Get Fit and Get Healthy

A Healthier Year for You!

Every January brings the commitment to a healthier way of living for many of us. We try our best to make a fresh start however, things happen every day that derail us from staying on track.

A balanced nutrition and physical activity plan has many benefits including weight loss, better sleep and prevention of illnesses such as diabetes and heart disease. If you are planning to begin a new fitness and nutrition regimen this year, focus on these tips to be successful.

❖ CREATE A PLAN. Outline the specific changes you want to make and include days and times that fit your schedule.

❖ SET REALISTIC GOALS. Break them down into smaller, more achievable ones so you won’t get overwhelmed.

❖ EXERCISE. Be creative and make time to do activities that you enjoy.

❖ TRACK WHAT YOU EAT. Paying attention to the things you eat often helps you to make better choices.

❖ PREPARE FOR SETBACKS. Life happens. If you do fall off the wagon, dust yourself off and jump back on. Tomorrow is a new day!

Article by Rona Dixon, Certified Zumba Instructor, trained Lifestyle Coach for the YMCA Diabetes Prevention Program and IUPUI Adult Learning Center Instructor.

What It’s All About!

MBAES Mission - To advance the continuous development of a community wide partnership between the schools, families, health and human service agencies, faith based organizations, businesses, colleges/universities, maximizing the education and life potential of every child, young person and adult ----from cradle to career.

MBAES Vision - A highly educated, productive citizenry contributing to a thriving Martindale Brightwood Community!
Joyce Kilmer School 69-Principal, Kris Walker-Guess

Joyce Kilmer Academy School #69 is sponsoring a Family Literacy Health and Nutrition workshop through the Children’s Museum for its families on March 5, 2013.

There will be several interactive and hands-on activity stations that teach our families about:
- Evaluating food portion size
- Knowing how much sugar is in a drink
- Learning how the heart functions
- Viewing germs through a black light box
- Showing the importance of proper hand washing
- Taking a food pyramid challenge

There will also be opportunities to learn about creating delicious healthy recipes to try at home, and to participate in active play stations like jump rope, hopscotch and hula hoops!

Families will also enjoy these interactive presentations while they learn about what happens to food once it enters and leaves the body.

Article By:
Sharon Wade
School Coordinator

Francis W. Parker School 56 - Principal, Lauren Franklin

School #56 is on a mission! The scholars of Francis W. Parker are digging deep into their piggy banks for a good cause. Pennies for Patients has collected millions of dollars for The Leukemia and Lymphoma Society with the help of elementary and middle school students since 1994. Our scholars have been bringing in pennies and other spare change to support this noble cause. The sixth grade class is tracking our progress and the class that brings in the most money will be rewarded with a pizza party. Our school will be collecting donations through February 1.

Article By:
Maria Wright,
School Coordinator

James Russell Lowell School 51- Principal, Jennifer Pearson

**Question:** Why are speech and language services important for school-aged children?

**Answer:** Often times if a child cannot SAY a sentence correctly they may not be able to READ a sentence correctly. Reading is one of our most valued skills. Our ability to read sets the stage for learning and success in school and subsequent careers. As a Speech/Language Pathologist it is my job to identify articulation, language, voice and fluency disorders in children at School 51. Parents can assist their children with becoming good communicators by reading aloud with them and encouraging them to speak in complete sentences. For more tips and information on speech & language services for your child contact the school.

Article By:
Ramona DeCamp, MA
Speech Pathologist
IU School of Dentistry

As a dental student of IU’s School of Dentistry, and as a Schweitzer Fellow I’ve had the opportunity to provide oral health education for children in the Martindale-Brightwood community. By partnering with the Felege Hiywot Center, I’ve been able to add an oral health component to their already fantastic health and nutrition focus. Each week we’ve been providing oral health and nutrition instruction in-class for students at IPS 69 and afterschool for students at IPS 56, as we’ve helped them learn to make more responsible choices regarding nutrition and good oral health.

IU School of Social Work

Currently, I am an IU Social Work student placed with Choices Incorporated. For the Martindale Brightwood Alliance for Educational Success, I have been helping students at School 51 with becoming healthier people. I encourage them to accept and understand that this positive change is important and that they play a vital role in making this change happen. I have also been able to share my knowledge of the best practices of mental health. In doing so, I am able to assist with teaching behavioral, social and coping skills that can benefit students in the school, social and home environment.

IU School of Nursing

As part of the Martindale Brightwood Alliance for Educational Success initiative a BSN nursing student collaborated with the school nurse at IPS 51. This collaboration spanned over seven clinical days during the Fall 2012 semester. During this time period, she worked with the nurse in many ways, including assessing children, providing teaching to children with chronic health problems, organization of medications and supplies, and learning about navigating various social and economic issues facing the student population. She developed a short dental health teaching session about tooth brushing, flossing and regular dentist visits which was presented to four kindergarten classes.

Article By: Corinna Mayer, MSN, RN
IU School of Nursing
News You Can Use

Upcoming Events

♦ Brightwood Library Dramatic readings for Black History Month by Nicole Kearney, Feb. 4th & 18th, 6:00 PM
♦ School 51 Education Taskforce Mtg, Feb. 8, 10:30 AM
♦ WorkOne consultations at Rebuilding the Wall, Feb. 11, 1:00 PM
♦ School 56 Black History Family Night Celebration, Feb. 25, 5:30 PM

Parents, Teachers, and Community Members

Did you know that the IUPUI Adult Learning Centers are located in an IPS School near you?

Beginning February 4, 2013, spring classes, workshops, and trainings will be offered at IPS schools, #51 James Russell Lowell, #56 Francis W. Parker, and #69 Joyce Kilmer. Additional seminars will be offered at Arlington High School.

In their quest to provide community-based education and career development opportunities, IUPUI’s Adult Learning Centers offer free, to minimum cost classes aimed at meeting people where they are. For more information, contact (317) 274-2255 or visit: www.adult.iupui.edu/alc.html

Community Partners

| 37 Place | Indianapolis Public Schools |
| 100 Black Men | Indy Parks and Recreation |
| Boy Scouts of America | IU School of Dentistry |
| Bright House Networks | IU School of Education |
| Brightwood Community Center | IU School of Nursing |
| Child Care Answers/ Play & Learn | IU School of Social Work |
| Choices Inc. | Ivy Tech Community College |
| Edna Martin Christian Center | Learning Well |
| Felege Hiywot Center | Making Connections |
| Girls Inc. | Martin University |
| Gleaners Food Bank | Martindale Brightwood CDC |
| HealthNet Inc. | Rebuilding the Wall |
| IMCPL Brightwood Branch | United Way of Central Indiana |
| Indiana Partnerships Center | Wheeler-Dowe Boys & Girls Club |

For information pertaining to the Martindale Brightwood Alliance for Educational Success, (MBAES) contact Nicole Oglesby, Project Director, noglesby@iupui.edu or Sereta Douse, Project Specialist, sldouse@iupui.edu / 317.278.9700