



Strong minds. Strong bodies. Strong schools.

A partnership of the RI Departments of Education and Health
with funding from the Centers for Disease Control and Prevention

thrive report Vol. 1, Number 1, January 2007

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THE CORE ISSUE

Who says resolutions have to be hard? Here are some you can keep all year long.

7 Resolutions for a Healthy School in '07.

- 1. Take a break.** For two minutes at least twice a day we'll get out of our seat and shuffle our feet to get our hearts pumping.
- 2. Bye bye brownies!** Our fundraisers will feature healthy, inventive snacks, not the usual bake-sale suspects.
- 3. Bullies back off!** We'll step in when bullies act out.
- 4. Cold is cool.** Warm yogurt is so 2006. The thermometers in our refrigerators will read between 33 – 40° F.
- 5. Quitters do win** – when what they've quit is smoking. We'll help students and staff stop once and for all.
- 6. Love and learn.** Healthy relationships can be taught, and we'll teach the best we can.
- 7. Everybody thrive!** Our students and staff will benefit from a school improvement plan that promotes health in 2007 and beyond.

For resources and more details on how you can help keep your 2007 resolutions for your school, go to www.thriveri.org/resolutions.html

thrive: by the numbers

100 million The estimated number of Americans who will make some kind of resolution this year.

65 The percentage of Americans who make their resolutions between Dec. 28 and New Year's Day.

222 The number of people in a survey whose resolutions focused on adding or increasing a behavior or practice, such as exercising or reading.

45 The number of people in the same survey whose resolutions focused on decreasing or dropping a behavior or practice, such as stopping smoking or overeating.

3 or more: The number of resolutions made by the majority of people surveyed.

17 The percentage of people who took six attempts to successfully meet their New Year's Resolutions.

Source — Elizabeth Miller, University of Washington, and Alan Marlatt, director of the university's Addictive Behaviors Research Center, 1997.

JANUARY'S FOCUS

Welcome to the first edition of the **thrive report**. We hope in the months ahead that both educators and families will find in our pages good ideas, news-you-can-use and pointers to help create strong minds, strong bodies and strong schools.

At its core, **thrive** is about underscoring the link between health and academic achievement.

Formerly known as Healthy Schools! Healthy Kids!, **thrive** is Rhode Island's Coordinated School Health Program, a partnership between the Rhode Island Departments of Education and Health. Funded since 1994 by the Centers for Disease Control and Prevention, **thrive's** state-level effort supports the development of coordinated school health programs across Rhode Island. Over the course of this school year we will be rolling out key resources and support related to developing coordinated school health programs at the state and local levels.

Additionally, **thrive** offers listservs and professional development opportunities for Rhode Island teachers of health (health and physical educators and school nurse teachers) including the **thrive** e-Academy online courses and tutorials.

Partnerships are key to the success of the **thrive** initiative. Thank you to all Rhode Island stakeholders who helped us identify goals, objectives and strategies to guide this work. Many of the objectives in the initial plan have been achieved. In an effort to renew, reenergize, and revitalize coordinated school health programs across Rhode Island, we are continuing a strategic planning process to find the next set of goals for state-level action, measures of success and action steps necessary to accomplish the vision.

We invite you to share your efforts and successes with us. Please email us at rosemary.reilly-chammat@health.ri.gov or midge.sabatini@ride.ri.gov. You can also reach us by phone. Call Rosemary Reilly-Chammat at 222-5922 or Midge Sabatini at 222-8952.

Sincerely,

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FRESH FROM THE FIELD

Submitted by Linda Newbury, Lincoln

I am one of two school nurse-teachers at **Northern Lincoln Elementary School**. I'd like to share the innovative program conceived by our PE teacher, Deborah Reddy. A major part of its success was how it integrated pieces from different teachers across different disciplines. Everybody was involved.

Last fall Ms. Reddy set up a "Grand Canyon" hike behind our school. As the PE teacher she taught the students about hiking and survival skills. They discussed several of the trails that are available to hike in the Grand Canyon and what to look for when hiking them. For visuals she used photos her brother had taken while hiking there.

Meanwhile, the classroom teachers taught the students about the Grand Canyon and its history. The health teachers taught the students about nutrition when hiking in the wild — what foods are most nutritious and what foods can be carried on long treks. We also taught the students about first aid skills necessary to have when you are hiking for several hours to days.

At the end of the month-long lessons, all the students, from Kindergarten to Grade 5, went on the hike. The students had questions to answer on each of the "trails" that related to what they had learned in the classes. The parents donated healthy snacks that could be eaten on a trail hike and small containers of water (measures were taken for students with food allergies). All students participated, all teachers participated and even the principal dressed appropriately and hiked the trails with the students. Our students love PE and cannot wait to see what our very enthusiastic teacher will come up with next!

We want to hear your success stories! Email annemarie.silvia@ride.ri.gov