



# Wellness! ROCKS!



Vol. 10 | SEPT/OCT 2012 **E-NEWS** IN THE KNOW AND ON THE MOVE

## Four Maine Counties Leap Aboard with Recess Rocks!

As part of a state-wide effort to introduce more movement into school curriculum, this September **Recess Rocks** partnered with the Aroostook and Tribal Public Health District for three days and the Penquis Public Health District for 2 days in Active Coaches training. Sponsored by Community Transformation Grants (CTG) each organization learned about and experienced **Active Classroom, Recess and Celebrations!** activities.

Training participants plan to integrate **Recess Rocks** into 100 schools across these two health districts—which encompass Aroostook, Penobscot, Piscataquis and Knox counties—within the next 5 years by working closely with:

- Faculty and staff at local schools to incorporate **Recess Rocks** activities into lesson plans and special school events such as field days, assemblies and spirit weeks.
- Clubs and organizations to integrate **Recess Rocks** into after-school activities.

Participants were thrilled with the program including one who enthused, “What I liked best about the training were the examples! Examples of every shape and form were so helpful. There can never be enough examples when learning something new!” Another participant declared, “After the Recess and Celebrations! training I can’t wait to have a Celebrations! at my school and encourage the teachers to make it their own!”

Miss Kim, **Recess Rocks**’ program director and movement instructor, led the week-long training session. As reported earlier this year, Miss Kim was a guest speaker at Connect 5210 in Presque Isle last April and was asked to come back by popular demand!

### Want Recess and Celebrations! Movement Instructor Training? You got it, this November 8–9!

Dive into the Why, What, Where and Who of **Recess Rocks** plus our philosophy and methodology, marketing strategies, and exclusive movement menu and word bank, as well as experience the moves in our high-energy routines.

**Sign up today!** Learn more or reserve your place with Rachel Schindler, **Recess Rocks**’ program coordinator, at 860-347-6971 x3764 or [schindr@chc1.com](mailto:schindr@chc1.com).



Shown above, top: Presque Isle Maine Training. Bottom: Portland Training.

## KIDS CORNER

### Back in school? Got homework?

Keep your body and brain alert and feeling great all day long!

- Stand up, stretch and take three deep breaths when you wake up.
- When you get home from school, do jumping jacks or jump rope before snacking.
- While doing homework, take brain power breaks (leg lifts, squats, crunches, dance, skip, walk) every 20 minutes to give your brain fresh oxygen for thinking power.
- Stretch and breathe deeply just before bed to release energy.



## KIDS IN THE KITCHEN

Kick up your lunchbox happiness with fresh sandwich rollups!



It’s easy:

- **Wraps:** spinach, whole wheat, rye, tomato basil—try all the fun colors and tastes
- **Endless filling options:** sliced green or red peppers, carrot sticks, cucumbers, shredded broccoli, sliced cabbage, radish, sprouts, grilled veggies (eggplant, zucchini, squash, onions), olives, mushrooms, artichokes and more (skip the tomatoes so rollup doesn’t get soggy unless you’re eating it right away)
- **Cheese:** pick your favorite
- **Meat or fish:** try deli or sliced leftovers (chicken, turkey, meatloaf), and tinned or leftover fish
- **Spread:** hummus, tapenade, mustard, salad dressing (use sparingly so rollup doesn’t get soggy)

**Directions:**

- Place ingredients in middle of wrap.
- **Method #1:** Tightly fold top and bottom of wrap toward middle, then each side so it looks like a square. Cover snugly in foil.
- **Method #2:** Tightly fold bottom towards middle, then roll the wrap leaving top open and cover snugly in foil. Peel down top of foil as you eat so sandwich stays rolled up.

## DID YOU KNOW?

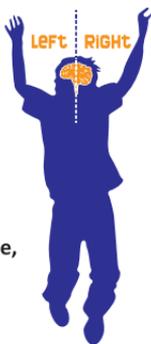
Your brain has two fascinating hemispheres!

### LEFT side controls:

- Muscles on the right side of your body
- Logic, reason, mathematics, language, reading, writing, analysis, detail, short-term memory, repetition, structure, effort, focus and more

### RIGHT side controls:

- Muscles on the left side of your body
- Facial recognition, rhythm, visual imagery, creativity, emotions, dreams, long-term memory, the big picture, music, tone and more



By bringing the right side of your body to the left and your left side to the right (i.e. "crossing the midline") you balance your brain and help it work in perfect harmony.

**Don't use half your brain!** Do cross crawl exercises to cross your midline. **Recess Rocks'** favorite cross crawl moves include:

- Exaggerate your normal walking
- March in place
- Pretend climb a ladder or mountain
- Sit and move opposite arm and knee together
- Stand, reach behind body and touch one hand to opposite foot
- Lay down, hands behind your head and reach elbow to opposite knee

### Benefits of regular cross crawl exercise include:

Clear thinking...Improved coordination and spatial awareness...Left/right hemisphere brain balance...Reduced stress...Improved vision... Emotional balance...Improved memory and mental clarity...Stimulation of lymphatic system... Enhanced spelling and writing... Strengthened reading and comprehension.

## QUOTE CUES

*"Our goal is to reduce overweight in children age 19 and younger in Cass and Clay counties by 20% by 2020."*

—Healthy People Initiative

Healthy People is an initiative of **Dakota Medical Foundation** and a collaboration of health-minded organizations that have joined to make Cass and Clay counties in North Dakota the healthiest place in America to live, work and play.

## Cass Clay Healthy People



INITIATIVE

Although 27% of 2 to 5 year olds, 32% of 6 to 11 year olds, and 33% of 12 to 19 year olds are overweight in these counties, Healthy People is promoting positive change in the counties' food and fitness culture so that healthy choices become the easy choice. To date it has helped six school districts in the Fargo Moorhead area significantly improve their wellness policies. And through Healthy People's Schools Alive program, two districts have completed Active Recess training and a third will be done in early November. The heart and soul of that training (and Schools Alive) are Drs. Jenny Eskew and Kristen Hetland from North Dakota State University and Concordia College, respectively.

**Bravo Healthy People and all the terrific, motivated folks of Cass and Clay counties!**

# 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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