



Rediscovering Recess: Making Physical Activity a Positive Part of Your Life

Inside this issue:

<i>The 4-1-1 on school meals</i>	2
<i>Teen Wellness Center is Back!</i>	2
<i>Carlmont Slow Food Club</i>	3

Dana Schuster, MS, Health & Fitness Instructor

If you look back into your childhood, can you remember a time when 'playing' was your favorite pastime and recess was a treasured part of your school day? In today's busy adult world, it may be hard to envision the pleasure and pure joy you probably experienced playing hide and seek with friends, skipping rope on the school playground, riding your bike around the block in your neighborhood, or whatever form your play took.

Most adults now view physical activity as something they 'should' make time for because it is 'good' for them. It is now labeled exercise rather than play, and it has been added to the obligation list rather than the choice list. In addition, what once was a virtually free option that simply involved going outside to play is now frequently seen as having to be attached to the cost of a gym membership. And, like so many of the

things that have been put on the self-care to-do list, physical activity often gets squeezed in only if other more pressing demands drop off the list.

Think broadly and creatively when you look for ways to play. Standing and stretching for a few moments, gardening, walking the dog, going out dancing, and a million other accessible options await you. District schools also offer several free options for play to staff members. For example, Woodside's track and pool are available for staff use and there is reportedly a Hula class being organized on Fridays after school. The fitness center at Woodside is open from 3:30 - 5:00PM Monday - Friday for staff with staff supervision provided. At Menlo-Atherton the track, pool, and Athletic Weight Room are available for staff members to use in the early morning or after school. Other campuses likely provide similar options you can check out.

Perhaps it is time to allow yourself to bring recess back into your life and elevate play to the desired status it once held. Start by asking what movement options will actually nurture your individual body and soul. Do you enjoy music or dancing? Is being outdoors or indoors more to your nature? Are you a person who prefers solitude or most enjoys being with other people? Do toys like skates, balls, hand weights, or treadmills entice you? Are you a person who feels most comfortable with routine and structure or variety and spontaneity? By starting with what you most enjoy in your general approach to life you are more likely to identify playtime activities that you will not only manage to 'fit in' to your schedule, they will become preferences that you will find yourself energetically making sure you don't miss out on!

Special points of interest:

- Teen Wellness Center
- Youth Define Health!



Youth Voice:

The human body is like a tree with the ability to do incredible things. Your physical and mental health are the roots that define your ability.

**Fatima Nunez
Redwood Continuation High School Student, TAPP**



Youth Voice:

Health is a rose that blooms with love and care, and wilts with neglect.

Health is like the ocean, always dynamic, always vibrant.

Health is a mountain; strong, empowering, life-giving.

Estefania Castellanos

Redwood Continuation High School, TAPP



The 4-1-1 on School Meals

**By: Nora DeCaro,
Director of Food Services**

The Sequoia Union High School District takes part in the National School Lunch and School Breakfast Programs. Meals are served every school day. Students may buy lunch for \$3.50 and/or breakfast for \$1.75. Meals consist of an entrée, fruit and/or vegetable options and milk. Students can activate debit accounts by prepaying – a student must have money on account to purchase food; credit will not be extended.

Eligible students may receive meals free or at a reduced price of \$0.40 for lunch and \$0.30 for breakfast. To qualify for free or reduced price meals, stu-

dents must submit a current year meal application, completed by an adult household member, at the beginning of each school year. The applications are reviewed and approved based on household size and family income or if the student is a foster child or receives Food Stamps, CalWORKS, or KinGap. Applications are available at the school office or at any *Expressway* serving area on campus. Completed application forms must be submitted to Food Services for processing. Students will be notified by mail of their status and given their Personal Identification Numbers (PIN) to access the meal accounting system. Students who are categorically eligible to re-

ceive meals may also be Directly Certified if they are receiving public assistance or are designated as migrant or homeless by the District. Students who attended Sequoia, Menlo-Atherton, Carmont, Woodside or Redwood last year AND were eligible for free or reduced price meals, may eat breakfast and lunch with that eligibility for the first 30 days of the school year or until a new application is processed. It takes approximately 7-10 working days to process new applications. Qualifying students receive one lunch meal and one breakfast meal daily. Applications are available during the school year and families may apply at any time.

Teen Wellness Center is Back!

**By: Judy Sencenbaugh,
District Nurse**

The Teen Wellness Center is back on the Sequoia High School campus and open for services. They are located in the new building right on James Street by the entrance to the parking lot. They are happy to be back and eager to provide services to our students. They are open Monday-Friday 8:30-5:00 p.m. They provide confidential services free to all teens from 12-21 years who live in San Mateo County.

Some of the confidential

services are: pregnancy testing, testing and treatment for sexually transmitted infections, birth control counseling and birth control, reproductive health care and free condoms. The center provides the following services to youth who do not have health insurance or who have Blue Shield, Aetna, Healthnet and Health Plan of San Mateo: complete physical exams, sports physical exams, immunizations, TB screening, vision and hearing screening, care for acute illnesses, management of chronic conditions, referrals to eye

and dental services and mental health services. They also have a benefits analyst who helps families enroll in the WELL program, Medi-Cal, Healthy Kids and Healthy Families. For youth who have other insurance coverage, immunizations and sports physicals will be offered for a fee.

Students are not to go the Teen Wellness Center during the school day without a permit to leave by the health aide or the attendance office.

If you have questions, you can call them directly at 650 366-2927.

Carlmont Slow Food Club

**By: Victoria Nilsen,
Carlmont Teacher**

The Carlmont Slow Food Club has started a school garden. Grants were written and funding received from the Carlmont PTSA and the Carlmont Academic Foundation, as well as the Principal's fund. These monies allowed for the installation of a fence to protect from deer and from vandalism, and for the purchase of tools and a storage bin in which to keep the tools on site. The planting beds are dug and compost has been incorporated into them, using a 15-cubic yard compost donation from Allied Waste. The school district supported the garden's establishment by upgrading the water point and installing new fittings. While the garden is not currently under irrigation, we do have a hose and some soaker hoses. The initial preparation for planting began in October and is now complete.

The goals of the Slow Food Club are to raise awareness

of the issues around food production and sustainability, to educate the school community about how to grow one's own food, and to bring the reality of the food chain closer to home. "Victory gardens" have been installed at SF City Hall and at the White House recently. This is a timely movement that is inspiring students to think globally and act locally.

The students' first crop was a "green manure": a nitrogen-fixing cover crop consisting of fava beans, red clover, and vetch, plants which dive deep into the soil to build its structure and nutrient content. This cover crop was turned into the soil to deteriorate and improve the soil before planting spring vegetables.

The Slow Food Club planted the first crop of consumption vegetables during Spring Break. Tomato and zucchini seedlings were planted, as well as a Washington orange tree. Beans, lettuce, and basil will be planted over the next

two weeks. Ultimately, the club would like to see the campus-grown produce find its way into the school's lunch offerings. Initially, the produce may be sold at low cost on the quad, in a mini-farmer's market.

Additionally, the Slow Food Club students recently worked with the social studies department to give nutrition presentations and garden tours to classes, as part of the Health/Safety Education curriculum.

There is great potential for cross-curricular integration on garden-related projects. The Slow Food Club is collaborating with science teachers on several ideas, from bird feeders to solar irrigation, composting and, possibly, a greenhouse project. Summer watering and weeding duties will be supplemented by volunteers from the special education classes that continue over the summer. The club hopes to work with some special education classes on seed sprouting in the future.



Youth Voice:

Health is loving your body how it is no matter what. Health is hiking on a trail that leads to the ocean. Watching the birds and plant life. Health is happiness.

Lizette Caballero

Redwood Continuation High School, TAPP

One of the most important things I have learned is that health is very important to one's life. You have to be healthy to take care of yourself and your children properly. When your baby smiles, and laughs, kisses and hugs, says his first word, begins to walk and then runs. That is health.

Elizabeth Lopez

Redwood Continuation High School, TAPP

San Mateo County Farmers Markets opening in May:

- SAN CARLOS: Thursdays, 4-8PM on Laurel Street between Cherry and Olive
- SOUTH SAN FRANCISCO: Saturdays, 10AM - 2PM Plaza at the South San Francisco Bart Station
- KAISER SOUTH CITY: Tuesdays, 10AM - 2PM at 1200 El Camino Real
- SAN MATEO: Tuesdays, 4-8PM at 194 W. 25th Street
- BURLINGAME FRESH MARKET CERTIFIED: Sundays, 9AM -1PM at Park Road and Burlingame Avenue
- BURLINGAME: Wednesdays, 4-8PM at Capuchino Avenue and Broadway
- PACIFICA: Wednesdays, 2-6:30PM at Rockaway Beach



Sequoia Union High School District Wellness Advisory Council

Would you like to get involved?

Contact: Judy Sencenbaugh

Phone: 650.369.1411 ext. 2234

Email: jsenceng@seq.org

We are on the web!

www.seq.org-click on wellness

WE NEED FEEDBACK!!

- Does this information help you?
- Do you like receiving a newsletter?
- Do you have any suggestions?

Please send any comments to Gigi Kruse-Silva at:

gsilva@seq.org

SUHSD Wellness Advisory Council Members:

Amanda Torres, YAB Member

Brendalyn Wilson, YAB Member

Dana Schuster, Health & Fitness Instructor & Community Member

Diana Reddy, Community Member

Gigi Kruse-Silva, CHS Teacher

Janet Creech, Math, Science, & PE Resource Teacher, SUHSD

Joyce Kwan, CHS Parent

Judy Sencenbaugh, RN MS, District Nurse

Kristine Gomez, YAB Member

Laura Perdikomatis, WHS Teacher

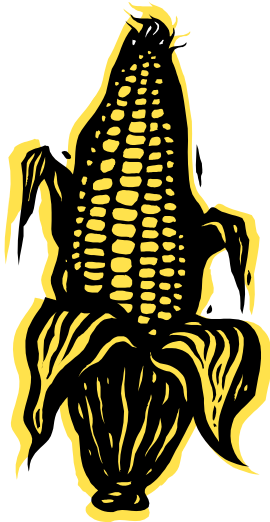
Maria Mosqueda, YFES-Youth Develop. Coordinator/MFT Trainee @SHS Teen Resource Center

Marie Violet, Manager, Sequoia Health & Wellness Center

Michael Hermosillo, Director of Student Services

Nora DeCaro, Director of Food Services

What if...



What if we could improve our lunch at our school?

What if we had 5 extra minutes of lunch?

What if our lunches were healthier?

What if we had more selections of salads?

What if we had healthier snack options?

What if everyone had the chance to eat their lunch?

What if we knew where our food came from?

What if we could plant fruit trees around our school?

What if the students had access to the garden?

Only if people take these ideas into considerations

By Daisy DeLeon and Lane Viglienzoni, Sequoia High School

Girls Embracing Life members