



# HEALTH MATTERS



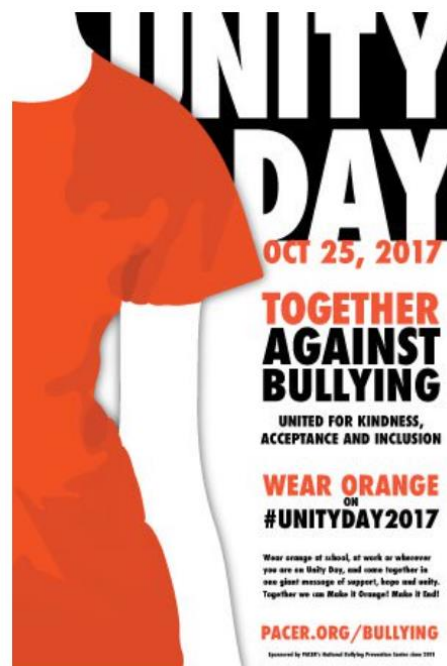
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# Reimagining Classroom Celebrations

For last month's "Your Turn" Activity, we asked student to reinvent the birthday treat. We couldn't have asked a more creative group. Here are just some of their ideas.

Students had great ideas for treats that would keep us all healthy like:

- 👉 Rice cakes topped with yogurt, strawberries, and blueberries
- 👉 Apples
- 👉 Create your own smoothies or frozen smoothie pops
- 👉 Stacked watermelon cakes
- 👉 Parfaits with yogurt, cheerios and berries
- 👉 Rainbow fruit kabobs
- 👉 Graham crackers topped with peanut butter, apple slices and raisins
- 👉 Ice cream cones filled with chopped fruit

Students also had wonderful ideas to be physically active like:

- 👉 Dance parties
- 👉 Baseball games
- 👉 Twister Tournaments
- 👉 Extra Recess Time
- 👉 Games like cup stacking, Simon Says, and musical chairs
- 👉 Obstacle Courses

Here are some other "out-of-the-box" ideas from students:

- 👉 Crafts such as tiara making
- 👉 Lego building parties
- 👉 Life-sized birthday child outlines decorated with the child's favorite things by the students and displayed in class until the next birthday



# Bullies, Bystanders and Upstanders



[Be an Upstander](#) - From the NED show

According to the National Center for Education Statistics, **one out of every five students reported being bullied** in 2016. The reasons most often cited were looks, body shape and race. Unfortunately, 64% of students who are bullied don't report it. Students who are bullied may experience sleep difficulties, anxiety, and depression; are more likely to experience headaches and

stomachaches; and to struggle with academic performance, substance abuse and violent behavior later in life.

## What Can You Do?

Talk to your child. Help them to understand what bullying is, the danger of being a bystander, and the responsibility of all people to be upstanders.

**Bully:** A bully does things that hurt, harm or humiliate another on purpose, and often repeatedly.

**Bystander:** A person who sees bullying happen, who doesn't join in the bullying and doesn't do anything to help. They watch bullying happen.

**Upstander:** An upstander recognizes when something is wrong and acts to make it right.

**More than half of bullying situations stop when a peer intervenes on behalf of the student being bullied.**

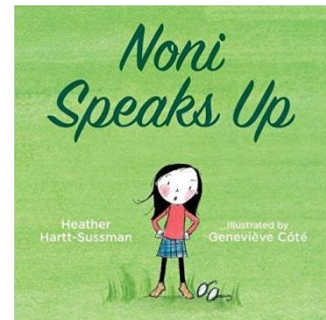
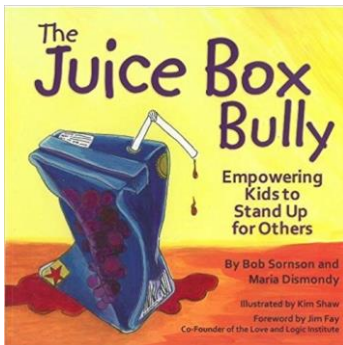
**If you are an upstander you may:**

- ☑ Help the victim by:
  - Inviting them to come with you (to sit at your lunch table, play with your friends at recess, or walk with you to the bus)
  - Telling them a teacher is looking for them. This gives them a reason to leave and an opportunity to escape the bullying.
- ☑ Address the bully (only in non-violent situations) by:
  - Telling them a teacher is looking for them. This takes them away from the situation.
  - Saying, "That's not nice. You should stop."
- ☑ Tell an adult when you see bullying happen.
- ☑ Encourage others to be *upstanding* with you.

**Resources:**

To begin a conversation with your child, you may choose to watch this quick video: [Be an Upstander](#). You might also want to check out these book titles:

- 📖 The Juice Box Bully: Empowering Kids to Stand Up for Others by Maria Dismondy
- 📖 The Brand New Kid by Katie Couric
- 📖 Noni Speaks Up by Heather Hartt Sussman



The following websites also offer a variety of information on the subject:

[Pacer's National Bullying Prevention Center](#)

[KidsAgainstBullying.org](#)

[TeensAgainstBullying.org](#)

[stopbullying.org](#)

[Great Schools: What a Parent Can Do About Bullying?](#)

# The Natural Kitchen

## Lentil Soup 1-2-3

*This is an easy and nutritious vegetarian soup. Lentils are inexpensive, they cook quicker than other dried beans, and are just plain yummy! Leftovers make a great lunch. Keep it plain and simple, or try one of the optional additions at the end. Do you see the 1-2-3 in our ingredients?*



### Ingredients

- |  |  |
|--|--|
| 1 medium yellow onion - diced            | $\frac{1}{2}$ teaspoon dry rubbed sage   |
| 2 stalks celery - diced                  | $\frac{1}{2}$ teaspoon black pepper  |
| 3 medium carrots - diced                 | <i>(quick substitution for the individual spices - use 2 teaspoons Bell's Salt Free Poultry Seasoning in the yellow box)</i> |
| 2 tablespoons olive oil                  | 1 teaspoon sea salt (more or less to taste)  |
| 2 cups dry lentils                       | optional addition - 2 cups fresh chopped spinach leaves  |
| 8 cups water                             | optional addition - fresh chopped parsley, scallions or chives   |
| 2 bay leaves                             |  |
| 2 teaspoons granulated garlic            |  |
| $\frac{1}{2}$ teaspoon cumin             |  |
| $\frac{1}{2}$ teaspoon coriander         |  |
| $\frac{1}{2}$ teaspoon tarragon or basil |  |

### Preparation

1. Heat a large, heavy soup pot over medium heat.
2. Add olive oil and let it heat up for a few seconds, until it begins shimmering in the pan.
3. Add onions, carrots and celery. Sauté 3-4 minutes on medium-low heat until translucent and fragrant.
4. Add lentils, water and bay leaves.
5. Bring to a boil, reduce heat to low, cover and gently simmer for 45 minutes.
6. Check lentils for tenderness. They are ready to season when just tender enough to crush easily in a spoon. They should not feel "crunchy" but still slightly firm. Usually this will take between 45 minutes to an hour.
7. Stir in the herbs and spices and add salt to taste.
8. Simmer another 10 minutes and enjoy the amazing aromas filling your kitchen.
9. Taste and adjust seasonings to your liking.
10. Optional - stir in fresh chopped spinach leaves just before serving.

Serve soup hot with a drizzle of extra virgin olive oil and a sprinkle of parsley, scallions or chives if you like. Warm bread and a simple salad on the side...  
Dinner is ready!



## Your Turn

This month you can help your class win the *Golden Apple Award* and get your picture on the website. Here's what you have to do...

October is as great a month as any to practice being an upstander. Cut out the checklist below. Each time you complete an item on the list color that section of the list **orange**. When you've finished the list, turn it in to your teacher. Make sure you wear **orange** on October 25<sup>th</sup> to show that you stand for kindness, acceptance and inclusion.

The class that submits the most lists and has the most students wearing **orange**...WINS!!!!

Name: _____  Teacher: _____	Find a classmate you <i>don't</i> know well and sit with them at lunch.	Tell a classmate what you like about them... <i>sincerely</i> .	Find out something <i>new</i> about an old friend.
Come up with 10 different feeling words.		Do something nice for someone who isn't expecting it.	

**UNITE**

→ ←

**AGAINST BULLYING!**

## Mark Your Calendars

### Unity Day October 25<sup>th</sup>

Make it **ORANGE** and make it end! What are your true colors when it comes to bullying? If you care about safe and supportive schools and communities make your color **ORANGE** on **Unity Day**. That's the day everyone can come together - in schools, communities, and online - and send one large **ORANGE** message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance and inclusion.



October is **National Breast Cancer Awareness Month**. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms. Visit the [National Breast Cancer Foundation](http://www.nationalbreastcancer.org) for more information.

