

Networking Newsletter

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President's Message

By Donna Wethington



Great job to all of our FSHA members as we celebrate the end to a great year and a successful FSHA Conference! I want to thank the Executive Board and the conference committee chairs for all their hard work and dedication. We had a fantastic line up of speakers with a variety of topics that everyone enjoyed. Belonging to a professional organization such as FSHA helps us to build on our skills, increase networking opportunities, and most importantly establish friendships. We come together to learn more about our profession but leave each FSHA event with a stronger unity and commitment to achieve our goal of educating and caring for the health and well being of our youth.

I also want to personally welcome four new board members who have made the commitment to serve on our executive board. Robin Chapman (Polk County) and Debra Kirby (Seminole County) will serve as the representatives for Health Services to strengthen our communication link with the departments of education and health. Tricia Goulet (St. Lucie County) has volunteered to serve as one of our Area Representatives and Sharmila Maragh (St. Lucie County) has taken on the responsibility of our membership chair. Please extend your appreciation to our new board members for so willingly taking on these responsibilities to serve as a representative of the Florida School Health Association, Inc.

Save the Date – May 10-11, 2012 for the Annual FSHA conference & training. Our theme is "Bridging the Gap, Healthy Students = Successful Learners". Please make sure you have provided us with your feedback on how the 2011 conference topics were received and any ideas for topics and speakers for the 2012 conference are welcome. We look forward to seeing each of you again next year and thank you for your support!

Have a great summer, a wonderful beginning to the 2012 school year, and remember to take some time to provide that tender-loving care you give so much of to our families and children to take care of yourself too.

Donna Wethington

FSHA President





“The news release highlights a program to boost heart health in students at a middle school in Michigan. It was so successful that it's being expanded to about 20 middle schools in the state, researchers say.”

School Intervention May Improve Kids' Heart Health Long Term

American Heart Association Meeting Report

Study Highlights:

- A program to educate students about heart-healthy lifestyles resulted in significant improvements in middle school students' cholesterol levels and resting heart rates, including four years of follow-up.
- Students continued to experience health benefits, make better food choices and participate in physical activities after the intervention, suggesting that such a program could decrease cardiovascular disease and diabetes risks.

WASHINGTON, D.C., May 13, 2011— Middle school students who were offered healthier cafeteria food, more physical education and lessons about health choices improved their cholesterol levels and resting heart rates, according to research presented at the American Heart Association's Quality of Care and Outcomes Research 2011 Scientific Sessions. Click on the link below for the full story.

<http://www.newsroom.heart.org/index.php?s=43&item=1340>



Vending Machines Too Sweet

By Michael Peltier

The News Service of Florida

THE CAPITAL, TALLAHASSEE, May 18, 2011.....Florida Agriculture Commissioner Adam Putnam said Wednesday he may shut down or restrict the use of vending machines in public schools in response to what he says is a public health epidemic of obesity that left unchecked will cost the state millions in health care costs. Click on the link below for the full story.

http://www.newsserviceflorida.com/cgi/as_web.exe?rev2011+D+4774176

Sale of Bath Salts Banned

Gov. Rick Scott signed a bill to permanently ban the sale of "bath salts" (synthetic cocaine with names such as Ivory Wave.) The substance had been temporarily banned by an emergency order issued by Attorney General Pam Bondi. Click below.

<http://www.wtsp.com/rss/article/194789/19/Bath-salts-welfare-drug-testing-bi>

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FSHA believes that the ability to learn at school is directly related to the status of the student's health and that all children and youth have a right to have emergency health needs safely met while in the school setting.

We're on the Web!

www.fsha.net

Project Grow Promotes Healthy Eating

By [ANDREW ABRAMSON](#)

Palm Beach Post Staff Writer

Updated: 1:33 p.m. Friday, May 27, 2011

WEST PALM BEACH — Children aren't the targeted audience of a grocery store's produce section, and the few kids who might prefer a carrot to a candy bar probably don't think about where or how their vegetables are grown.

A new program through the Center for Creative Education, Project Grow, is aiming to change that mind-set. In Project Grow, elementary school kids grow their own vegetables in an urban setting, promoting healthy eating.

<http://www.palmbeachpost.com/news/project-grow-aims-to-help-west-palm-kids-1497089.html>

Lazy Cakes Dangerous for Children



Lazy Cakes, a 2.5-inch square, half-inch thick brownie sold individually for \$3 to \$4, has enough melatonin in it to put an adult into a deep sleep overnight. The concentration of the substance is dangerous for small children. Although supposedly for adults, these products are sold with a wrapper that has a cartoon mascot that attracts kids like a Hostess Twinkie character. A disclaimer on the mylazycakes.com website says the brownies are for adults only. "These are not a snack for children. These are meant as a dietary supplement to aid adults who lead a stressful, energy drink-fueled lifestyle to wind down and relax," said the site, presented by Memphis-based distributor Baked World.

Lazy Cakes as Marijuana Substitute

By Holly Gregory, Reporter

Last Updated: Wednesday, May 18, 2011 2011/05/18

PINELLAS PARK --

A store owner in Pinellas Park has found an alternative to marijuana and the now-banned synthetic marijuana for his customers -- Lazy Cakes. "If you can't get marijuana, this is the next best thing," store owner Randy Heine said.

Click here to read the full article

<http://www.cfnews13.com/article/news/2011/may/247129/Store-owner-sells-Lazy-Cakes-as-marijuana-substitute>



The Challenge is a communications initiative of the U.S. Department of Education's Office of Safe and Drug-Free Schools (OSDFS). Center for the Study and Prevention of Violence produces The Challenge with funding from an OSDFS grant.

Is Our School Climate Positive?

From *The Challenge*, Office of Safe and Drug-Free Schools

Learning occurs within a mix of students' cognitive and emotional abilities, social influences and environmental factors, most of which interplay with the school's climate. We know that there are many paths to learning and we know that the school climate sometimes helps and sometimes hurts the process. When we take a closer look at a school's climate, we are able to objectively identify areas that need attention so students are better able to learn.

The overarching conditions for learning that influence school climate—school engagement, school safety and school environment—are flexible enough that any school, no matter its size, location or budget, can monitor and take steps to improve them. Click below to read the full article.

http://www.thechallenge.org/16_4_school_climate.html

Professional Development Opportunities

From the Florida Department of Education

Comprehensive Health Education

Summer Academy for Teachers of Health Education. Look for registration booklet under Upcoming Events for the Office of Healthy Schools, by June 7, 2011, at the following link: http://www.fldoe.org/BII/CSHP/h-events_training.asp. Registration period is very short – June 7th – June 12th – only 30 spaces.

Office of Healthy Schools

<http://www.fldoe.org/BII/CSHP/>

HIV/STD Prevention Professional Development and Upcoming Events

http://www.fldoe.org/BII/CSHP/Education/HIV_STD/professional.asp



FSHA 2011 Award Winners

Congratulations to the 2011 FSHA Award Winners

Linda Glover – Sarasota County
School Nurse Supervisor of the Year

Kathy Sellgren – Suwannee County
School Nurse of the Year

Brandon Salinas – Pinellas County
School Health Educator of the Year



Florida School Health Association

2012 Annual Conference and Training

www.FSHA.net

Save the Date

Date: May 10-11, 2012

**Location: Embassy Suites
Orlando North**

**2012 Florida School Health Association
Annual Conference and Training**



Bridging the Gaps

Healthy Students = Successful Learners

Please Plan to Attend!