



Wellness! ROCKS!



Vol. 11 | NOV/DEC 2012 **E-NEWS** IN THE KNOW AND ON THE MOVE

Recess Rocks—A perfect fit for afterschool programs!



Thirteen delighted adults skipped to the Recess Rocks beat during a 2-hour training workshop presented at Maine's **21st Century Community Learning Centers (21st CCLC)** conference held in Bangor, Maine this October.



Arranged by **Joan Martay**, consultant to Maine's 21st CCLC Program, and led by two recent graduates of Recess Rocks' Train the Trainer program (Thank you Alexia Corbett and Sarah Sutherland!), the participants—grant directors, site coordinators and other afterschool staff enjoyed a super-charged, interactive dose of Recess Rocks philosophy and methodology. They also discovered how well our programs mesh with 21st CCLC's health and wellness initiatives and strong focus on positive youth development. "Recess Rocks helps young people feel good about themselves while appealing to different learning styles," Joan explained. "It's fun and enjoyable, and reinforces learning and strengthens relationships between youth and adults."

and reinforces learning and strengthens relationships between youth and adults."

"I've been using (Recess Rocks) during my middle school program's transition time, and periodically during our physical activity time," added participant **Marissa Leighton**, program director of the Riverview/Brunswick 21st CCLC. "I love that it promotes physical activity, group activity and sensory integration techniques, and that it's a fun but organized outlet for getting the wiggles out! The kids are drawn to it naturally and it seems to be an activity that all types of kids feel comfortable doing and enjoy. It's a great program and training opportunity all educators should be exposed to as it can be utilized in so many different ways."

Check out the **fun slide show** on our [Facebook](#) page (11/07/12). Interested in using Recess Rocks in your afterschool program? [Contact us now!](#)



KIDS IN THE KITCHEN

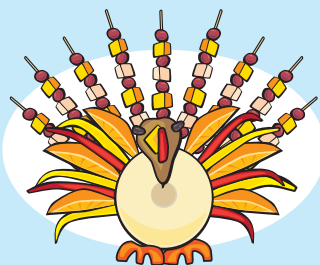
Hungry? Gobble up this fun fruit turkey!

Ingredients:

- Turkey body: honey dew melon
- Head: bosc pear
- Wattle: red pepper slice
- Eyes: 2 raisins
- Feet: orange pepper cut into big Ws
- Small feathers: red, orange and yellow pepper slices
- Plumage feathers: grapes and chunks of apples, pineapple, melon on kabob skewers

Directions:

- Ask parent to cut off one slice of the melon rind so it doesn't roll
- Place melon on plate
- Head: use broken toothpicks to poke eyes and wattle onto pear; attach head to body with toothpicks
- Place feet
- Attach small feathers with toothpicks
- Attach plumage feathers
- Take a picture then gobble up—**YUM!**



KIDS CORNER



Want a strong, healthy brain? WALK!

Every chance you get—recess or gym class, at home or a friend's, at the store or library—walk to make yourself smarter and heart healthier. Here's why:

- Walking makes your heart pump faster, which boosts your blood circulation.
- As your heart pumps more, more oxygen gets circulated throughout your body. Your leg muscles don't need the extra oxygen (as with soccer or dancing) so it goes to your brain, making it easier for you to think!



<http://www.fi.edu/learn/brain/carbs.html>

DID YOU KNOW?

Recess Rocks trained movement instructors boost kids' wellbeing.

Schools, libraries, family wellness centers, and before and afterschool programs are excited to welcome newly trained Recess Rocks movement instructors onsite to move kids to good health!

The movement instructors—11 of whom work for community health centers in New York and Connecticut, while 2 work for schools and 3 are employed by Recess Rocks—leaped into a two-day Recess and Celebrations! training program this November which readied them to:

- Infuse our fun, positive, energetic essential values into the Recess Rocks methodology.
- Use language that sparks imagination and motivates, inspires, engages, troubleshoots and directs attention.
- Create and lead routines which incorporate the elements of music and choreography, stay on cue, and use developmentally appropriate and challenging moves.
- Conduct fun, creative and rewarding classes from start to finish that help students learn healthy body and brain awareness.

Learn how movement instructor training can boost fitness of kids in your care.

[Contact Recess Rocks today!](#)

QUOTE CUES

"If obesity rates continue on their current trajectories, by 2030, 13 states could have adult obesity rates above 60 percent, 39 states could have rates above 50 percent, and all 50 states could have rates above 44 percent."

—*F as in Fat: How Obesity Threatens America's Future 2012*, Trust for America's Health and The Robert Wood Johnson Foundation

The report also projects new cases of type 2 diabetes, coronary heart disease, stroke, hypertension and arthritis to jump 10-fold by 2020 and double again by 2030.

"By 2030, medical costs associated with treating (these) preventable obesity-related diseases are estimated to increase by \$48 billion to \$66 billion per year in the United States, and the loss in economic productivity could be between \$390 billion and \$580 billion annually by 2030."

Yet if states could reduce residents' average body mass index (BMI) by 5 percent by 2030, millions might avoid obesity-related diseases, while saving states billions in health care costs.

Included in the recommendations? "Mak(e) physical education and physical activity a priority in the reauthorization of the Elementary and Secondary Education Act."

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.

Follow us on Twitter | Friend us on Facebook | RecessRocks.com | rocksr@chc1.com