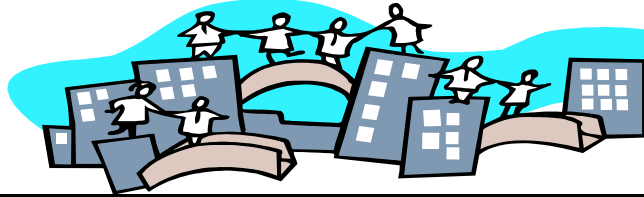


# NCHE's Growing Healthy® and Youth, Parents and Communities Newsletter

Volume 2, Issue 5



Nov/Dec 2003



## RECESS, AN ESSENTIAL COMPONENT FOR YOUTH DEVELOPMENT

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Look for the icon below for Holiday Health Tips



Recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary school aged children. It provides children with discretionary time and the opportunity to develop and improve social skills. Recess allows elementary school children the opportunity to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in situations that are real. Recess also offers opportunities to engage in unstructured physical activity that helps to develop healthy bodies and enjoyment of movement

Various organizations, including the National Association for the Education of Young Children, The American Association for the Child's Right to Play, and the National Association of Elementary School Principals, support recess as an important component of a child's social and physical development. Children need a variety of movement experiences to develop a healthy mind and body that is capable of learning. Inactivity is considered a major risk factor for heart disease and patterns of inactivity may begin at early ages. As a result of inactivity, coupled with poor nutritional habits, there are more overweight and obese children showing early signs of heart disease, diabetes and other serious health problems. The involvement of young children in daily physical activity during school hours is therefore critical for their current...cont. on p.2

**Holiday Tip # 1** Along with holiday candy on the counter, put out a basket of healthy fruit like tangerines or pears, or maybe a bowl of nuts with a nutcracker. It's fun to crack the shells and dig out the nut meat!

<http://www.kidshealth.org/kid/watch/house/>



## Bullying and Prevention

A report from a national anti-crime organization shows that new anti-aggression programs can prevent up to half of all bullying, which now affects one out of three children in grades six to ten, and can lead to violent crime and death.



Law enforcement leaders called on policy makers to implement research-proven bullying prevention programs in every school. If implemented, anti-bullying programs should prevent millions of young people from going through the agony of bullying and prevent bullies from graduating to greater violence and crime.

The report shows that kids who are bullied are five times more likely to be depressed than other kids, and also far more likely to be suicidal. Although public discussion about violence has focused on extreme violence, the largest proportion of young people talk about teasing that goes beyond being playful, but about cruel put-downs and rejections that are as very real to them as physical violence. They say this emotional violence hurts and that it triggers more extreme violence. Young people who have been victims are also more likely to become aggressors. The report also found that many young people blame a culture that celebrates sameness in order to fit "in," and that relationships matter. Whether with parents or friends, those with better relationships are less likely to experience violence either as victims or aggressors.

<http://www.fightcrime/releases.php?id=65>

### HolidayTip#2

Do visions of sugarplums, not to mention cookies, candy, and pies, dance in your head during the holidays? You're not alone. It seems like this is a perfect time to pig out. But just as you should during the rest of the year, it's best to eat a balanced diet. And remember to stay active - that way you can burn off those extra calories you get from eating delicious holiday treats.

<http://www.kidshealth.org/kid>



### RECESS, AN IMPORTANT COMPONENT CONT'D

...and future health.

Cognitive abilities may be enhanced by recess and facilitate improved attention and focus on learning in the academic program. Studies have found that students who do not participate in recess may have difficulty concentrating on specific tasks in the classroom, are restless and may be easily distracted. In addition, recess serves as a developmentally appropriate strategy for reducing stress. Contemporary society introduces significant pressure and stress for many students because of academic demands, family issues and peer pressures. Recess is meant to be used as unstructured playtime where children have choices, develop rules for play and release energy and stress. It also provides an opportunity for children to practice or use skills developed in physical education.

Schools should develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five or six and if possible, should not be scheduled back to back with physical education classes. Recess should not be viewed as a reward but as a necessary educational support component for all children. Teachers can use recess as an opportunity to teach students positive skills for self-responsibility.

<http://www.ipausa.com>

**Holiday Tip # 3** Some people like to string popcorn or cranberries on their holiday trees. Keep small round food that can be easily choked on away from younger brothers and sisters, and - never run with lollipops or candy canes in your mouth. If you trip, you could choke on the candy or injure your mouth!

<http://www.kidshealth.org/kid>



## HOLIDAY ACTIVITIES AND RECIPES

Lets play SNOWY MATH!

Instructions: Work out the math word problems using the data below.

Snowfall in Fargo, North Dakota:

November - 4 inches

December - 7 inches

January - 12 inches

March - 8 inches

April - 2 inches

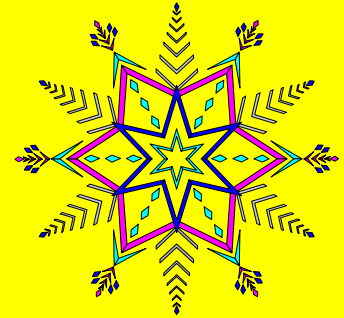
1. During which month was snowfall the heaviest?

2. During which month was snowfall the lightest?

3. How much more snow fell during the heaviest month compared to the lightest month?

4. What was the total accumulation of snow during the winter?

[www.familytlc.net/issues/december2003/games\\_10\\_6736.html](http://www.familytlc.net/issues/december2003/games_10_6736.html)



Lets Build a TOWER of ICE!

You will need: Ice cubes (1-2 trays), Large bowl, Salt, Plate, Timer.

How to Play:

1. To begin, empty the trays of ice cubes into a large bowl.

2. Try to stack several ice cubes onto the dish in a tower fashion. Does it seem impossible?

3. Here's the trick. Sprinkle salt on one cube. Place another ice cube on top of the first one, holding it for a minute until it "sticks" in place. Using this method, you should be able to stack several cubes to make a tower.

4. Set a timer for five minutes. See who can build the tallest tower in that time. And of course, it needs to stand tall and not fall over!

[http://www.familytlc.net/issues/december2003/games\\_10\\_6736.html](http://www.familytlc.net/issues/december2003/games_10_6736.html)

### HOLIDAY RECIPES:

#### Fruit and Honey Balls

You'll need:

1 Cup Raisins - 1 Cup Chopped Dates - 10 Whole Graham Crackers - Plastic bag - Rolling Pin - 1/4 Cup Honey - Bowl - Fork - Spoon.

What to do:

1. Gather everything you will need and always remember cooking safe procedures.

2. Before handling food, wash your hands.

3. Place graham crackers in a plastic bag and crush them with a rolling pin.

4. Place all the ingredients in a bowl and mix well with a fork.

5. Take a heaping teaspoonful of the mixture and roll tightly into a ball.

6. Continue until all the mixture is used, and then ENJOY THE YUMMY TREATS!

#### Crispy Chocolate Delights

You will need: A Large Bowl - Wooden Spoon - 12 Holiday Cupcake Liners - Baking Sheet - 8 oz Milk Chocolate - 4 Cups of Puffed Rice Cereal or Cornflakes.

What to do:

1. Gather together all your ingredients.

2. Melt the chocolate in a microwave safe bowl for 30 seconds. If chocolate is not melted, set timer for 10 second intervals. Stir chocolate between intervals

3. Add the cereal to the melted chocolate and stir until the cereal and chocolate are mixed evenly.

4. Spoon the mixture into the cupcake liners.

5. Put cupcake liners on baking sheet and let stand in a cool place until chocolate sets, and then, ENJOY CHOCOLATE DELIGHTS!!!!!!

[http://www.familytlc.net/issues/december2003/cooking\\_10.html](http://www.familytlc.net/issues/december2003/cooking_10.html)



# HAVE A SAFE HOLIDAY SEASON!

## Stay Far Away From Flames

In order to enjoy the beautiful candles and decorations of the season but not have a visit from the fire department, keep flames in their place by doing the following:

- ◆ Know what to do in case of *fire*. Ask your parents to make an emergency plan to use if a fire breaks out anywhere in your home.
- ◆ Never touch burning candles, lighters, or matches.
- ◆ Don't touch or poke the fireplace. Don't hang stockings on a fireplace that is used for burning fires.
- ◆ Unplug all holiday lights, both indoor and outdoor, and blow out all candles every night before going to bed.
- ◆ Trees need to be watered every day so they stay fresh and green. Those that are brown and dry are more likely to catch fire.

## Take Care With Toys

There is lots of awesome stuff during the holidays, but even a great toy can hurt you if used in the wrong way. So before you try out that new toy make sure to practice the following tips:

- ◆ Get your parents to help you assemble new toys correctly and show you how to use them.
- ◆ Don't leave toys where someone could trip over them.
- ◆ Don't turn a toy into a weapon.
- ◆ Keep small toy parts way from any younger brothers or sisters. Put them out of their reach.
- ◆ Don't try a new bike, sled, or skates anywhere but outside.
- ◆ Sleds are great, but never go alone. Go with a parent or adult, and avoid dangerous places such as steep hills, streets with cars and crowded places.
- ◆ If you receive ice skates, remember, only skate at a public ice skating rink. Never skate on a frozen pond or lake.

## Helping Mom or Dad Have a Happy Holiday

Holidays are happy, but busy times for parents. You can help out by taking extra care around holiday decorations and by helping out when guests come to visit. Here are a few things to remember:

- ◆ Everyone loves to shop for holiday presents, but remember that shopping malls are crowded this time of year. Stick close to your mom or dad so you don't get separated because no one wants to be lost even for a short time!
- ◆ When wrapping gifts, don't run with scissors and don't let wrapping paper get near any open flames.
- ◆ Watch out for ornaments. They can easily fall off a tree and break into tiny, sharp pieces that can cut you. Ouch!
- ◆ Those bright, bubbling lights may be cool to watch but they are dangerous. Don't break them. The glass is sharp and the liquid inside contains a dangerous chemical.
- ◆ Help watch your brothers and sisters when there are lots of people at the house.
- ◆ By playing it safe this holiday season you'll enjoy all the friends, family, and fun of another year without bumps, burns or bruises!

[Http://www.kidshealth.org/kid/watch/house/holiday\\_safety\\_p3.html](http://www.kidshealth.org/kid/watch/house/holiday_safety_p3.html)



## HEALTH EDUCATION RESOURCES



Below is a list of helpful resources for parents and teachers to access for more information on different health topics.

The National School Boards Association (NSBA) School Health Programs recently launched a new and improved website offering a variety of information and services to help the school community make informed decisions about promoting life-long health and preventing health risk behaviors. The NSBA programs provide: A school health resource database, school health program "101" packets, updates and special announcements related to school health, school health related web links, and much more. For more information and services, visit: <http://www.nsba.org/schoolhealth>.

The Center for Science in the Public Interest (CSPI) has developed a new School Foods Tool Kit to help parents, health professionals, community groups, teachers and school administrators improve the nutritional quality of the meals, snacks and drinks available to students. The Kit includes: Model policies, fact sheets, advice about how to influence school decision makers and build support for change, and sample letters, flyers and other model materials. The Kit is available online (for no charge) at: <http://www.cspinet.org/schoolfoods>.

Helping the Student with Diabetes Succeed: A Guide for School Personnel. The U.S. Department of Health and Human Services' National Diabetes Education Program has put together a comprehensive guide providing school personnel, parents, and students with a framework for managing diabetes effectively in the school setting. It provides tools, copier-ready action plans, a diabetes primer, and a review of school responsibilities under federal laws. To obtain a copy of the guide, visit: <http://www.ndep.hih.gov/get-info/children.htm> or call 1.800.438.5383.

Its a SNAP to Have Clean Hands in Your School. According to the Centers for Disease Control and Prevention (CDC), handwashing is the single most important thing that can be done to prevent illness. The CDC, the Department of Health and Human Services and the Soap and Detergent Association have partnered to form the School Network for Absentee Prevention (SNAP). This grassroots, education-based effort hopes to improve health by making hand cleaning an integral part of the school day. SNAP offers a free educational toolkit that makes it easy to incorporate clean-hands education into middle school curricula, fosters teamwork, and provides new ideas that support national education standards. To obtain your free educational toolkit, visit: <http://www.asfsa.org/newsroom/sfsnews/snapcontest04.asp>.

Practical Information on Crisis Planning: A Guide for Schools and Communities. As part of its continuing efforts to help keep teachers and students safe, the U.S. Department of Education recently released this new guide in order to assist schools in planning for any emergency, including; natural disasters, violent incidents and terrorist acts. Using key concepts of good crisis planning, the new guide lists four areas of crisis management that all school crisis plans should address: Preparedness, response, recovery and, because districts have different needs, a description of how several districts across the country approach crisis planning. For more information, visit: <http://www.ed.gov/emergencyplan>.

The Center for Health and Health Care in Schools (CHHCS) has a website that offers a multitude of health information for kids and teens. It supplies information about feelings and emotions, nutrition, drugs, physical activity, eating disorders, common health issues (such as: acne, anxiety, add/adhd, sexuality, medications, asthma, dental health) and much more. For information and links, visit: <http://www.healthinshools.org/students/>



## HEALTH EDUCATION RESOURCES CONT'D



The New Anti-Bullying Film "Let's Get Real," kicks off it's national campaign to prevent violence and name calling. This groundbreaking documentary on name-calling and bullying is done solely in the voices of youth, and lets students speak for themselves about the dangers they face in the classroom. "Let's Get Real" tackles sensitive social issues that fuel conflicts at school, such as; racial tension, anti-gay taunting and sexual harassment. This is the latest production in the highly acclaimed series of films about diversity from *The Respect for All Project*, which encompasses a series of films for youth, as well as printed curriculum guides and diversity-training programs for the adults who guide their development. For additional information, or to order "Let's Get Real" and to learn more about *The Respect for All Project*, visit:  
<http://www.respectforall.org> or call 415.641.4616.

The February-March 2004 issue of *Healthy Childcare* is a special issue devoted to emergency preparation in the early childhood/childcare setting. Due to the importance of this topic, there are single issue copies available for subscribers wanting additional copies, or non-subscribers wanting just this issue. The cost per copy is \$3.25. All orders must be received by Jan. 2, 2004. As always, this issue will be available on the website, minus the colorful graphics that accompany the printed version. For more information or a Word document order form, visit: <http://www.healthychild.net>.

The National Institute on Drug Abuse has a major new drug education program geared specifically for adolescents aged 11-15. The program includes an interactive website, and a series of educational materials available free of charge to teachers. Plus the recently updated publication, "Preventing Drug Abuse Among Children and Adolescents: A research-based guide for parents, educators, and community leaders." Materials are available online at:  
<http://www.backtoschool.drugabuse.gov> or by telephone at 1.800.729.6686.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed A Family Guide To Keeping Youth Mentally Healthy and Drug Free website. The website helps parents and other caring adults learn how to communicate with their children, and promote their child's mental health in order to reduce their risk of becoming involved with alcohol, tobacco, and illegal drugs. The site has six main sections, all designed to give information about risk factors and protective factors. For more information and to obtain SAMHSA's materials and publications, visit: <http://www.ncadi.samhsa.gov> and/or: <http://www.mentalhealth.samhsa.gov>.

The Agency for Healthcare Research and Quality has several fact sheets that might be helpful for those working with parents of children with health problems. The fact sheets include 20 tips to help prevent medical errors in children and improving mental health, tips for teens and parents. For a list and to access these resources, go to: <http://www.ahrq.gov/child>.

## NEWS FROM CDC

The CDC's Division of Nutrition and Physical Activity (DNPA) is pleased to announce the launch of the state legislation searchable database. The database allows users to search for state bills from 2001 to present related to nutrition and/or physical activity. Users can use search fields, enter keywords, or search the entire database. This database is available to the general public and no registration or password is required. This database was created after requests from state partners, and is the first public access database of its kind. Please visit the database at: <http://apps.nccd.cdc.gov/DNPAleg/>. It can also be accessed on the DNPA home page, Nutrition home, Physical activity home and 5-A-Day Coordinators sections: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa).



## Upcoming Events



### **Eleventh Annual Ryan White National Youth Conference on HIV and AIDS**

**2004 Portland, Oregon February 13-16, 2004.** The Ryan White National Youth Conference on HIV and AIDS (RWNYC) is the only national conference dedicated to building the HIV prevention health services and advocacy skills of young AIDS activists, youth peer educators, HIV positive youth and those who work in support of young people. Over 600 youth and adults who work with youth from around the nation will attend to identify and share effective resources for HIV prevention among young people; present models of care, leadership and support services for HIV positive young people; present models of youth appropriate, culturally competent services to those infected, affected, or at risk; develop leadership and advocacy skills; and strengthen youth leadership in the fight against HIV/AIDS. For more information, including registration form, visit: <http://www.rwnyc.org>.



**Child Nutrition Industry Conference 2004.** The conference will be held January 18-20, in Newport Beach, California. The Child Nutrition Industry Conference (CNIC), formerly Industry and Technology Conference (ITC), has a new name, but that's not all that's different! New program features and hot topics have helped this meeting expand its focus beyond technology. This year the CNIC will provide opportunities to debate healthy school environment issues at a Town Hall meeting; discuss the industry and school foodservice perspectives on purchasing options; learn about and share the newest trends and products in school foodservice; and participate in wellness and team building activities and, learn how to bring them back to your staff. For more information visit: <http://www.asfsa/meetingsandevents/>.

**Legislative Action Conference 2004.** Clear your schedule and plan to attend the 32nd annual gathering of school foodservice professionals in Washington, D.C. on Feb. 29th - March 3 for ASFSA's Legislative Action Conference (LAC)! The conference is an opportunity to: 1) Interact with key partners who share your passion and 2) Learn from experts and colleagues about current legislative issues in child nutrition. For more information visit: <http://www.asfsa/meetingsandevents/>.

**18th National Conference on Chronic Disease Prevention and Control.** "Investing in Health: The Dollars and Sense of Prevention." Will be held in Washington, D.C. on February 18-20th, 2004. For full conference details and a preliminary program, visit the conference website at: <http://www.cdc.gov/nccdphp/conference/index.htm>.

**The Thirteenth Annual Pennsylvania Health Educators Institute.** Theme: True health Educators Please Stand Up! The Evolution of the Profession. The Institute will be held on March 8 and 9, 2004 at the Penn Stater Hotel and Conference Center in State College, Pennsylvania. For more information, contact Kathleen Allison at 570.893.2677 or [kallison@lhup.edu](mailto:kallison@lhup.edu). or visit: <http://www.ppha.org/conevents.html>.

**7th Annual Health Education Advocacy Summit 2004.** The summit is February 28th - March 1, 2004 in Washington, D.C. and is sponsored by the the Coalition of National Health Education Organizations. You will: Hear from advocacy and legislative experts, Enhance your professional development skills and Earn CHES credits while having fun! The Health Education Advocacy Summit is recognized by the American Society of Association Executives 2003 Award-Winning Program. For more information visit the Health Education Advocate website at: <http://www.healtheducationadvocate.org> or call SOPHE at (202) 408-9804.





## Funding Opportunities



**Champions Youth Nutrition and Fitness.** The General Mills Foundation will award 50 grants, \$10,000 each, to not-for-profit organizations with innovative programs that help youth develop good nutrition and fitness habits. The American Dietetic Association Foundation will play a key role evaluating proposals. The grants will be awarded in the spring of 2004. Champions Youth Nutrition and Fitness is a partnership of the General Mills Foundation, the American Dietetic Association Foundation and the the President's Challenge. The deadline is February 2, 2004. For more information visit:  
<http://www.generalmills.com/corporate/commitment/community/default.asp> or contact Sherey Zerbian at 312.899.4803 or [szerbian@eatright.org](mailto:szerbian@eatright.org).

**Best Buy Children's Foundation School Technology Program Grants.** The foundation is offering support to schools and educators who use technology to make learning fun. The foundation's teach program awards grants of \$2,500 to support school programs or projects that creatively integrate interactive technology into the curriculum. The grants will total \$3 million and will be awarded to 1,200 schools across the United States. Any K-12 public, private, or parochial school within twenty-five miles of a Best Buy store is eligible to apply. For store locations go to: <http://www.bestbuy.com/>. Deadlines are rolling. For more information visit: <http://www.communications.bestbuy.com/communityrelations/Grant.asp> or e-mail [CommunityRelations@BestBuy.com](mailto:CommunityRelations@BestBuy.com).

**American Honda Foundation Grants.** The American Honda Foundation makes grants of \$10,000 to \$100,000 to K-12 schools, colleges, universities, trade schools, and others, for programs that benefit youth and scientific education. The Foundation is seeking programs that meet the following characteristics: dreamful (imaginative), scientific, creative, humanistic, youthful, innovative, and forward thinking. Application deadline is February 1, 2004. For more information visit:  
<http://www.hondacorporate.com/community/index.html?subsection=foundation>.

**NEA Foundation Innovation Grants.** The NEA Foundation for the Improvement of Education (NFIE) funds hundreds of grants each year- up to \$5,000 per project, to public educators. All practicing U.S. public school teachers in grades k-12, education support professionals, and higher education faculty and staff at public colleges and universities are encouraged to apply. Innovation Grants fund break-the-mold innovations that significantly improve achievement for underserved learners. Application deadline is February 1, 2004. For more information visit: <http://www.nfie.org/programs/howtoapply.htm>.

**New Health Care Access Point Grants.** The Bureau of Primary Health Care announces funding for new or significantly expanded health center access points by 2006. Access point funding includes community health centers, migrant health centers, health care and homeless programs, public housing primary care programs, and school based health centers. Types of new access points include starting a new organization and adding satellite sites to the current organization. Approximately \$56 million will be available to support health center new access points. A cap of \$650,000 can be requested. Letters of interest deadline: At least 45 days prior to final application. Deadline: May 17, 2004. For more information visit, [www.bphc.hrsa.gov/pinspals/pins.htm](http://www.bphc.hrsa.gov/pinspals/pins.htm) reference PIN #2004-02 or contact Tonya Bowers at 301.594.4300.

**CHHCS Grant Alert- Health Policy Fellowships Program.** The Robert Wood Johnson Health Policy Fellowships Program provides an opportunity for mid-career health professionals to gain an understanding of the health policy process, to contribute to the formulation of new policies and programs, and to develop in their careers as leaders in academic health centers and in health policy. For more information visit: <http://www.healthinschools.org/grants/ops075.asp>.

### Holiday Tip #4

Everyone likes to help prepare the holiday meal. If you lend a hand, be sure it's clean. Wash your hands before and after you cook because certain foods (like raw turkey) carry bacteria. [http://www.kidshealth.org/kid/watch/house/holiday\\_safety.html](http://www.kidshealth.org/kid/watch/house/holiday_safety.html).



## Child Health News

**Helping children with emotional problems succeed.** The majority of students with emotional problems sit undetected in general education classes. In order to help these students, teachers and caregivers need to first be aware of and sensitive toward warning signs of developing emotional problems. Second, they should use the following strategies to help students overcome their emotional barriers to learning: 1) Make learning relevant; 2) Help students establish positive peer relationships; 3) Teach behavior management skills; 4) Identify and deal with depression; 5) Support activities that foster feelings of competence, strengthen social relationships, and bolster self-efficacy; 6) Help students cope with stress; and 7) Instill hope. More than anything else, troubled youth need to know that their lives can improve. For more information and a graph outlining warning signs can be found at: [http://www.ascd.org/publications/class\\_lead/200311/hen/henley.html](http://www.ascd.org/publications/class_lead/200311/hen/henley.html).

**States Differ in Mental Health Care Available to Children.** A study of mental health care needs and service use in 13 states found that where a child lives may be as important as socio-economic characteristics in determining whether a child or adolescent receives needed mental health care. State policies and health care market characteristics differ widely, researchers found. For more information about this study go to [www.healthinschools.org](http://www.healthinschools.org).

**Childhood Obesity: What the Research Tells Us.** Recent research studies as well as publications targeted to front-line child health professionals, parents and educators have focused public attention on the epidemic in childhood obesity in the United States. While studies debate various aspects of the problem, a consensus has emerged that trends in childhood obesity bode poorly for the health status of children now and as they age to maturity. For more information, go to: [www.healthinschools.org](http://www.healthinschools.org).

**Jumping Exercises Increase Bone Mass in Elementary School Girls.** Noting that the roots of adult osteoporosis are laid in childhood, researchers reporting in this month's issue of the Journal of Pediatrics tried to determine if weight-bearing exercise by girls in elementary school would increase their bone mineral content and bone area, thereby reducing the possibility of later bone loss. The researchers gave 10-year old girls in two Canadian schools a program of jumping exercises for 10 minutes a day, three days a week, over two school years. They found gains of as much as 5 percent in bone mineral content, which the researchers note is the equivalent of three to five years of postmenopausal bone loss. For more details about the exercise program, contact: [mckayh@interchange.ubc.ca](mailto:mckayh@interchange.ubc.ca) or go to: [www.healthinschools.org/2003/dec08\\_alert.asp](http://www.healthinschools.org/2003/dec08_alert.asp).

**Survey Finds Smoking Down in High School but Not Middle School.** The most recent National Youth Tobacco Survey conducted by the American Legacy Foundation, an advocacy group formed as part of recent payments to states from tobacco companies, found that cigarette smoking by high school students has declined by approximately 18 percent from 2000 to 2002. However, there was no similar reduction in smoking by middle schoolers, suggesting that anti-smoking campaigns should be targeted more specifically to the younger age group. In 2002, a total of 13.3 percent of middle school students reported current use of any tobacco product. Cigarettes were the most commonly used product, with no statistically significant differences in usage by sex. Among strategies suggested for reaching middle schoolers were comprehensive school-based programs and policies. For more details, which appear in the November 14th issue of Morbidity and Mortality Weekly Report, visit: [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr).

## NCHE NEWS UPDATE

As 2003 comes to a close, NCHE would like to announce a couple of important milestones and changes. First, the five year cycle of CDC funding for the Growing Healthy Youth, Parents and Communities Project will be coming to an end in March of 2004. NCHE has pursued many successful initiatives during these past five years, including a new website with specific pages devoted to parents and youth, parent involvement trainings, national school health council trainings, and the start of a comprehensive mental health curriculum for grades K-6.

Amy Grimm, the CDC Program Director, recently submitted a proposal to continue the cycle of funding for another two years, beginning May of 2004. This proposal builds on previously funded initiatives that support NCHE in building partnerships between schools, families and communities nationwide in order to prevent HIV/AIDS and to promote the physical and emotional health and overall educational development of children.

In other news, Elaine Sheehan, the Growing Healthy Program Director at NCHE will be leaving the Center at the end of this year. Elaine has done an outstanding job over the past five years in managing the Growing Healthy Program, developing the new Growing Healthy Online Training, and has gone beyond the call of duty recently in developing the new and soon to be released Starting Healthy, comprehensive Pre-K curriculum. NCHE will greatly miss the loyalty, dedication, and standard of excellence that Elaine has brought to NCHE. We all wish her the best of luck in her future endeavors.

NCHE is currently conducting a national search for a new Growing Healthy Program Director. In the meantime, the Growing Healthy Program contact information will remain the same and NCHE staff will field all questions and requests about the program.

NCHE would like to wish everyone a safe, healthy and happy holiday season and a happy and healthy start to a new year!



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### Holiday TIP # 5

A nice way to prepare for the holidays and get closer as a family is by reading together! A good holiday

book for kids and families is -  
"Happy New Year, Everywhere"  
by Arlene Erlbach.



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