

***EARN \$200
IN CLASSROOM SUPPLIES!**

Help us evaluate
LearntobeHealthy.org

** Classroom supplies awarded only to those teachers who meet the criteria and fulfill all requirements of the evaluation program.*

The Susan P. Byrnes Health Education Center is continually working to ensure that the activities and curriculum on LearntobeHealthy.org are the most high-quality and effective health education online. We are seeking the help of Pennsylvania teachers to evaluate the effectiveness of the Kits (suites of activities) when used in sequential order in a classroom setting. If you are interested in learning more about this study, please complete the form below, or contact Emmy Sasala at 717-848-3064 or esasala@byrneshec.org.

Name: _____
 School/Organization: _____
 Address: _____
 City/State/Zip: _____
 Phone: _____
 E-mail: _____

Grades taught:

<input type="checkbox"/> K	<input type="checkbox"/> 4	<input type="checkbox"/> 8
<input type="checkbox"/> 1	<input type="checkbox"/> 5	<input type="checkbox"/> 9
<input type="checkbox"/> 2	<input type="checkbox"/> 6	<input type="checkbox"/> 10
<input type="checkbox"/> 3	<input type="checkbox"/> 7	<input type="checkbox"/> 11
		<input type="checkbox"/> 12

What areas of health do you teach?

<input type="checkbox"/> Fitness	<input type="checkbox"/> Adolescence
<input type="checkbox"/> Nutrition	<input type="checkbox"/> Mental Health
<input type="checkbox"/> Dental Health	<input type="checkbox"/> Tobacco Prevention
<input type="checkbox"/> The Five (5) Senses	<input type="checkbox"/> Other: _____

Other thoughts, comments, or concerns? _____

I have not yet registered at LearntobeHealthy.org. Please initiate my **FREE** membership. My date of birth is ____/____/____.



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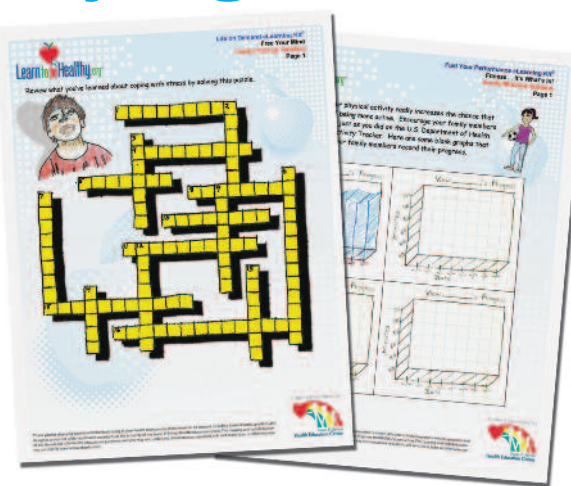
Students, Families Can “LearntobeHealthy” Together!

Teachers, get your students’ families involved in health education! As a teacher, you probably log on to the *Educators* page of LearntobeHealthy.org. Did you know that the *Community & Families* page has “Family Practice Handouts” for each kit? These paper-based activities encourage children to involve their families as they reinforce their LearntobeHealthy.org lessons.

Just click through to the *Community & Families* page, where you’ll find the same great kits as on the educator site. The lesson plans have been altered to meet the needs of community organizations and families. Within each activity

you’ll see the family practice handouts listed among the accompanying documents.

Download any or all of these printable activities to distribute to your students. The activities are self-directed and promote healthy choices among your students. As children become health advocates for their families, they can share what they’ve learned at LearntobeHealthy.org in fun and interesting ways that promote positive changes for all family members.



Health Bit

Fabulous Fall Fluff!
 Pumpkin, that is! Try this fast, easy recipe for “Pumpkin Fluff,” a dessert or party treat that’s tasty, but won’t compromise your healthy lifestyle.

Ingredients
 16-oz tub regular or “lite” frozen whipped topping, thawed

5-oz pkg instant vanilla pudding mix (regular, low-fat, or low-sugar version)
 15-oz can solid-pack pumpkin
 1 tsp pumpkin-pie spice

Directions: In a large bowl, mix together pudding mix, pumpkin, and spice. Fold in thawed whipped topping. Chill in refrigerator until serving.

Serving Suggestions: Serve from hollowed-out pumpkin or in individual bowls. Dust with cinnamon and/or nutmeg if desired. Serve with ginger snaps or graham crackers on the side, or use fluff as a dip.

Adapted from allrecipes.com



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LearntobeHealthy.org... An educational tool of the Susan P. Byrnes Health Education Center, educating and inspiring people of all ages to make healthy choices.

Teens Learn to “Face the Music”

Do you know a teen who appears stressed, is continuously “connected,” or is always posting information and/or pictures online? In today’s fast-paced life, technology is everywhere you go, 24/7—blogging, texting, chatting, emailing... Life never seems to slow down.

But good mental health, hard to achieve when you’re always on the go, is a major component of overall wellness. That’s why LearntobeHealthy.org, an educational tool of the Susan P. Byrnes Health Education Center, has added a mental-health curriculum for grades 10–12. **Face the Music** explores topics such as stress management, bullying/cyberbullying, maintaining healthy



relationships, staying safe online and making healthy decisions. This kit (suite of activities) is a dynamic approach to inform teens of the dangers of posting personal information and photos online, symptoms of the primary mental-health conditions teens may suffer from, and where to go for help—24/7. As teens explore the kit, they will engage in interactive learning through familiar technologies such as an iPod, laptop and cell phone. To promote self-esteem and a path to future goals, students will create an online ePortfolio for their own use, highlighting their strengths and abilities.

This new kit consists of 10 activities that reinforce earlier lessons and address issues such as making healthy decisions and recognizing healthy from unhealthy relationships. As with all health education games, activities and supplemental materials found on LearntobeHealthy.org, those included in this new curriculum are aligned to Pennsylvania and National Health Education Standards. So, don’t stress anymore—we have dynamic mental-health activities. For more details, including lesson plans, visit LearntobeHealthy.org!

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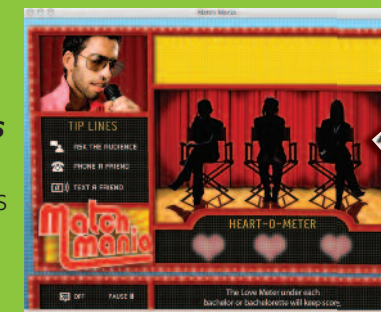
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Match Mania

Teens need to know how to maintain healthy relationships and treat others with respect. And, with all the pressures they face, the last thing they need is to worry about those of dating. In **Face the Music’s** interactive “Match Mania,” hosts Vince and Rita guide students as they explore different attitudes and personalities, and how to make decisions about healthy vs. unhealthy relationships. They will find that building a healthy relationship is much like a recipe—to make it work, many high-quality ingredients are needed.



Health Byte

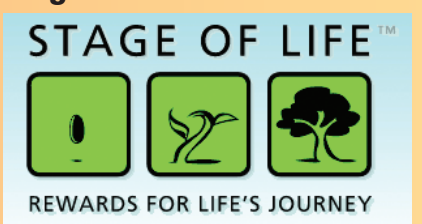
Need help with life? We've discovered a great **free** resource for networking with others on topics ranging from teen issues to retirement planning—and everything in between. **Stageoflife.com** is a community for teens, Gen Y, Gen X and Baby Boomers under one virtual roof. You can get advice, give advice, share stories or even become a featured blogger. Some of the life stages, topics and resources you'll find are:

- High school, college, home ownership, raising a family, and empty nest and retirement.
- Questions such as: What do high-school students want their teachers to know? Will you get the Swine Flu vaccination? What are some cheap fall activities for the grandkids?
- Discussions on ethics, going "green," relationships, wellness and health, social etiquette and more.
- Saving money: Shopping discounts on school supplies,

apparel, home and car repairs, sporting goods, vacations, etc.

- Customized newsletter based on your stage of life and interests.

So, if you want to connect with others in the same "stage of life," save money on purchases, and more—check out **Stageoflife.com**.



New! Videos from the Byrnes Health Education Center!

For 15 years, the Susan P. Byrnes Health Education Center has welcomed hundreds of thousands of students to its state-of-the-art teaching theaters in York, Pennsylvania. Using larger-than-life exhibits and props, health educators at the Byrnes Health Education

Center (Byrnes HEC) have helped people of all ages in the South-Central Pennsylvania and Northern Maryland regions discover the amazing human body and how to keep it healthy. Now you can experience these fascinating presentations, too. No matter where you're located!

Coming soon to LearntobeHealthy.org are 10 interactive video segments that feature portions of theater programs from the Byrnes HEC. As a premium member of LTBH, via annual subscription, you will have access to 15-minute video segments designed for students in grades K–6. The purpose of the

videos is to educate and inspire viewers to make healthy choices through interactive participation with on-screen educators and characters. Using fun activities and thought-provoking questions, these videos address the topics of Nutrition, Physical Fitness, Stress Management, Bullying Prevention, Puberty, Drug Prevention, Dental Health, and the Five Senses. In addition, the video segments will include accompanying lesson plans for instructors, which provide additional tips and activities to enhance each lesson.

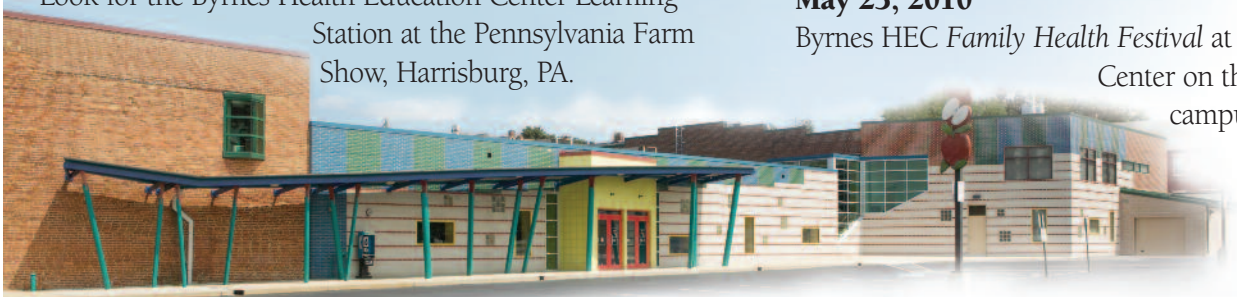
We can't wait to share the magic of the Susan P. Byrnes Health Education Center with you! More information coming your way soon!



Susan P. Byrnes Health Education Center Celebrates 15th Anniversary!

Join us in an exciting slate of events to help commemorate this milestone:

- November 15, 2009**
Teacher Appreciation Event in conjunction with American Education Week
- January 9–16, 2010**
Look for the Byrnes Health Education Center Learning Station at the Pennsylvania Farm Show, Harrisburg, PA.



- March 13, 2010**
Watch for our health education message as we participate in the annual St. Patrick's Day Parade in downtown York, PA.
- April 17, 2010**
Gala Dinner Dance at the Byrnes Health Education Center, York, PA
- May 23, 2010**
Byrnes HEC Family Health Festival at the Grumbacher Center on the York College campus, York, PA

LearntobeHealthy Wins Prestigious Adobe Award

LearntobeHealthy.org was honored with the Adobe "Site of the Day Award" for September 11, 2009. The site was chosen for its strong visual design; impressive technical execution; interesting, rich content; and innovative use of Adobe Systems Incorporated products.



Some of the criteria websites must meet to be considered for this prestigious award include logical navigation, access for low-bandwidth users and unnecessary introductory elements. Previous winners include MTVmusic.com, Nasa.gov, Gatorade.com and others. The educational content and creative direction of LearntobeHealthy.org are managed by the

staff of the Susan P. Byrnes Health Education Center in conjunction with JPL of Harrisburg. JPL is the technical force behind LearntobeHealthy's message, designing the site and its flash-animated activities. Alison Fetterman, project manager at JPL, says "the combination of fun and excitement from the Byrnes HEC with the creativity and technical expertise of JPL have resulted in an amazing site that is more impressive each year!"

LearntobeHealthy.org is made possible through funding provided by Highmark Healthy High Five, an initiative of the Highmark Foundation.

Join Our "Healthy Inspirations" Video Contest

The Susan P. Byrnes Health Education Center, through Learntobehealthy.org, is inviting K–12 students to participate in our "Healthy Inspirations" video contest. Children may work as individuals or as a team to create a video, one to three minutes in length, relating to the contest theme. Perhaps they will want to honor a person or people who champion healthy living in your school or community. Or maybe your class is involved in a project that motivates others to a healthy lifestyle. These videos will serve to educate and inspire audiences to embrace wellness! Plus, your class can win

some great prizes, including a live presentation of one of our fun, interactive programs from the Byrnes Health Education Center.

The contest will be conducted on www.TeacherTube.com. Visit TeacherTube to start your free membership. Videos will be accepted from October 15 through November 15, so encourage students to be imaginative and start creating their videos today!

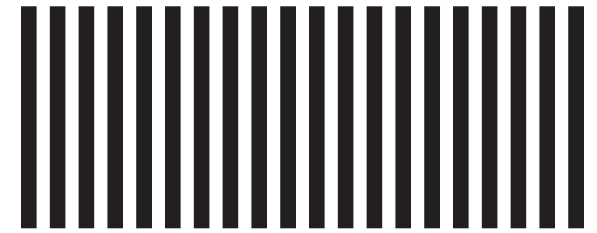


www.teachertube.com/healthyinspirations

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Learn to be Healthy.org: Educators, community members, and parents can harness the power of health education through the eLearning curriculum, games and activities housed at LearntobeHealthy.org. This fun, free resource is an educational tool of the Susan P. Byrnes Health Education Center, making health-related programs easy to incorporate into every classroom.

- **Free Lesson Plans** make it easy for teachers to blend health education into any classroom activity.
- **Programs Align** with both State and National health, physical education, science and technology standards.
- **Dynamic, Interactive** games and activities make learning fun for children.
- **Award Winning Content** has garnered more than 100,000 LTBH members around the globe, who, in turn, reach **over 5 million students** through our online tools!

