



Wellness! ROCKS!



E-NEWS IN THE KNOW AND ON THE MOVE



Mr. Steve sings Recess Rocks® theme song at America's Children's Holiday Parade in Oakland, CA!

More than 100,000 spectators of all ages cheered their favorite stars and characters—including Miss Rosa, the Cat in the Hat, Madeline, Sid the Science Kid, Clifford the Big Red Dog, Arthur and the Peanuts Gang—at the 12th annual parade held December 3rd, as tap dancing trees, floats, giant balloons, marching bands and more swept the air with holiday excitement.

Mr. Steve, PBS Kids' beloved SteveSongs personality, introduced the new Recess Rocks® theme song on his "Aloha Float" while the Oakland Youth Chorus' grade K-5 troubadours sang and danced to his music all along the parade route.

You can still catch Recess Rocks® and SteveSongs at the parade!
Check your local PBS station—December 24 through 26—
for the national Christmas week broadcast.

**RECESS!
ROCKS!**

JUMP onto our website now! ▶

Movement Instructors Learn to Lead Kids to Good Health

Twenty-six energetic movement instructors from New York and Connecticut shared big grins, bigger kicks and the biggest laughs last November at Recess Rocks®' interactive training for instructors.



During this dynamic two-day "boot camp," instructors keen on helping kids get fit learned about everything they needed to bring Recess Rocks® programs into schools and organizations including:

- Our Philosophy and Methodology
- The three movement programs: Recess, Lesson plan tie-ins and Celebrations!
- How teacher workshops and instructor trainings enhance the Recess Rocks® experience
- Scheduling, Steps to conducting a class, Focus, Music, Moves, Language and Choreography
- Four brand new routines plus choreography to the new Recess Rocks® theme song

Want to see more? Check out the fun photos on our Facebook page.

Want to train with us? Contact us now for upcoming classes!

JOLLY UP

Your School's
Holiday Season with
"Celebrations!"



Have a ball and help kids balance seasonal goodies with **Celebrations!** merry moves. If you haven't tried Recess Rocks yet, **Celebrations!** is the perfect, no commitment place to start!

Twirl onto the **Celebrations!** page to learn more today.



KIDS IN THE KITCHEN

Kids, make a tasty snowman treat you can eat! Here's how:

Toast a bagel or English muffin and spread with low fat cream cheese. Then add:

- 5 raisins for each eye
- 1 mini carrot for a nose
- 1 strip of red pepper for a mouth
- 1 cucumber peel for a scarf
- 2 broccoli florets and strip of yellow pepper for ear muffs and band

What other yummy veggies can you add to dress your snowman?

Share your ideas! Ask your parent or caregiver to post your snowman's image on **Recess Rocks' Facebook page**.

DID YOU KNOW?

Children between the ages of 9 and 11 should be screened for high cholesterol according to new guidelines endorsed by the U.S. National Heart, Lung and Blood Institute and the American Academy of Pediatrics (AAP).

Though cardiovascular disease is rare in children, "The more we learn about heart disease and stroke in adults, the more we know that the process begins in childhood and progresses over time," explained Dr. Stephen R. Daniels, chairman of the panel that reviewed the guidelines and head of pediatrics at the University of Colorado School of Medicine. "By working with families, we can keep kids at a lower lifetime risk and prevent more serious problems in adulthood." The guidelines also suggest parents make healthy lifestyle choices for their children, such as breastfeeding, a diet low in saturated beginning at age 1, protecting children from tobacco smoke and regular physical activity.

Have questions?

Ask your pediatrician for advice and [click here](#) to get the full story from MedlinePlus, a service of the U.S. National Library of Medicine and National Institutes of Health.

QUOTE CUES



"I wish for everyone to help create a strong, sustainable movement to educate every child about food, inspire families to cook again and empower people everywhere to fight obesity."

Jamie Oliver, the 2010 TED Prize winner, dedicates his life to educating and demonstrating the health saving benefits of fresh, honest, delicious food and unpretentious preparation—at home, in the school and on "Main Street". In his mesmerizing speech (click the link above), Jamie discusses our nation's obesity epidemic and presents common sense ideas to reverse this preventable, life threatening trend.

The annual TED conference in Long Beach/Palm Springs brings together the world's most fascinating thinkers and doers, who are challenged to give the talk of their lives in 18 minutes or less. The TED Prize is awarded annually to an exceptional individual who receives \$100,000, access to the TED Community's world class array of talent and resources, and, most important, the granting of "One Wish to Change the World." Over the life of the prize, wishes have led to collaborative initiatives with far-reaching impact.

Let's hope Jamie's wish comes true.

ASK!

[CLICK HERE](#)

**TO BRING
RECESS
ROCKS
TO YOUR
COMMUNITY**



GIVE US FEEDBACK

Tell us how we're doing!

Send your stories, images and more.

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