

May Events

- May 8** - Celebrate [Credentialed School Nurse Day](#)
- May 8** - [Bike to School Day](#)
- May 13-17** - [Food Allergy Awareness](#)
- May 17** - [Bike to Work Day](#)
- May 22** - [Heat Safety Awareness Day](#)

Melanoma/Skin Cancer Detection and Prevention Month-- www.aad.org/spot-skin-cancer/what-we-do/melanoma-monday/

Mental Health Month--
www.mentalhealthamerica.net/go/may

National Asthma and Allergy Awareness Month---
www.epa.gov/asthma/awareness.html
<http://aafa.org/display.cfm?id=10&sub=99&cont=457> ---

National Bicycle Safety Month---
<http://fastlane.dot.gov/2011/05/bike-safety-month.html>

www.bikeleague.org/programs/bikemonth/

National Celiac Disease Month---
www.celiaccentral.org/awarenessmonth/

National Hepatitis Awareness Month -
www.cdc.gov/hepatitis/HepAwarenessMonth.htm

National Physical Fitness and Sports Month--- <http://fitness.gov/npfs>

Better Hearing and Speech Month || American Speech-Language-Hearing Assn. -- bhsm@asha.org & www.asha.org/bhsm/

National PTA: Fire Up Your Feet Launches to Encourage Healthy, Active Schools

Centered around the school day, FireUpYourFeet.org provides a full range of age-appropriate resources and educational materials to encourage physical activity to, from and at schools, with simple ways to track activity, earn awards, fundraise in a healthy way and stay motivated in a fun and friendly environment.

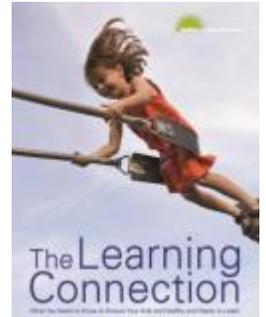
The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn

Healthy children are better learners. Yet, one-third of kids are overweight or obese, putting them at risk for a variety of health complications and chronic diseases. Fortunately, solutions to this national epidemic, along with the keys to students' academic success, are within reach and they're documented in a new report, [*The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn*](#).

The Learning Connection demonstrates just how:

- Physical activity supports academic achievement
- Kids who eat well, learn better
- Healthier practices increase schools' bottom lines

In fact, key findings highlighted in the report include that moderate (physical) activity increases kids' neuroelectric (or brain) activity and that, on average, students who eat school breakfast have been shown to attend 1.5 more days of school per year and score 17.5 percent higher on standardized math tests. Equally important, the report provides readers with all the information they'll need to help make healthful changes in their local schools.



Eat Right, Move More PSAs

Looking for inspiration on how to help your family eat right and move more? Check out these new public service announcements, designed to help parents think of fun and sometimes humorous ways to challenge their kids to make healthy choices.

One PSA, titled "All In Together," encourages families to make family time healthy time and find fun ways to get healthy together. Two Spanish-language PSAs encourage parents and caregivers to challenge their kids to make healthy choices.

The PSAs are part of the Obesity Prevention in Children Campaign, a multimedia public service announcement campaign, created by the U.S. Department of Health and Human Services (HHS), NIH's



We Can! (Ways to Enhance Children's Activity & Nutrition)[®] program and the Ad Council, to encourage parents and caregivers to help children maintain a healthy weight by highlighting the benefits of physical activity and healthy eating habits in a fun and engaging way for the whole family.

To view the videos and find additional information about the PSAs, go to www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/opcc-campaign.htm. To view the Spanish-language PSAs, go to www.nhlbi.nih.gov/health/public/heart/obesity/wecan/espanol/podemos-psas.htm



What your PTA can do to support a healthier school:

- [Improve Student Nutrition](#)
- [Increase Physical Activity](#)
- [School Wellness Policies](#)
- [Healthy Lifestyles Success Stories](#)



Kids' Safe & Healthful Foods Project

Consider this: Nationally 40 percent of students buy and eat snack foods at school in a typical day. When schools sell unhealthy snacks and drinks outside of meals it can cause kids to eat less of their lunch, consume more fat, take in fewer nutrients, and gain weight. It's time for change!

[Sign the petition to provide kids with healthier snack food and drink options in school.](#)

The Kids' Safe and Healthful Foods Project provides nonpartisan analysis and evidence-based recommendations on policies that impact the safety and healthfulness of school foods. National PTA, The Pew Charitable Trusts and the Robert Wood Johnson Foundation sponsored this event held in Washington D.C.

www.HealthySchoolFoodsNow.org

California State PTA Health Commission
 Vice President – Linda Mayo
 health@capta.org
Commissioners: Barbara Counts, Heidi Davis, Scott Folsom, Jamie Hintzke, Carla Niño, Peter Loya
District Presidents: Lara Eisenbarth, Dale Simmons, Tammi Suber
Health Advocate: Cathy Hall

Observations and Assessments Support Every Young Child's Needs Across All Developmental Domains

High-quality programs regularly collect information about children's [physical, cognitive, social, and emotional development](#). The [National Research Council](#) has published guidance on choosing and using child assessments that are appropriate for children's developmental, [cultural and linguistic characteristics](#). The results of assessments should guide communications with parents, teaching strategies, curricula, and activities to help each child learn and develop in the way that works best for him/her. Ideally, such assessments would also align with [states' guidelines](#) on what children should know and be able to do upon kindergarten entry.



Design a Bike to School event where you teach or your children attend school. This year's nationwide event is May 8th. Encouraging parents to bike with their kids to school, bike decorating, bicycle safety classes,

and meeting up with classmates to ride to school together are all suggestions offered in this [guide to planning a Bike to School event](#) .

Plan a Bike to Work event in your community. The National Bike League offers a [comprehensive guide to planning a Bike to Work event](#)-including sample press release and sponsorship letters, incentive and **celebration ideas, and responses to all the likely excuses** you'll hear from people as to why they won't bicycle to work. So, get your community into gear and cycle to the office on May 17th. It may just be the start of a bike to work life!



First Lady Michelle Obama Parent Advice: In Getting Active, Don't Be Afraid to Be Silly

In response to a question on Twitter, First Lady Michelle Obama shared her advice with a new mom who wanted to know how to make sure her daughter grew up finding fitness fun. Here's a tip: Find what they like & don't be afraid to be silly, i.e. #momdancing [#AskFLOTUS](#) (http://www.youtube.com/watch?feature=player_embedded&v=Hq-UR19F17Y)

This is great advice for National Humor Month! #momdancing is a reference to Michelle Obama's recent visit with comedian Jimmy Fallon. Chances are that you've already seen the very popular video, which has over 15 million views on YouTube-it's a great example of how staying active doesn't have to be boring. There are so many ways to have fun and loosen up about staying in shape. Some more ideas are: [Dance Yoga](#); [Laughter Yoga](#); [Drum A Dance](#) ; [Hula Hooping](#) ; [Circus Tricks](#)

