



# Wellness! ROCKS!



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E-NEWS

IN THE KNOW AND ON THE MOVE

## Global Communications Academy and Recess Rocks Dance Around the World!



Sixty-plus 3rd graders from Global Communications Academy in Hartford, CT, got a whirlwind global tour this June 4th—Recess Rocks style! As part of an **Active Classroom** lesson plan tie-in class, students learned and danced their way across the continents. The kids had a blast moving with Recess Rocks instructors, “swimming” from one “continent” to another, and trying:

- North American swing, country and Hawaiian war chant
- South American salsa cha cha
- In Europe, Irish step dance, British Ballet and Russian folk dance
- In Africa, traditional dance and walking “like an Egyptian”
- Aboriginal Australian storytelling movement
- Asian Tae kwon do and yoga

And on June 8th, the Academy’s end-of-school Carnival Day, more than 300 K–4th graders leapt in a bouncy house, jumped rope, ran relay races and rocked to 30-minute **Celebrations!** classes. One Recess Rocks movement instructor led while two spirited assistants hopped, twirled and twisted around with the kids. Everyone had a ball!

## KIDS CORNER

### School’s Out for SUMMER!

Hey Kids, bet you’re ready for fun now that school’s done. Grab your sunscreen and head outside!



#### Got a favorite heart zooming activity? Try ours!

- Snap on your helmet, jump on your bike, pedal hard
- Play chase with your dog!
- Hike at your favorite state forest
- Sign up for soccer camp
- Play nighttime flashlight tag
- Catch lightning bugs!



#### Love the water?

Swim! Paddle! Toss water balloons, race over the sprinkler, “slip & slide,” wash your dog, bike or family car, play follow the leader at the beach!

## KIDS IN THE KITCHEN

**YUM! Mini strawberry cheesecakes you can make yourself.**



#### Here’s how:

- 1 pound box of large strawberries or pick your own!
- 8 ounce package of low-fat cream cheese
- 3 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- Graham crackers

#### Directions:

- Rinse and cut tops off strawberries, then hollow out a bit—eat anything good you cut off!
- In a mixing bowl, beat cream cheese, sugar and vanilla until creamy; scoop mixture into a ziplock bag.
- Snip small corner off bag and squeeze mixture into strawberries.
- Place crackers in baggie and crush with your fingers; snip off corner and sprinkle on top.
- Eat right away or refrigerate for later!

Big thank you to [www.nutmegnanny.com](http://www.nutmegnanny.com) for this recipe.

# DID YOU KNOW?

On May 31, 2012 the Connecticut State Senate passed HB 5348—Physical Exercise During the School Day—in concurrence with the State’s House of Representatives. HB 5348 reads as follows:

*“Under current law, each public school that enrolls students in grades K–5 must provide those students with a physical exercise period of unspecified length as part of the regular school day. The bill instead requires such schools to provide a total of 20 minutes of physical exercise during each regular school day.”*

Be confident, Connecticut parents and teachers—this law applies to your elementary school! Ask your school questions about the new law, then call Recess Rocks. Our 1–30 minute daily [Active Classroom](#) movements rocket kids to fitness and academic success, and:

- **Improve students’ concentration, behavior and memory.**
- **Smooth transitions between classes and specials plus increase focus.**
- **Boost energy and brain power all day long.**
- **Create fun, silent energy outlet on the move.**

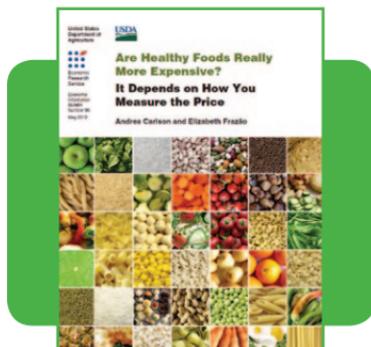
Plus our Active Classroom workshops teach teachers to add moves daily and motivate their students’ love for healthy active learning.

[Contact us](#) to learn more.

# QUOTE CUES

*“We have all heard that eating a healthy diet is expensive, and people have used that as an excuse for not eating a healthy diet, ...but healthy foods do not necessarily cost more than less healthy foods.”*

—**Andrea Carlson**, economist and co-author of the USDA Economic Research Service report *Are Healthy Foods Really More Expensive? It Depends on How You Measure the Price*



This new report challenges the myth that healthy foods are more expensive than less healthy foods (i.e., foods that are high in saturated fat, added sugar, and/or sodium, or that contribute little to meeting dietary recommendations). The authors compared the cost of more than 4,000 food items by price, per 1) calorie, 2) edible gram (weight) and 3) portion size. Under the latter two comparisons, healthy foods were less expensive than unhealthy foods. For example, carrots and bananas were less expensive under the portion size standard than ice cream and French fries, while grains such as oatmeal and rice were the least expensive food category across the board.

To learn more and view the report, please [click here](#).

## ASK!

[CLICK HERE](#)

**TO BRING RECESS ROCKS TO YOUR COMMUNITY**

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