



# Wellness! ROCKS!



Volume 2 | 2012

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

## Physical activity belongs in the classroom Connecticut proves it!

Connecticut's Department of Education is the first in the nation to offer CEU's to promote the vital connection between physical activity and academic achievement. During its recent sold out, two-day *Physically Active Classroom Institute*, teams of teachers, PE teachers and administrators from 44 schools across Connecticut got the knowledge, tools and resources they need to help students reach their recommended 60 minutes of daily physical activity and achieve academic success.

Recess Rocks joined the DOE and launched its new comprehensive suite of brain and fitness boosting **Active Classroom** activities. Our workshop participants loved the energetic, easy to use program and left excited to implement it right away!

Hosted by the CREC Medical Professions and Teacher Preparation Academy, a Windsor, Connecticut grade 6-12 magnet school, Recess Rocks' and many other creative workshops took place in classrooms, the auditorium and a weight room, affirming that physical activity can take place anywhere and anytime in a busy school.

You too can bring the benefits of physical activity to your classroom, school and organization—free and right now!  
Want to learn more?

**DASH** onto our Active Classroom webpage now!



**RECESS!  
ROCKS!**  
*Active Classroom*



# Recess Rocks Brightens National

## GIVE KIDS A SMILE DAY

**Bet these kids will remember to brush and floss!**

On February 3, a Community Health Center, Inc. (CHC; Recess Rocks' parent company) dental hygienist visited McDonough Elementary School of Middletown, Connecticut to help kids master good dental hygiene. After CHC's giant tooth mascot got a proper brushing, Recess Rocks jazzed up the energy with its vigorous spin on dental care. Kids jumped up, demonstrated their brushing and flossing skills, and got a terrific dose of active kinesthetic learning sure to make this dental lesson stick—a win:win for all!



**Kids, love your heart with this yummy, eye-catching recipe! Here's how:**

### Banana "eye"

- Peel a banana
- Slice in 1/2 lengthwise
- Take one piece and slice again lengthwise
- Cut one piece in half
- Place together and put a blueberry in the middle

### Strawberry "hearts"

- Cut a strawberry in 1/2 top to bottom
- Cut off the stem in a V shape

### Pineapple "U"

- Take one pineapple slice and cut in 1/2
- Take out the core to create a U

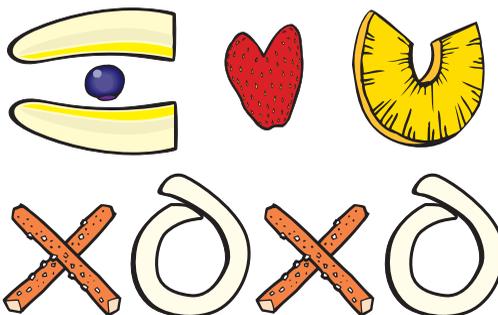
### Pretzel stick "X"

- Take four sticks
- Place one stick on a diagonal
- Break other stick in 1/2 and lay on other diagonal to create an X
- Repeat

### String cheese "O"

- Take one cheese stick
- Peel off strips to create two Os

Arrange shapes on your plate to form:



**Make more shapes with the leftovers.  
Share or gobble them up!**

# Boost Your Brain Power with these COOL BRAIN TEASERS!



**Hey Kids!** Want to give your brain cells a workout?  
Switch hands for these everyday tasks:

- **Brushing your teeth**
- **Wearing your watch**
- **Opening doors**

**Challenge:** When you move, which foot do you start with?  
Switch! Then start up or down the stairs with that “new” foot.

**Ready for more fun?**

Click here to zoom onto [Recess Rocks' Brain Power](#) page now—it's just for you!



## DID YOU KNOW?



**American Alliance  
for Health, Physical  
Education, Recreation  
and Dance National  
Convention and Exposition  
is coming to Boston, MA  
on March 13-17, 2012.**

Register today at  
<http://www.aahperd.org/>  
and promote the wellness  
of students, schools and  
communities you care about.

*Miss Kim will be there and  
plans to share what she learns  
on Facebook—stay tuned!*

## QUOTE CUES

*“The goal of the Alliance is to  
reduce the prevalence of  
childhood obesity by 2015,  
and to empower kids  
nationwide to make healthy  
lifestyle choices.”*

Healthy snack and school meal  
ideas, organizing healthy  
fundraisers and more,  
the **Alliance for a Healthier  
Generation** is eager to offer their  
services to schools nationwide.  
In partnership with the American  
Heart Association, the Alliance  
seeks to reverse the childhood  
obesity epidemic by helping  
schools provide healthier food  
choices and keeping kids  
physically active.

Check it out—the Alliance offers  
assistance both on site and online  
[https://schools.healthier  
generation.org/](https://schools.healthiergeneration.org/)!

## 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.**