

From: [PE4life](#)
To: [Melanie Sheppard](#)
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November 2009

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Newsletter

This Year, Make Holiday Meals a Rainbow of Color

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As I ski through my first semester with the children of the Kansas City Missouri School District, one key message we are teaching is to choose a variety of colors with foods from each of the basic food groups. This holiday season strive to be creative with entrées, side dishes and beverages. Bring color to the table with nutrient rich foods that are both good for the body and tasty.



When coaching our kids, we talk about power pick foods. A power pick food is a food high in nutrients and low in fat and added sugar. Think of two foods associated with each color of the rainbow. Go to the

internet and search for healthy recipes containing these foods.

For example:

Red: Try a cranberry apple sauce, strawberry Jell-O or a non-alcoholic pomegranate margarita. Mom always makes her strawberry Jell-O for holiday meals. We crave this dish year after year.

Orange: Pumpkin and sweet potatoes are great examples of orange foods. Make a moist, low-fat, nutrient dense chocolate cake by mixing a box of devils food cake with 1 15 oz can of pure pumpkin. This works for brownie cup cakes too and helps with portion control. Recipe compliments of www.hungry-girl.com.

Yellow: Try some flavorful spaghetti squash and corn. Lightly sautéed spaghetti squash with pepper and garlic is great for a side dish. Jalapeno corn muffins are delicious and can be a nice change from white dinner rolls.

Green: Power picks would be broccoli and spinach. How about a cheesy, broccoli casserole, using broccoli, brown rice, onions and cheese? A nice spinach salad is always a fresh way to start your meal.

Purple: Make some purple cabbage slaw with a vinaigrette dressing, raisins and sunflower seeds or roasted eggplant with fresh garlic, oregano and canola oil.

Brown and White: Turkey is traditionally brown and white. It is nutrient dense, low in fat and rich in protein. Beans are an excellent low-fat choice for protein, fiber, vitamins and minerals. A three bean salad is a quick and easy dish to whip up. Make mashed potatoes using low-fat yogurt and Smart Balance in place of sour cream and butter. Jicama makes for a healthy appetizer, especially when dipped in holiday hummus made with chopped green parsley.

Exercising with family members helps burn and digest holiday calories. So remember to get out and walk with family before or after your holiday meal. Check out local Thanksgiving or Jingle Bell 5K run/walks. Most of my family members are doing the Thanksgiving 5k Family Fun Run/Walk this year!

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School Spotlight

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Russell D. Jones Elementary School, Rogers, Arkansas

Rogers Public Schools has been working with PE4life for a number of years and Russell D. Jones in particular has increased their participation over the past two years. This came in response to a Blue and You Grant from Blue Cross/Blue Shield. At that time Jones Elementary was one of seven elementary schools in Rogers to receive a Sportwall system and an Action-Based Learning Lab. In the last couple of years there has been a commitment to extend the movement opportunities outside of the Motor Learning Lab (gym) walls.

The Action-Based Learning Lab has grown to include seven Exergaming stations which are located in the cafeteria/commons area of the school. The stations include: Dance, Dance Revolution (Wii), Active Life Outdoor Challenge (Wii), Eye Toy (PS2), XaviX bowling, tennis, EyeHand, and J-Mat. These are all available for the students to use when their teachers have them take a 10 minute "Brain Break." New this year are exercise bikes, steppers, a treadmill, and other exercise equipment.

Whatever your holiday meal choices may be, have a nutritious and active plan. Adding color to holiday meals can be fun, appetizing and very healthy! So taste a rainbow this Holiday Season.

[View Carolyn's Healthy Holiday Recipes](#)

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2010 Resource Conference

Join us on October 4-5, 2010 in Overland Park, KS for our 2010 Resource Conference. We've expanded this conference to a 2-day event, allowing for MORE breakout sessions, MORE hands-on knowledge, and MORE time for networking with your peers! Mark your calendars - registration opens December 15, 2009! For more information check www.pe4life.org regularly.

Interested in presenting? Contact Carrie Gibson at cgibson@pe4life.org.

Interested in sponsorship opportunities? Contact Carla Marchetti at cmarchetti@pe4life.org

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Get to know the staff!

This newsletter we asked the staff, what is your favorite holiday tradition or memory?

Carrie Gibson, Events Manager - "We would celebrate Christmas Eve with my mom's side of the family every year, and Santa Claus would actually come to our house to deliver presents to the kids. My siblings and cousins were quite a bit older than me and I was the only "kid" from when I was 5-15 years old. Every year when Santa would arrive, everyone would yell "CAARRRRRIIEEEEE!!" and make me sit on Santa's lap while they take pictures. It terrified me. To this very day, although I am 30+ years old, with children of my own, I am still forced to sit on Santa's lap - just for the entertainment of my family. And I am still a little terrified. It is tradition!"

Shanna Goodman, Communications and Corporate Development Manager - "One Thanksgiving afternoon, my brothers, dad and some family friends decided to play a game of flag football in the front yard of my grandparents' house. All participants were tall, sturdy individuals. I was a scrawny 10 or 12 year old and the only girl on the field. At one point, I had the ball and as all of these huge males came running at me, the look in their eyes told me they'd forgotten it was a game of FLAG football. I dropped the ball and ran the other direction, saving myself from imminent tackle. My family still reminds me of this spectacular display of athleticism."

Nicole Christy, KC Regional Project Manager - "Our family celebrates Christmas and one of my favorite traditions happens the day after Thanksgiving. This day is always reserved for the family to play Christmas music and put up the tree and all of the inside/outside decorations. Emmy Lou Harris's "*Light in the Stable*" album is always first up, usually followed by the Chipmunk Christmas Album. We are true Christmas music connoisseurs! It's a team effort and has lots of happy memories. Now that my sister and I are grown and live in different states, we continue this tradition in our own homes. It really sets off the Christmas Spirit."

Rachelle Gardner, Program Support Coordinator - "A new holiday tradition in my family is to celebrate Christmas and Hanukkah simultaneously. It's always interesting to learn about other traditions and cultures. And of course, the more food, the merrier."

Brenda VanLengen, Chief Design Officer - "Growing up in small-town (Roseland) Nebraska, we always participated in our church's Children's Christmas Program on Christmas Eve at St. Paul's Lutheran Church in Holstein. Skits and Christmas carols were always part of the program. While we were away at church, Santa had found his way to our home, so we opened presents and drank hot chocolate when we got home."

Melanie Sheppard, Marketing Assistant - "Growing up with two older sisters always meant mischievousness. Every Christmas Eve we would shack up in one of our bedrooms and pretend to go to sleep, only to sneak out of the room every 30 minutes or so during the night to try and catch Santa. It didn't take my mom long to figure us out - she slept on the couch every Christmas Eve to keep an eye on us, calmly telling us each time we came out that "No, Santa has not come yet." Oddly enough, every Christmas morning we would wake to find that we had "just missed him, but he says hello and thanks for the cookies."

The goal of physical education at Jones Elementary is to facilitate students to improve motor movement through a variety of movement opportunities. Their students learn to move and move to learn. The focus throughout the curriculum is on aerobic endurance, muscular fitness, individual activities, and creative movement. One particular cross-curricular activity that the K - 2 students enjoy is the Literature Based Locomotor Skills unit. The unit features students moving to such books as Jump, Frog, Jump, Jonathan and His Mommy, Monster Math, and many more. The students move to music, in games, and activities that highlight the books.

An article in Education Week, February 13, 2008 stated, "... children who got good marks on two measures of physical fitness-those that gauge aerobic fitness and body-mass index-tended also to have higher scores on state exams in reading and mathematics." The emphasis on aerobic fitness at their school helped Russell D. Jones Elementary be recognized as a 2008 Arkansas School of Excellence for Improvement. In the fall of 2009, 67% of the students recorded improved times on the mile run. With the help of PE4life and the Blue and You Foundation, they are changing the health and fitness culture of the students at Jones Elementary.

Want your school's PE program to be featured in our newsletter? Send a brief description of why your PE program deserves the spotlight to msheppard@pe4life.org

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Funding Resources

Submitted by:
Jason Robinson
Development Coordinator & Federal Grant Manager
PE4life

In the school setting, your fiscal year is setup to coincide with the academic calendar, but many funders are now making their end of year plans or even planning their giving for next year, which makes now prime time for seeking funding!

See below for some potential fundraising ideas and opportunities for your program. For first time fundraisers be sure to take advantage of the PowerPoint "Fundraising on a Dime" from a presentation at PE4life's Resource Conference last month.

We will continue to build this funding resource for you, but we'll need your help! Please share any good funding resources to include in the next newsletter by sending opportunities to jrobinson@pe4life.org.

[PE4life Fundraising PowerPoint](#)

National Fund Opportunities

[Health Impact Project](#)

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Jason Robinson, Development Coordinator and Federal Grant Manager

- "My favorite holiday memories are the ones with family nothing funny or interesting, just spending time with family. However, this year with my two sons (5 and 3 years old) and their cousins (7, 5, 5 and 3 all boys) we are starting up the Robinson invitational flag football game. Winner will get bragging rights all year."

Brent Akright, National Project Manager - "While decorating the home for the holidays is an important holiday tradition for many families, the way in which we decorate our Christmas tree has become an especially important part of our family tradition. Years ago my wife, Becky, and I decided to make sure that each of our three sons had a key role in decorating the tree, which we normally do over Thanksgiving weekend. Our tradition started when our oldest son, Tim, was just three years old, and we asked him to top off the decorating by placing the angel on the top of the tree. I would hold Tim up above my head the first several years so that he could reach the top of the tree, and then as he grew taller he moved from stepladder to chair to stool. Now a fully grown man of 27, he easily reaches the top of the tree himself while standing flatfooted.

When our second son, Andy, grew old enough to join in the decorating, he was asked to put the first ornament on the tree. Now 24, he has begun the ornament placement every Christmas since, usually with a new ornament that was specially selected for him, another of our Christmas traditions. Our youngest son, Danny, now 21, slides the first present under the tree, often being very strategic (or ornery!) in his selection and placement. As each item is added - ornament, present, or angel - we take a photo or two to record the moment.

Over the years as each of our sons has gone off to college or moved out of our home, the timing has been thrown off a bit, but we've always stuck to tradition. Some years the top of the tree remains bare until just before Christmas when Tim can get by to place the angel, or presents stack up in an adjacent room until Danny arrives home to slide the first one under the tree. But they each know their role, and that they have an important part to play in order for our Christmas tree to be complete. And, of course, we have a collection of photos from across the years that record not only a measurement of their individual growth, but an ongoing family tradition as well."

Teresa Dilley, Program Support Manager - "One of my favorite Holiday memories as a very young child was waking up very early on Christmas morning (3:30 am). My brother and I would be so excited our teeth would be chattering and we could not go back to bed and we would wake up our parents. My dad had a Super 8 (1960's!) that required the big bright flood lights. My mom would cover our eyes and walk us to the living room where the tree and presents were and then uncover our eyes to let us see. It always *felt* shiny and magical. The lights added to that sense of wonderment."

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Sponsor Spotlight

Enter to win a Railyard Conditioning Course!

Railyard Fitness is giving away an award winning, indoor Railyard Conditioning Course, worth over \$3500.00. On January 15, one professional fitness or physical education subscriber to our monthly newsletter, the "Railyard Depot" will win a Railyard.



To enter, visit www.railyardfitness.com, sign up for the free monthly newsletter, nothing to buy or commitment required.

When you sign up, you will also receive a link to our 76-page children's functional fitness training manual you can download free. The manual contains over fifty, fun, and functional exercises that will build core strength, improve cardiovascular fitness, coordination, balance, agility, flexibility, joint stability, and posture. Eight workouts are included that require no equipment, just the desire to provide a fun workout that will build a child's foundational and athletic skills, and self-esteem. We also have twenty of the exercises on printable circles that can be downloaded free. Print them and set these free exercise "Signals" out on the floor, tape them to a cone or wall, and they will guide your students through the exercise

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program that everyone's talking about.

Railyard Fitness is committed providing you the tools to improve the health of our nations children, and is proud to offer these products to fitness and physical educators at no charge. [Read more.](#)

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2009 WSSA StackUP!



The World Sport Stacking Association hosted its annual StackUP! event on November 12th. Schools and organizations all over the world participated in the "Most People Stacking at Multiple Locations in One Day", a Guinness World Record Day event, aiming to break the

2008 StackUp! record of 222,560 stackers.

Among these schools, was Kansas City PE4life Onsite Training Center - Woodland Elementary School. More than 300 K-8 students partipated in this even throughout the day. Woodland was also selected as a member of the 2009 All-Star Team and was awarded a set of Speed Stacks Jumbo Stacks and a STACK UP! All-Star certificate.

Check the World Sport Stacking Association web site (www.worldsportstackingassociation.org) for the number of stackers that participated.

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PE4life is online!



Looking for that perfect holiday gift? Give a "Friend of PE4life" membership! Click [here](#) to learn more!

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