

## Easy Spiced Almond Date Balls



*Vegan, Dairy Free,  
Gluten Free*

*See recipe inside the  
newsletter!*



April 2016

Wellness News Letter

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Recipe Ecstasy – give your  
student a healthy snack to  
munch on!

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Health classes taught at the night school! Looking deep inside to understand yourself.

**Cara Labelle volunteered to deliver this amazing instruction**

## The Wellness Policy has been updated! Check it out on HHS Website

Cara Labelle volunteered time with the night school group for two days. She covered the following topics.

Top Teen Stressors and how to handle them  
6 Word Memoirs, This is a deep engaging emotional lesson for these students

Sum up your life in 6 words!

Not an easy task...

We talked about others perception and how wrong it can be....

The "CD" project as a summative activity was explained and they went full force into it even staying past their required time to finish.

Included in the activity were the following requirements.

1. Cover This is how the "Outside world" sees you
2. Inside the guts "This is who you really are and goals, values, morals your true character
3. Back 6 Word Memoirs

Teachers and students going the extra mile!

### SPICED ALMOND DATE BALLS

#### INGREDIENTS

- 1¼ cup gluten-free rolled oats
- 1¼ cup chopped pitted dates
- ½ cup no-salt added unsweetened almond butter
- 1 teaspoon pure almond extract
  - ¼ teaspoon ground ginger
  - ¼ teaspoon ground nutmeg

#### INSTRUCTIONS

1. Place oats, dates, almond butter, almond extract, ginger and nutmeg in a food processor and process until smooth and sticking together. Drizzle in 2 to 3 tablespoons hot water so that the mixture comes into a ball.
2. Using a teaspoon, scoop out a heaping spoonful of the mixture. Roll into a ball, pressing firmly so that it sticks together. Chill bites until ready to serve.
3. Refrigerate in an airtight container for up to 5 days or freeze for up to 1 week.





# TILTON ELEMENTARY SCHOOL Physical Education

Students are practicing their math facts during physical education classes at Tilton School with physical education teacher Christine Hickey





## WHITSON FOOD SERVICE IN HPS

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There is a wealth of information from Whitson Foods on monthly menus to the nutritional content of all food served on the Haverhill Public Schools (HPS) website. Please take a look at:

<https://schools.whitsons.com/ma/haverhill-public-s>

The Haverhill Education Foundation awarded at \$250.00 grant to Mrs. Begley and Ms. LaBelle to be able to purchase and update visuals that to be used in their unit on pregnancy prevention. Although Abstinence is Stressed throughout the unit as the only method of pregnancy prevention that is 100% reliable, students are also provided with accurate information on the various types of contraception options that are currently available. Pro's and Con's are discussed. Although students are not given any condoms there is a demonstration on the proper use and students need to put the steps into the correct order for a class activity.

We would like to thank the Haverhill Education Foundation for the opportunity to replace old examples of birth control methods that will give students the opportunity to view the products at their actual size and shape rather than just on a presentation slide.



## SBIRT

SBIRT Screening at  
Haverhill High School  
(HHS)

Students taking health education classes this year were given the opportunity to speak with a guidance counselor on the issue of drugs. Parents were provided information on this new initiative to combat the increased use of drugs within the Haverhill public schools according to data provided by the Youth At Risk Survey.

## From the world of Middle School Health

### *The middle school health teachers are:*

**Lori Curry** - Hunking, Whittier & Bradford Elementary (5th grade only)

**David Gibson** - Nettle, Consentino

### *Topics addressed through health classes in grades 5 - 8 include:*

**5th grade** - Self Esteem, Bullying, Nutrition, Hygiene and Puberty (gender specific classes)

**6th grade** - Practicing Healthy Habits, Tobacco/Smoking, Hookah, Electronic Cigarettes, Communication Skills (Refusal Skills, Being assertive)

**7th grade** - Setting Healthy Goals, Alcohol/Underage Drinking, Media Influence/ Advertising, Managing Anger, Conflict Resolution

**8th grade** - Making Healthy Decisions, Substance Use/Abuse, Social Health (Relationships, including teen relationships & dating), Mental Health (Anxiety, Stress, Depression & Coping Skills)

\*All subjects are not necessarily taught at the same time in all schools because of the different schedules of the health teachers.

### *What's happening NOW!!*

Ms. Curry is covering Nutrition with the **5th grade** and Hygiene & Puberty will be next. Parents of 5th graders at Bradford Elem. & Whittier should be expecting a permission slip/detailed letter regarding the puberty classes to come home with your child in April.

Ms. Curry's **6th grade** classes are currently covering Communication Skills and are performing skits showing their refusal skills in a variety of situations where they need to say "no".

Ms. Curry's **7th grade** classes have been learning about how to deal with anger, what causes conflicts, how conflicts escalate & de-escalate and skills to resolve conflicts. Next they will be learning about how media can influence health behaviors and consumer decisions.

The **8th grade** classes just started a new unit this year on social health. They are exploring the role that relationships play in our overall health and what makes quality relationships with friends, families and partners. They are now will exploring Healthy vs. Unhealthy Teen Partner relationships. After this unit, they will be moving on to their mental health unit and learning about anxiety, stress and teen depression and how to use healthy coping skills. Teen suicide will also be discussed and strategies for helping a friend, recognizing when you or someone you know needs help and how and where to access resources and information.



The Wellness department has started gathering data for an application for the Carol M. White Physical Education Program (PEP) grant. This grant has been closed for the past several years and is now just open to new applicants. This grant can help assist schools within their physical fitness and health classes as well as enable greater professional development opportunities to teachers. The grant can focus on intramurals, intermural, and equipment before school physical fitness opportunities.

Using data from the YRBS, DESE, Safe Land Report and many others Haverhill Public Schools are hoping to show our great need in the area of physical education.

We will let you know the outcome in next year's newsletter.



## Middle School Drug Awareness – Parent Information Nights

A series of information regarding drugs and the teenage brain was brought to all four middle schools as an outreach to parents to assist with the fight we are battling on drugs.

Each school had a panel of educators and counselors that parents could ask questions regarding the current resources available to their students while in school.

Laura Mayer was introduced as the school drug Liaison that assists students with questions or concerns and bridges the gap between the school and outside drug counseling agencies.

Dr. Maddox presented important information at each event and it was a positive step in the right direction to help Haverhill deal with the current crises.

