butternut squash, spaghetti squash and Jacob Cattle dry beans.

Food Service staff and School Health Coordinator Linda Hartkopf are planning next year's harvest meal. If you are interested in being involved or supplying produce, call Linda Hartkopf at 338-1960.



First grader Emma and her mom, Casey Gaecklein enjoying a Harvest Lunch at Searsport Elementary School



Harvest Taste Testing at CASS

Fried green tomatoes, marinated cherry tomatoes, carrot coins, home fries, roasted potatoes, borscht, roasted vegetable pate and zucchini bread were the items featured on the September 28th Harvest Taste testing at CASS.

All foods were harvested by students from produce grown in the school garden. Each 4th and 5th grade class prepared their special dish under the watchful eye of our master chefs. The Super chefs/teachers included Wendy Krueger, Anne Feeley, Alta Seekins, Pam Stearns-Koski, Melinda Bosk, Brittany Tarbox, Beverly Carlisle and Lois Barrows.

During the event, students were asked to try at least 3 different items. Most all tried at least 5 or 6. Many of the students tried foods they had never eaten or thought they didn't like. After tasting, students were asked to write their comments for each dish on the graffiti wall.



Diabetes continued....

Exercise often (at least 30 minutes 5 days per week). **Take medications if needed.**

Good medical care is important to everyone but especially to people with diabetes.

Surround yourself with people who will assist you in managing your diabetes. This may include a "team" approach such as your doctor, diabetes educator, dietitian (nutritionist), heart doctor, eye doctor, foot doctor and dentist.

The key to managing diabetes is to become as "informed" as you can about the disease. If you are "newly" diagnosed with diabetes ask your physician to give you a referral to Diabetes Self Management Education. Knowledge is power in controlling this disease. If you need help with meal planning ask for a referral to a dietician or nutritionist. Eating the right type of food and the right amount of food is critical in controlling blood sugars and weight.

If you want more information on medications for treating diabetes, ask for a referral to Diabetes Services (clinic). There may come a time when you need more than meal planning and exercise to control your blood sugars. Discussing medication "options" with a physician can help "you" make the choice that is right for you and your optimal blood sugar control.

Diabetes Services (located at 163 Northport Avenue in Belfast) welcomes the opportunity to work with you. Remember **YOU** are the captain of your team. You know more about yourself than anyone. Your role is vital in the daily care of your diabetes. If you would like to learn more about diabetes, meet with the nutritionist or need assistance with your medications ask your doctor for a **referral** to Diabetes Services.

Diabetes **"CAN"** be controlled...it does not have to control you!

If you would like more information – please contact our office at 338-9358.

Diabetes Services Staff:
 Dr. Linda Tyer
 Sue Maxwell RN, CDE – Manager
 Phyllis Havens, MS, RD, LCSW (nutritionist)

Content Information from The Diabetes Education Guide – CCS Medical



OSA Tips to Prevent Underage Drinking

Tip #3

Good: Reinforce the rules and consequences of underage drinking before your teen goes out.

Better: Frequently explain the reasons behind the rules so your teen understands the rules are a protective measure, not just a restriction on their freedom.

Best: Enforce your rules consistently. Don't look the other way if your teen violates the rules – they need to know that you are serious about the rules and that you will hold them accountable for violating them.



Talking With Kids About Drugs (www.healthier.com)

Don't put off talking to your children about alcohol and other drugs. As early as fourth grade, kids worry about pressures to try drugs. School programs alone aren't enough. Parents must become involved, but most parents aren't sure how to tell their children about drugs.

Open communication is one of the most effective tools you can use in helping your child avoid drug use. Talking freely and really listening shows children that they mean a great deal to you.

What do You Say?

- * Tell them that you love them and you want them to be healthy and happy.
- * Say you do not find alcohol and other illegal drugs acceptable. Many parents never state this simple principle.
- * Explain how this use hurts people. Physical harm-for example, slowed growth, impaired coordination, accidents. Emotional harm-sense of not belonging, isolation, paranoia. Educational harm-difficulties remembering and paying attention.
- * Discuss the legal issues. A conviction for a drug offense can lead to time in prison or cost someone a job, driver's license, or college loan.
- * Talk about positive, drug-free alternatives, and how you can explore them together. Create strong family bonds. Some ideas include sports, reading, movies, bike rides, hikes, camping, cooking, games, and concerts. Involve your kids' friends.

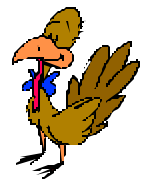
Q. What do you get if you divide the circumference of a pumpkin by its diameter?

A. Pumpkin pi



Q. What key has legs and can't open doors?

A. Turkey.



Caribbean Sweet Potato Salad

Incredible Caribbean style sweet potato salad featuring red onion, corn, grated ginger, brown sugar, cucumber, peanuts and garlic. This wonderful potato salad is best served warm.

Ingredients -

- 2 large Sweet Potatoes or Yams, steamed until cooked, cooled, cut into ¾-inch pieces
- 1 can Corn Kernels, well drained
- 1/4 cup Red Onion, coarsely chopped
- 1/4 cup Olive Oil
- 1/4 fresh squeezed Lime Juice
- 2 teaspoons Prepared Mustard, preferably Dijon
- 3 tablespoons Brown Sugar
- 1 clove Garlic
- 1/2 teaspoon Grated Ginger
- Salt and Pepper, to taste
- 1 cup Cucumber Pieces, peeled, and 1/2 inch diced
- 1/2 cup coarsely chopped Peanuts

Preparation:

1. Add sweet potatoes, corn and onion to large bowl
2. In a small bowl, combine olive oil, lime juice, mustard, brown sugar, garlic, and grated ginger.
3. Add dressing to potatoes. Toss to coat.
4. Season with salt and pepper.
5. Add cucumber and peanuts just before serving.



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*"When you're learning
to face the path at your
pace, every choice is
worth your while."
-Indigo Girls*



Learn to Curl

Nov 6 & 7

Belfast Curling
Club

Try Something
New!!!
FMI call
338-9851



Asthma and Sports

Six things to remember if your athlete has asthma:

1. Make sure an asthma action plan is on file with the school.
2. Athletes can play sports when asthma is well managed. Your athlete should have a yearly doctor visit to update care.
3. Talk to the coach so they know the warning signs of asthma flares.
4. Inhaling cold air can make asthma worse. Covering the mouth with a scarf or mask in winter can help.
5. When outdoors in winter, remind you athlete to keep the inhaler inside a pocket so it doesn't freeze.
6. Work with your athlete's doctor and coach to make the best sports experience for your child.



The 35th Great American Smokeout *November 18th*

This could be your first day of a life without tobacco!

The Great American Smokeout is an opportunity to join millions of other smokers in saying "no thanks" to cigarettes and other tobacco products for 24 hours. The rules are simple. You just quit smoking for the 24 hours of the Smokeout. The great thing is that you won't be going it alone. Even if you don't go on to quit permanently, you will see you can quit for a day.

Ex-smokers, past Freshstart participants, anyone thinking about quitting the nicotine habit; join us in celebration of your efforts and supportive conversation on Thursday November 18th at 5pm until 6:30pm at Waldo County General Hospital in conference room A.

* Call Healthy Waldo County for more information, 930-2650 *