



Wellness! ROCKS!



E-NEWS IN THE KNOW AND ON THE MOVE



ROCKET KIDS TO A HEALTHIER 2012

with Recess Rock's NEW music video

To help kids kick off the New Year with refreshed energy and zest for learning, Recess Rocks and PBS Kids® music host SteveSongs have launched a dynamic new music video—based on our theme song—that spurs kids into action.

The music video, along with Recess Rocks' free online offerings, weave together aerobic movements—like kickboxing, African drumming and yoga—and buoyant musical beats. Using multiple intelligences and active kinesthetic learning, these upbeat, non-stop 1–30 minute routines and activities can be used at your school or organization to reverse childhood obesity and:

- Get kids fit
- Sharpen young minds
- Encourage natural “feel-good” energy
- Build self-esteem
- Improve discipline
- Nurture lifelong healthy habits

Catch the new music video and our tons of fun instructional video—February 1, 2012—on RecessRocks.com



JUMP onto our website now!



Academic Success Soars with

Active Classroom



Energize kids and stay on goal with Recess Rocks Active Classroom. This abundant new assortment of free online physical activities complements our original Lesson Plan Tie-in routines and helps kids in your community get their recommended 60 minute daily dose of vigorous physical activity.

- **Lesson Plan Tie-Ins/Express**—Enhance concentration, memory, learning, test prep and more.
- **Subject Switchin'**—Smooth transitions between classes and specials plus increase focus.
- **Class Time Moves**—Boost energy and brain power all day long.
- **Hallway Grooves**—Create fun, silent energy outlet on the move.

WHIRL onto our website February 1, 2012
to get your free Active Classroom toolkit!



**RECESS
ROCKS!**

Featuring SteveSongs
From PBS® Kids

Love that Recess Rocks GROOVE?

Check out the superhot
Recess Rocks®/SteveSongs®
Hip Hop theme song!

Listen to a snippet here:

http://recessrocks.com/media/RR_SongSample.mp3

Or purchase it on iTunes today!

[http://itunes.apple.com/us/album/recess-rocks/
id485622366?i=485622367&ign-mpt=uo%3D4](http://itunes.apple.com/us/album/recess-rocks/id485622366?i=485622367&ign-mpt=uo%3D4)



**KIDS IN THE
KITCHEN**



Tortilla Snowflakes

- Warm your tortilla in microwave and fold into fours.
- Using washed scissors cut triangles into the edges, then unfold to reveal a snowflake!
- Fill with your favorite veggies: sliced peppers and olives, shredded cucumber, carrots and lettuce; sprinkle with cheese for “snow”.
- Roll and eat it up!

Sweet Treats

Warm and cut a second tortilla snowflake, top with berries or sliced apples, sprinkle with a touch of powdered sugar and now you have a “snowy” delicious dessert!

DID YOU KNOW?

Attention classroom teachers, physical education teachers and administrators:

Don't miss this vital, 2-day Physically Active Classrooms Institute

To reach the recommended 60 minutes of daily physical activity, today's students need opportunities for physical activity beyond what's offered in recess and physical education classes.

After attending this institute, you and your school-based team of three to five will acquire knowledge, tools and resources to:

- Incorporate physical activity into the instructional day.
- Ensure special needs students can participate.
- Prepare others to incorporate physical activity in the classroom.

Register by January 26, 2012!

**February 9 & 28, 2012
8 a.m. – 3 p.m.**

**Fee: \$35/person
(includes breakfast and lunch)**

CEUs: 1.2 (0.6/day)

**Register online at
<http://www.registereastconn.org>**

Call 860-455-1533 for questions or registration assistance

Sponsored by: Healthy ConneCTions and the Connecticut State Department of Education

Partners include: Recess Rocks, Action for Healthy Kids, Alliance for a Healthier Generation, Connecticut Alliance of YMCAs, Connecticut Department of Public Health, Gopher Sport, New England Dairy and Food Council, Pioneering Healthier Communities and Yale-Griffin Prevention Research Center

QUOTE CUES



"YUM-O® brings kids and families together with food in a good and nutritious way."

—Racheal Ray

Founded by Racheal Ray, Yum-o! uses its interactive, educational website to help you and you kids cook fun, nutritional, fast, affordable, great meals that you can prepare and share together!

Kids—cook with confidence, whip up "veggie of the month" recipes, pop onto the Kitchen Road Map™, play food smart games and more.

Parents—be inspired by initiatives that ensure school kids have healthy meals, hungry kids across America have enough to eat, and motivated young adults receive scholarships to innovative cooking programs!

Visit www.yum-o.org to learn more.

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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