



Kathleen A. Donovan
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

Spring 2012

Board of Chosen Freeholders

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Featured Resource

The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

Does classroom physical activity detract from academic achievement? Not according to this report, developed for the Centers for Disease Control and Prevention (CDC). Across 50 studies, the research supports the positive relationship between school-based physical activity and academic performance.

Physical activity was broken down into physical education, recess, classroom-based physical activity and extracurricular physical activities. Academic performance was reported as academic achievement, academic behavior and cognitive skills and attitudes. Across the 50 studies and a total of 251 associations, only 1.5% were negative!

The report can be downloaded at: http://www.cdc.gov/healthyyouth/health_and_academics/

If you prefer, request the Executive Summary on the order form on the back.

Summer Safety

Don't let accidents and avoidable illnesses spoil your students' summer. Bring these visuals into your class to help them.

I'm Safe! Walk with Me

This fun and interactive video teaches pedestrian and school bus safety. Colorful animation and lively songs teach children to be prepared; be visible; cross streets safely; recognize signs and signals; stop at curbs and corners; be safe around a school bus and more. Intended for children 4 - 8.

DVD, 10 min.

Request: AV DVD IC03



Wild about Safety: Safety Smart in the Water!

Timon and Pumbaa help students learn that fun in the water starts with safety. Armed with their Safety Smart Checklist, they identify valuable water safety lessons like checking for a lifeguard, reading all posted safety signs and looking before leaping in. A 2009 Parents' Choice Recommended Product; intended for grades K-3

DVD, 11 min.

Request AV DVD IC04

Asthma and Allergy Awareness Month

Each year, the Asthma and Allergy Foundation of America declares May "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy sufferers and a perfect time to include this important subject in your classroom!

A is for Asthma

Elmo and Rosito's new friend, Dani, sometimes has trouble breathing. Discusses triggers and the importance of taking prescribed medication. Includes a 3-step action plan if a friend coughs or sneezes. Also online at www.sesameworkshop.org. Best for preK to 1.

VHS, 15 min.

Request: AV MCH48

May is Lyme Awareness Month

Most cases of Lyme disease occur in the late spring and summer. Protect yourself from tick bites by avoiding areas with a lot of ticks, checking your skin and clothes every day and using approved insect repellents. Protect your students by including information on Lyme disease in your health classes.

Lyme Disease: Facts for Kids

Luis from Sesame Street and the muppets present two segments, Dr. Ticked-Off & His Tick Patrol for grades K-4 and WTIK: Do A Tick-Check for grades 5-8. Both are also included in Spanish. Includes preventing tick bites, tick removal and information about Lyme disease. Produced by the Lyme Disease Foundation, Inc. in conjunction with the Centers for Disease Control and Prevention.

VHS, 18 minutes, each segment

Request: AV MCO16



Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895
www.bergenhealth.org • 201-634-2709

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

Fruit & Veggie Color Champions - Full-color bookmark with kid-friendly tips to become a Fruit and Veggie Color Champion! Graphics are designed to appeal to kids.

Sports and Tobacco - A full-color brochure intended for tweens and teens. Highlights ways that smoking hurts athletic performance. Points out that spit tobacco is not a safe alternative.

Have Food Allergies? Read the Label - This one-page flyer produced by the Food and Drug Administration explains what information is required on packaged foods. Explains the difference between the ingredients list and the "Contains" statement. Also clarifies the meaning of "Contains" versus "May Contain."

Asthma: Take Control! - A black and white crossword puzzle to reinforce messages about asthma. Words include active, airways, cigarette, episode and more.

Sun Safe Search! - A black and white word search. The hidden phrases are tips for playing safely in the sun.

Wear a Helmet on Every Ride! - There are never too many reminders about the importance of wearing helmets every time you ride. This black and white coloring sheet has pointers for parents on the back.

Name: _____

School/
Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ email: _____

Mail your completed form to:

Health Promotion Resource Center / Bergen County Department of Health Services
327 E. Ridgewood Avenue ■ Paramus, NJ 07652-4895

The Department of Health Services is scheduled to move to Hackensack in 2012. DO NOT mail requests without calling first. Email addresses and phone numbers are not expected to change. The fax number will be automatically forwarded.

Forms may also be faxed to 201-986-1068. ATTN: Resource Center

Handouts

- Indicate the quantity of each that you would like:
- _____ Fruit & Veggie Color Champions (limit 50)
 - _____ Sports and Tobacco (limit 50)
 - _____ Have Food Allergies? (limit 100)
 - _____ Asthma: Take Control! (limit 200)
 - _____ Sun Safe Search! (limit 200)
 - _____ Wear a Helmet on Every Ride! (limit 200)

Videos

- Indicate your first choice for a date or call (201-634-2709) to ask about scheduling these visuals:
- _____ I'm Safe! Walk with Me (AV DVD IC03)
 - _____ Wild about Safety: Safety Smart in the Water! (AV DVD IC04)
 - _____ A is for Asthma (AV MCH48)
 - _____ Lyme Disease: Facts for Kids (AV MCO16)

Featured Resource

Check to receive a single copy:

- _____ *The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance*

Video Borrowing Policy

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days
Courier delivery is available for school personnel.