



Let's Move! Cambridge
America's Move to Create a Healthier Generation of Kids

Newsletter

Spring 2013

Let's Move Cambridge

As the school year draws to a close, we are highlighting some of the innovative practices that local *Let's Move* partners have recently implemented to promote healthy eating and physical activity.



BOKS at the Peabody School

This spring, the Peabody School implemented the Build Our Kids' Success (BOKS) program. BOKS is based on research by Dr. John Ratey and others which shows that moderate to vigorous physical activity stimulates brain function and helps students to be ready to learn. BOKS, organized by parents with technical support from Physical Education teacher Jaime DiIulio, has been meeting before school on Tuesdays and Wednesdays from 8:05 to 8:45 a.m. in the Peabody School Gymnasium since March. Since students are only allotted 90 minutes of P.E. per week, this program will help students reach the recommended 60 minutes of daily vigorous physical activity.



"BOKS is so much fun – we get to exercise, play all new different games, meet new friends, and play with new people. We also learn about nutrients and how to keep our bodies healthy. I love BOKS because it's making me healthier and it's so much FUN!!!" – *Kindergarten Student*

"BOKS has been an amazing addition to the Peabody School. The students love the program and have made many new friends. Students also talk about how much "healthier" they are getting as a result of participating in BOKS. We love this program because it gets kids excited about exercise. BOKS also emphasizes teamwork and cooperation which is great. BOKS rocks!" – *Peabody*

Teacher

For more information about BOKS, visit <http://www.bokskids.org/>.



Weekend Backpack Food Program at the Tobin Montessori/Vassal Lane Upper School

With funding from the Cambridge Health Alliance Pediatrics group and the Friends of Tobin School, and donations from Food for Free and Whole Foods, the weekend backpack food program at the Tobin Montessori/Vassal Lane Upper School is off to a successful start! The program, designed to help families when school meals are not available, has been distributing weekly backpacks with healthy food to 13 students this spring.

The backpacks are distributed by school counselors, who have received phone calls and emails from families grateful for the support. "One family reported that receiving the food really helped them make ends meet in an especially stressful time (financially and mentally), since they recently found out they were going to lose their housing," reports Ian Kenney, Tobin counselor. This program has also shown promise as a vehicle for family engagement and communication. For more information, email alannamallon@gmail.com.



Free tap water! New dispensers at Baldwin and Graham and Parks Schools

Kids need to stay hydrated to learn and be active. As a result of collaboration between Cambridge School Food Service and the Cambridge Public Health Department, water dispensers on rolling carts in two Cambridge school cafeterias have been an effective and simple way to encourage children to drink water.

The Baldwin and Graham and Parks schools were chosen because they do not have built-in water bubblers in the cafeteria. Chilled tap water is used to fill the dispensers and recyclable cups are made available to the students.

The students liked the water: "I was thirsty, this water tastes so good!" said one enthusiastic first grade student who had just come inside from recess. Kids quickly learned to fill the cups from the dispensers themselves without spilling the water, and to save their cups and come back for refills.

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

**Josefine (José) Wendel, MS, RD
Let's Move Coordinator**

jwendel@challiance.org

Cambridge Public Health
Department
119 Windsor Street
Cambridge, MA 02139
Phone - 617-665-3765
Fax - 617-665-3876