



# Newsletter

December 2014

## Let's Move! Cambridge

*America's Move to Create a Healthier Generation of Kids*

This issue highlights some of the terrific work being done across Cambridge to engage kids in healthy eating and physical activity.



### HydroBoosts: Now in Cambridge Public Schools!

Water fountains or bubblers are a great way to enjoy Cambridge tap water, but it can take a while to fill up a container from the fountain. Thanks to new HydroBoost filling stations, it's now easier than ever for students and staff in four Cambridge public schools to drink water.

"I think it's really great for the kids and the staff, because they've had containers but feel like it's difficult to fill them up," says Kristen von Hoffman, Sustainability Manager for the school district. "Now it's easy to hydrate, and reduce waste along the way."

At zero calories and available for free all over the city, Cambridge's "wicked good" tap water is the perfect healthy beverage choice!



## Jump with Jill

Three Cambridge schools were recently visited by a rock star... a nutrition rock star! This October, elementary students from the Fletcher Maynard Academy, the Kennedy-Longfellow School, and the Peabody School enjoyed a performance of "Jump With Jill," a show featuring the rock 'n roll alter-ego of professional musician and dietician [Jill Jayne](#), MS, RD. With DJ Jeffy on backup, Jill kept the kids moving on their feet with tunes like "Healthy is Good for Me," "Superpower Vegetables," and "The Beat of the Body."

According to Jill, her show "creates a world where healthy is not just an important thing to do, but the cool thing to do." Jill also shared copies of her music with the schools, so kids can keep dancing to a healthy beat all year round!



## DHSP's Summer Food Service Program

Every weekday this past summer, Cambridge youth were able to receive a free lunch, take part in fun exercise and dance activities, and connect with great books. The [Cambridge Summer Food Service Program](#), run by the Department of Human Service Programs, operated in five parks around the city: Danehy Park, Hoyt Field, Sennott Park, Greene-Rose Heritage Park, and Gold Star Mother's Park.

Kids and teens enjoyed tasty, nutritionally balanced lunches provided by Sidekim Foods of Lynn. Staff also led an hour of varied exercise activities before lunch, including African dancing with live drums, sack races, soccer, and Zumba.

Participants also benefited from the Agenda for Children Literacy Initiative's Book Bike, which brought free books and activities for all ages to selected park locations throughout the week. Thanks to the Book Bike, lunches given out per day at one location increased from 5, in 2013, to 35 this

year!

This fall, City employees Kathy Mitchell and Carla Grajeda were honored by Mayor Maher with Food Hero awards in recognition of their terrific work increasing Cambridge's Summer Food Program participation.

Keep an eye out for the healthy fun to continue in summer 2015!



## **Salad Extravaganza!**

Students in Jolene Stewart's 5th grade class at the Haggerty School recently had the opportunity to learn about biology and nutrition, all at once. As part of their unit on plant science, the kids took on a challenge set by First Lady Michelle Obama herself to create a salad including each part of a plant: the roots, stems, leaves, flowers, and seeds.

After creating fun-filled, imaginative salads from the fictional garden, the students received help from Farmer Greg to make their own delicious real-life salads harvested from the CitySprouts garden at Haggerty! The kids worked together to chop, wash, and toss tomatoes, carrots, parsley, chives, lettuce, and more. According to participants Lucy A. and David B., "Everyone loved their school-made salad! Everyone felt proud to have made their very own salad."

Jolene felt the lesson got through to even her most veggie-skeptical students: "I thought it was funny that students whose first reaction had been, 'I don't want to eat salad!' eventually ate some of the salad. I think they had so much fun putting it together...or just wanted to taste the salad dressing."

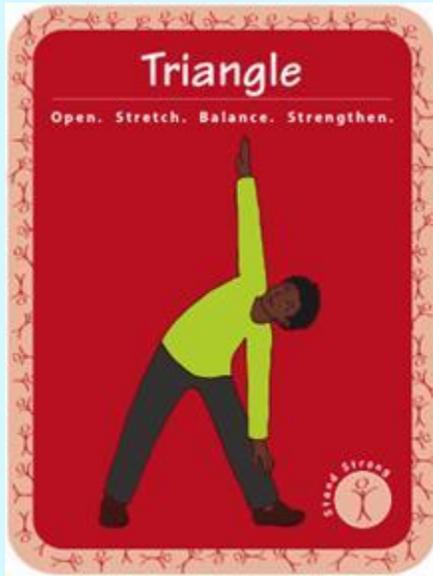


## Edible Math at the Tobin School

Everyone knows math can be useful, but one classroom at the Tobin Elementary School recently discovered that it can also be fun, healthy, and delicious! When she was given the opportunity to provide her son's mixed-grade (first through third) class with a nutritious snack, Tobin parent Jenn Oberhauser realized she could feed the students and help them learn a fun and stimulating math lesson at the same time. "I just visualized them doing math while munching on healthy snacks," she says.

Jenn, also known as local children's performer Jenny the Juggler, used her entertainment skills to come up with fun math problems that encouraged the kids to play with both their food and their brains. For example: "Gavin's mom cut 8 apples into 12 pieces each; how many pieces of apple are there?" Or this spooky, particularly Halloween-appropriate question: "If 28 ghosts have two eye sockets each, how many eye sockets do they all have?"

The snacks helped students get excited about math and nutrition, and Jenn realized it can be easy to come up with little lessons that fit into kids' daily lives.



a card from the Yoga for Classrooms deck

## Yoga for Classrooms

Classroom teachers are skilled at showing students how to stretch their minds...but what about their bodies? A new initiative at Cambridge Public Schools is doing just that. A series of two workshops recently brought together a total of forty teachers who work with kids from pre-K to high school seniors, training them to use Yoga Movement Breaks with their students during the school day. Striking one of the yoga poses—which include breathing, strength, and de-stressing—is made easy with the Yoga for Classrooms card deck's 67 simple exercises that can be done at students' desks or tables without any special equipment.

Research shows that physical and mental relaxation helps increase the ability of kids to concentrate and learn. One Cambridge teacher who tested the yoga exercises with her classroom reports: "Most of the students were able to concentrate on their own breathing, and appeared to be calm after it. Not only calm, they were more receptive as well." The program has attracted so much interest that three more workshops to train teachers have already been scheduled.

**For more information about the *Let's Move!* campaign in Cambridge, please visit the Cambridge Public Health Department's [website](#).**

**Josefine (José) Wendel, MS, RD**

*Let's Move!* Coordinator

[jwendel@challiance.org](mailto:jwendel@challiance.org)

Cambridge Public Health Department

119 Windsor Street

Cambridge, MA 02139

Phone - 617-665-3765

Fax - 617-665-3876