

HEALTHSmart News

The Suffolk County Department of Health Services' Office of Health Education and Eastern Suffolk BOCES Student Assistance Service
January, 2012

HEALTHSmart Reminders:

- If you change grade levels, we will supply you with the curriculum you need. You are **NOT** required to attend another HEALTHSmart training.
- We enjoy seeing the HEALTHSmart curriculum in action. When invited in for a classroom visit, we will bring incentives for your students.
- "HEALTHSmart Kids" magazines are available for all 5th and 6th grade HEALTHSmart trained teachers. Please let us know if you need new magazines.
- HEALTHSmart Year-End Surveys will be e-mailed May 1, 2012. **Please be to sure respond to your survey.** Teachers in grades K-3 who respond to the survey are invited to participate in SunWise the following year.
- For additional information about HEALTHSmart and SunWise trainings, curriculum, surveys and classroom visits contact Martha Kahan at: MKahan@esboces.org



THE FOOD PYRAMID HAS BEEN REVISED....AGAIN!

FOR UPDATES TO THE HEALTHSMART CURRICULUM PLEASE CUT & PASTE THIS LINK INTO YOUR BROWSER AND CLICK ON YOUR GRADE:

<http://pub.etr.org/docpages.aspx?pagename=updated%20my%20plate>



The SunWise Program is an environmental and health education program that aims to teach children and their caregivers how to protect themselves from overexposure to the sun through the use of classroom, school, and community-based components.

Attention K-3rd Grade Teachers!

K-3rd grade teachers who complete the annual online survey are eligible to attend the SunWise training. Those teachers already trained in the SunWise curriculum may request additional bucket hats, sunglasses, sunscreen and activity booklets for this year's students. Look for an email inviting you to the training or to replenish your supplies. Questions? Contact Martha at mkahan@esboces.org or 631-289-0078.





We invite you to use this newsletter as a forum to ask questions of your colleagues and exchange ideas about what you have done in the classroom that could benefit others. Your questions and ideas will appear in the next issue of our e-newsletter, scheduled for the fall.

Please send submissions to: Mkahan@esboces.org

Do you have colleagues who haven't been trained in HEALTHSmart? Please have them contact Martha to register: [<MKahan@esboces.org>](mailto:MKahan@esboces.org)

OTHER EVENTS YOU MAY INTERESTED IN:

- January 25 – Professional Development For Health Educators and SADD Advisors
Full-day series of speakers on a variety of topics including HIV, distracted driving, nutrition and body image.
- February 7 -- HEALTHSmart Curriculum Training
- February 8 -- HEALTHSmart Curriculum Training
- March 6 -- HEALTHSmart Curriculum Training
- March 7 -- HEALTHSmart Curriculum Training
- March 14 -- TOBACCO Teens as Teachers Training
Full-day peer education training for middle and high school students preparing them to teach younger children about the risks of tobacco use.
- March 30 — Middle School Youth Empowerment Conference
Keynote presentation and workshops on bullying
- April 3 - HEALTHSmart Curriculum Training
- April 26 – Sun Safety Teens as Teachers Training
Full-day peer education training for middle and high school students preparing them to teach younger children about the risks of sun exposure and tanning salons.
- May 16 -- EPA SunWise Curriculum Teacher Training K-3
- May 22 -- HEALTHSmartCurriculum Training

PLEASE CONTACT MARTHA FOR FURTHER INFORMATION ABOUT ANY OF THESE PROGRAMS VIA EMAIL AT [<MKAHAN@ESBOCES.ORG>](mailto:MKAHAN@ESBOCES.ORG) OR PHONE 631-289-0078

THE SCHOOL HEALTH EDUCATION INITIATIVE IS FUNDED BY THE SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES

We have compiled a list of books to enhance your health lessons. Please email Martha for a list by grade. **In addition, the following is a list of WEBSITES recommended by teachers using HEALTHSMART:**

FOR VARIOUS AGES

<http://sleepforkids.org/>
<https://members.kaiserpermanente.org/redirects/landingpages/afd/>
www.brainpop.com/health/
<http://teamnutrition.usda.gov/>
<http://www.choosemyplate.gov/index.html> (replaces the food pyramid)
<http://kidshealth.org/>
<http://powermediaplus.com/> (online videos)
<http://www.pecentral.org/>
<http://teacher.scholastic.com/products/bookflix/freetrial/index.htm>
<http://www.timeforkids.com/TFK/>
<http://teenvillage.org/index.asp>
<http://www.drinkwaterfirst.com/>
<http://www.crawfordthecat.com/>
www.netsmartzkids.org (online safety)
www.stophazing.org
<http://thinkbreakfast.com/>
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
<http://www.thecoolspot.gov/>
<http://www.helmets.org/> "Teaching Your Child to Ride a Bicycle,' 'A Bicycle Helmet for My Child,' and 'How to Fit A Bicycle Helmet."
<http://edhelper.com/>
<http://www.thinkinklearning.com/about.php> (assessments)
<http://www.pecentral.org/> (health and phys ed)
<http://www.bam.gov/>
<http://nutritionexplorations.com/>
<http://streaming.discoveryeducation.com/>
<http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Educators.cvsp> (dental health)
<http://crawfordthecat.com/>
<http://pbskids.org/>
<http://www.brainpopjr.com/>
<http://storyplace.org/>
<http://canfit.org/>
<http://roswelldocs.com/grades5-8.pdf>

SECONDARY LEVEL

http://www.discoveryeducation.com/teachers/index.cfm?campaign=flyout_teachers
<http://proud2bme.org/>
<http://www.nida.nih.gov/nidahome.html>
<http://teenshealth.org/teen/>
<http://www.brainpop.com/>
<http://www.abovetheinfluence.com/>
<http://www.plannedparenthood.org/info-for-teens/>
<http://pub.etr.org/beforeyouhitsend.html>
<http://www.drugfreeworld.org>
http://www.hrmvideo.com/items.cfm?action=view&item_id=2186 (dating)
<http://www.youtube.com/watch?v=JFh5F8cFb3g&feature=share> (media literacy)

TOBACCO

[http://roswelldocs.com/Tobacco101\(BOCESversion\).pdf](http://roswelldocs.com/Tobacco101(BOCESversion).pdf)
<http://roswell.tobaccodocuments.org>
<http://www.tobaccovideos.com/>
http://roswelldocs.com/hall_of_shame.htm
<http://roswelldocs.com/ashes/ashestoashes.html>
<http://doingyoudamage.com/>

PLEASE EMAIL YOUR RECOMMENDATIONS TO: MKahan@esboces.org