



# Wellness! ROCKS!



**E-NEWS** IN THE KNOW AND ON THE MOVE



## You're gonna **FLIP** over our new **Recess Rocks™** website!

It's easy to use and packed with helpful information and inspiring images. There's a new kids page youngsters are gonna love and you can download our free online **Recess Rocks™** toolkit! Here's what's in it:

- **Implementation Guide:**  
Your key to launching Recess Rocks
- **Detailed Lesson Plan Tie-ins:**  
5 awesome classes ready to use
- *And much more!*



Ready to move kids you care about to health?

**JUMP** onto our website now! ▶

**RECESS!  
ROCKS!**

# 2011 VICTORY OVER VIOLENCE

## *Making a Difference Together National Conference*

In July, our Ambassador of Fitness, Miss Kim, traveled to Louisville, Kentucky to lead an intense Recess Rocks™ workshop for educators. Participants learned about our philosophy, experienced a mini Celebrations! class, and charted their own mini class to bring back to their communities.



The two-day conference was the first-ever collaboration between Yale School of the 21st Century and the Kentucky Family Resource and Youth Services Centers. In addition to the Recess Rocks™ class, educators from around the country were inspired by seminars and skill-building workshops such as the whole child approach, violence-prevention measures, creating a positive school climate and the media's influence on students.

## IS THE MOON WAXING OR WANING, FULL OR NEW?



Kids never forget once they've tried our new **Cycle and Phases of the Earth and Its Moon** lesson plan tie-in. Get it now from the free **RECESS ROCKS ONLINE TOOLKIT**

## **LINKS TO LEAP ON**



Choose**MyPlate**.gov

How do busy parents and caregivers get a nutritious, delicious meal on the table?

With [ChooseMyPlate.gov](http://ChooseMyPlate.gov)!

Emphasizing the fruit, vegetable, grains, protein and dairy food groups we all need to stay healthy and trim, the website also provides kid-friendly fruit and veggie tips, sample menus, personalized daily food plans and much more.

## DID YOU KNOW?

"Children who are physically fit are likely to have stronger academic performance. Emerging research links poor nutrition and lack of exercise to lower achievement."

### Want to learn more?

[Click here](#)

and link to the Connecticut State Board of Education's comprehensive April 2011 study Making the Connection—Healthy Kids Learn Better.

## QUOTE CUES



*"(MyPlate) is a quick, simple reminder for all of us to be more mindful of the foods that we're eating...As long as (our kids' plates are) half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we're golden. That's how easy it is."*

— First Lady Michelle

Obama

discussing the new MyPlate icon, launched June 2, 2011, to help consumers make healthier food choices.

## 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.