Help Your Loved Ones
Get Health Coverage

There’s no better way to show thanks to your students, families and friends this Thanksgiving than to make sure they stay healthy. Starting November 15 to February 15, 2015, individuals will be able to enroll into health coverage during Covered California’s open enrollment.

Remember, Medi-Cal enrollment is year-round for those who are eligible. ALL IN can help with our new tools that will inform students and families on how to get covered and stay covered. Download and distribute the family flier and school flier. To get more information, order materials or visit the ALL IN for Heath toolkit. Make this Thanksgiving special by enrolling in health coverage.

Build a child’s brain—encourage him or her to run, jump and hop

Encourage young boys and girls to run, jump, squeal, hop and chase after each other or after erratically-kicked balls, and you substantially improve their ability to think, according to the most ambitious study ever conducted of physical activity and cognitive performance in children. The results underscore, yet again, the importance of physical activity for children’s brain health and development, especially in terms of the particular thinking skills that most affect academic performance.

The news that children think better if they move is hardly new. Recent studies have shown that children’s scores on math and reading tests rise if they go for a walk beforehand, even if the children are overweight and unfit.

Extended physical education classes during school hours could also ensure that children engage in sufficient physical activity for brain health, of course. But school districts nationwide are shortening or eliminating P.E. programs for budgetary and other reasons, a practice that is likely “ shortsighted ,” Dr. Hillman said. If you want young students to do well in reading and math, make sure that they also move.

Read the entire article.
Excerpt from the New York Times, October 8 issue, article by Gretchen Reynolds.

Learn more about protecting your child today. If you choose not to vaccinate your child, learn about the risks.
November 2014
Health and Wellness Observances

American Diabetes Month
Lung Cancer Awareness Month
American Indian Heritage Month
National Family Caregivers Month
National Healthy Skin Month—American Academy of Dermatology

Great American Smokeout Month—Nov. 21:

Nov. 10-16: Drowsy Driving Prevention Week—http://drowsydriving.org/

Nov. 11-15: Get Smart About Antibiotics Week—Centers for Disease Control and Prevention http://www.cdc.gov/getsmart/index.html

Nov. 23: International Survivors of Suicide Day—American Foundation for Suicide Prevention http://www.afsp.org

Nov. 18-24: National Teens Don’t Text and Drive Week—http://www.distraction.gov/content/get-involved/teens.html

Nov. 21-Jan. 1: Tie One On for Safety Campaign—Attach a red ribbon to your car, and drive safe and sober. Mothers Against Drunk Driving (MADD) www.madd.org

Health Commission
Vice President – Kathy Rabun health@capta.org

Commissioners: Rhonda Brambley, Wendy Davis, Scott Folsom, Deanna Ford, Jeanette Jin, Deb Levine, Anna Measles, Lisa Mielke, Carla Niño

Health Tidbits is published monthly; to subscribe click here.

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School Climate: State introduces tools for school change

With districts working this fall to put into action the first locally-created school accountability plans -- which for the first time are to include measures of student behavior and feelings of belonging -- the California Department of Education rolled out a new online resource center this week designed to help schools improve.

The Quality Schooling Framework is intended to guide administrators through the process of identifying priorities, gathering data, building support, and implementing and assessing new programs. The framework includes videos on developing effective school and district plans, analyzing data and assessing local needs, leading change and engaging stakeholders.

The framework devotes considerable attention to school culture and climate, and notes that "the school environment, like family and community environments, has either a powerful positive or negative effect on whether students learn and thrive."

Read the full article in EdSource Today.

Interested in school sports?
Learn how an accessible, well-managed children’s sports program can produce psychosocial benefits. Learn more in the research digest published by the President’s Council on Fitness, Sports and Nutrition (PCFSN).