

SPRING 2001

Comprehensive
Health
Education
Foundation



@ a glance

Welcome to the spring issue of *School-aged Youth K-12 @ a glance*. This newsletter will inform you about Comprehensive Health Education Foundation's (C.H.E.F.®) school health initiatives, current information, and resources on health. If you have any comments or suggestions about this newsletter, please e-mail Jerry Warren (jerry-w@chef.org) or Julie Peterson (julie-p@chef.org).

The Second Annual Institutes on School Health and Fitness

It is with great pleasure and enthusiasm that we partner again with the Office of the Superintendent of Public Instruction to offer the Second Annual Institutes on School Health and Fitness as part of their 2001 Summer Institutes.

"Health and Fitness are Academic: Putting Essential Learning Into Practice" is the theme of the health fitness strand. In this strand, you will receive direction and strategies to design curriculum, assessment, and instruction to give students opportunities to meet the health and fitness essential academic learning requirements (EALRs). We look forward to seeing you at one of the institutes.

You can access more information on the OSPI Web site at: www.k12.wa.us/conferences/sinst/default.asp, or contact the following people:

Pam Tollefsen: 360-586-0245
(e-mail: pamt@ospi.wednet.edu)

Cathy Fromme: 360-586-1185
(e-mail: cfromme@ospi.wednet.edu)

Jami Martonik: 360-586-2506
(e-mail: jamim@ospi.wednet.edu)

Jerry Warren: 206-824-2907
(e-mail: jerry-w@chef.org)

continued on page 2

The Second Annual Institutes on School Health and Fitness (continued)

Institutes Dates/Locations	
June 20, 21 and 22, 2001	Spokane School District Shadle Park High School
June 28, 29 and 30, 2001	Yakima School District Davis High School
July 25, 26 and 27, 2001	Tumwater School District Black Hills High School
August 2, 3 and 4, 2001	Shoreline Center Shoreline
August 6, 7 and 8, 2001	Puyallup School District Emerald Ridge High School

Physical Activity a Crucial Component of a Healthy School

Obesity affects 1 in 5 children in the United States. We know that a healthy child is a better learner and our schools must rise to the occasion. Physical activity has a significant role in the promotion of a healthy social and emotional environment. Not only do our children win, but also our schools will gain an increase in educational achievement. Through physical activity programs in our schools, children will learn the importance of incorporating exercise into their daily activities and recognize the lifelong benefits. How is your school doing? Does your PE program need some new activity ideas? What is the next step? Here are some resources to get you started:

RESOURCES:

PE Links

<http://www.pelinks4u.org>

This Web site is a wealth of information. It contains a PE forum, information on integration of physical activity and other subjects, technology in PE, coaching, activity ideas, and health and fitness.

PE Central

<http://www.pe.central.org>

PE Central's Web site contains lesson ideas, assessment ideas, best practice programs, book and music recommendations, top Web site list, a newsletter and much more.

New President's Council Web Site

<http://www.fitness.gov>

The President's Council on Physical Fitness and Sports has a new web site. Check it out!



Leadership Program

C.H.E.F.® is proud to announce that participants and schools have been selected for its new program, *Healthy Schools Leadership Program*. This five-year program will prepare and support these individuals to lead teams that will make their schools healthier for staff and students. C.H.E.F. will provide professional development, technical assistance, support, and networking opportunities for these leaders. This is an exciting program! Please help us congratulate and support these leaders:



- **JoAnn Hamilton**, Family and Consumer Science Teacher
Columbia High School, White Salmon, WA
Timothy McGlothlin, Principal
- **Karen Stolworthy**, Science/Health Teacher
Eisenhower Middle School, Everett, WA
David Jones, Principal
- **Patricia Benavidez**, PE Specialist
Evergreen Elementary School, Spanaway, WA
Michael Sandler, Principal
- **Kathleen Dooley**, Science/Wellness Teacher
Kulshan Middle School, Bellingham, WA
Sherrie Brown, Principal
- **Ted Vaughn**, K-12 Coordinator Fitness and Health/PE Teacher
Olympic High School, Bremerton, WA
Robert Barnes, Principal
- **Springy Yamasaki**, Health and Fitness Teacher
Skyridge Mid School, Camas, WA
Joe Sosky, Principal



*Program participants
and facilitators*

Adolescents and Ecstasy

Ecstasy is one of the many slang terms for the brand name MDMA or Methylenedioxyamphetamine. It is a synthetic compound with stimulant and hallucinogenic properties, and its effects are potentially life threatening. Ecstasy is gaining in popularity because it is inexpensive and easily accessible. It is most often taken in pill form. The tablets are frequently branded with symbols, such as the Nike® swoosh, caricatures, and CK®.

Ecstasy is considered a "Club Drug." This term refers to drugs being used by young adults at all night dance parties, such as "raves" or "trances," and in dance clubs. Like all club drugs, ecstasy is a combination of other illicit drugs. Because many different recipes are used to make ecstasy, the risk of death and permanent brain damage is heightened when some substances are combined.

The current "Monitoring the Future" survey shows a continuing downward trend in overall illicit drug use among youth, but reveals a significant increase in ecstasy use. The survey of 45,000 students in grades 8, 10 and 12 between the years 1999–2000 found the following:

- Among 8th graders ecstasy use increased from 1.7% to 3.1%.
- 10th graders' use of ecstasy increased from 4.4% to 5.4%.
- 12th graders' use of ecstasy increased from 5.6% to 8.2%.

There was a particularly large increase in ecstasy use this year among 12th graders in the west, where 14% of the 12th-graders now report using ecstasy during the prior 12 months.

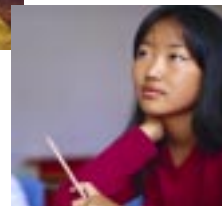
Signs of Use

- Reduced inhibitions
- Sweating
- Elevated vital signs
- Happy and friendly (increased)
- Continuous speech
- Tremors
- Heightening of all senses
- Grinding of teeth

For more information, please call your local county prevention coordinator; the Washington State Drug and Alcohol Clearinghouse at 1-800-662-9111; go on-line to the Join Together Web site at www.jointogether.org; or check Monitoring the Future's Web site at www.monitoringthefuture.org.

"The significant problems we have cannot be solved at the same level of thinking with which we created them."

— Albert Einstein



Resources

Sites Provide Information About Intolerance and Guides Against Bias

Two new Web sites, backed by donations from a *Fortune 500* company and federal agencies, are harnessing the power of the Internet to provide visitors with information about intolerance and action guides for overcoming bias. The Southern Poverty Law Center, working with Internet design firm, Razorfish, recently launched their Web site: www.tolerance.org.

The site is funded in part by a \$1.6 million donation from the Cisco Foundation, the philanthropic branch of Cisco Systems, Inc. The company also donated network equipment to the center. Yahoo® will begin marketing the Web site throughout the Yahoo network for no charge by the end of the month.

In addition, a coalition of three civil-rights organizations is using a \$1 million government grant to launch a Web site educating youth about hate crimes. The U.S. Departments of Justice and Education are funding the outreach campaign from the Anti-Defamation League (ADL), the Leadership Conference Education Fund and the Center for the Prevention of Hate Violence (CPHV). The centerpiece of the coalition's education campaign is a new interactive Web site: www.partnersagainst hate.org.

The site aims to provide information to youth, parents, teachers, youth-service professionals, librarians and law-enforcement officials.

Source: Carl Montoya, U.S. Health and Human Services, HHS-HEO Communities Digest, April 2001



"Every student has a right to feel safe and welcomed in his or her school."

*— Sue Swain, Executive Director,
National Middle Schools Association*

More Resources

The American Cancer Society (ACS) provides the following useful reading:

Improving School Health: A Guide To School Health Councils

This book helps communities to continue their work in school health advocacy and to encourage involvement in school health councils or other related committees guiding policy and program at schools. This guidebook provides a comprehensive overview of published research to date on the structure, function, and role of a school health council. It should be utilized for training and planning purposes at the local level.

Eat Smart with Fruits and Vegetables

Eat Smart with Fruits and Vegetables has been redesigned as a convenient pocket guide for selecting, storing, and serving fruits and vegetables. It features the fruits and vegetables included on the "Reduce Your Risk" poster, and makes a nice companion piece to this popular item.

Cooking Smart

This book contains information about preparing meals that meet the ACS nutrition guidelines. It includes shopping lists, quick menu suggestions, tips on recipe make-overs, and new recipes from the ACS Healthy Eating Cookbook.

www.cancer.org
1-800-ACS-2345



DON'T FORGET . . .

C.H.E.F.'s Next Grants Cycle Deadline is September 30!

C.H.E.F. will consider grants for school-aged youth in the following areas:

- to provide support and foster leadership for school health programs
- to support and enhance health education efforts in schools
- to develop community support for school health programs

You can learn more about our process and access guidelines, frequently asked questions, applications, and view past grant recipients on our Web site: www.chef.org/grants.htm.

If you would like to receive a grant application packet, please call Sue Haughton at 206-824-2907, or e-mail her at sue-h@chef.org.



Conference Dates to Remember

July 18-20, 2001

National Prevention Institute
San Diego, California

For more information, go to www.chef.org or call C.H.E.F.® at 1-800-323-2433.

October 19-20, 2001

WAHPERD (Washington Alliance for Health, Physical Education, Recreation and Dance)
Pasco, Washington

For more information, please contact Bob Melson at 1-800-501-7348.



Beth Olenchek

C.H.E.F.® is proud to announce the addition

of **Beth Olenchek** to our staff.

Beth received her Bachelor's degree in pharmacy from the University of Wisconsin. She spent the ten years following graduation as a pharmacist and researcher. Beth spent 1996 as an Americorp-VISTA volunteer in the public health field. Prior to her arrival at C.H.E.F., Beth worked in adolescent health education.

She will be involved in the Second Annual Institutes on School Health and Fitness, the Healthy Schools Leadership Program, and CDC's Health Promoting Schools conferences.



If you have comments or suggestions about this newsletter, please e-mail them to: Jerry Warren (jerry-w@chef.org) or Julie Peterson (julie-p@chef.org)

This newsletter and information about our initiatives can be found on our Web site at www.chef.org.