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FEATURED resource

The Family & Community Resource Center has more than 3,500 books and videos. A complete listing of these resources by topic is available on the SSD website at www.ssdmo.org/cool_tools/fcrc_books.html.

Be sure to browse the recreation resources. Some highlights include:



Backyards and Butterflies: Ways to Include Children with Disabilities in Outdoor Activities

This sourcebook is designed for children, parents and families. It details ideas for outdoor play and learning activities, with an emphasis on involving children with disabilities in outdoor play.

Creative Play Activities for Children with Disabilities: A Resource Book for Teachers and Parents

In this book you will discover 250 games and activities designed to help infants to 8-year-olds with all types of disabilities grow through play.

Just 4 Kids – Seat-A-Robics

This seated aerobic-exercise program incorporates animation and musical themes that children age 5 through adolescence can relate to. ■



SPECIAL EDITION

Accessible winter activities

Even though it's cold outside, there are still a variety of options for physical activity around the St. Louis area:

Gateway Disabled Ski Program
Weekly programs for children and adults with disabilities and children's ski camps. For more information, call 636.477.0716.

Municipal Partners for Inclusive Recreation
Dance, martial arts, exercise, yoga and swim classes are available at seven locations around the county. For more information or to register, call 314.835.6157 or use Missouri Relay at 1.800.735.2966.

Super Swimmers Academy
Swim classes for children of all ability levels are available. For more information, contact Sarah at 314.989.0901 or e-mail sarah@superswimmersacademy.com.

Team Activities for Special Kids (TASK)
TASK offers basketball, floor hockey, dance, fitness, cooking and social skills classes for children with disabilities. Call 314.845.3641 or visit www.tasksports.org for more information. ■

Source: Recreation Council of Greater St. Louis

Take 5: SSD health services nurse Deb D'Arcy answers five health and wellness questions for families

What do you consider the biggest health concern for children today?

Definitely adequate nutrition and intake of nutrient-dense foods. Children need to eat foods high in nutritional value like fruits and veggies, and not candy, chips and soda.

How can we tackle this issue?

I think we need to educate families, students and faculty about goals on good nutrition for students. I also think by taking good care of ourselves we can be good role models. Good nutrition is a life skill that all students need to learn.



What are the health and wellness priorities at SSD?

This year we are really looking closely at nutrition. We are looking at everything — parties, school lunches, fund raisers and vending machines. Right now we are assessing. A nutrition committee will develop recommendations. For example, we want to have healthy choices at school parties. We may also look at other ways besides selling food for fund raisers.

Do you have any tips and tricks to get children to eat healthier?

First of all, it's okay to play with your food. Sometimes that's the first step to get children to eat new food. They need to explore it. They may not eat it that first time, but if you offer it at least 10 times they are more likely to actually try the food and even like it. That is for the picky eater.

Also, make food fun. Use fun food presentation, like ants on a log. It's always fun if kids can help make their own snack.

Another idea is to incorporate healthy items into your recipes. Try adding spinach into lasagna or bulgur wheat into meatballs.

Really, just sit down and make it a priority to eat together as a family three times a week. Try to incorporate everyone into preparing the meal to the best of their abilities.

If families could make one change to improve their health, what would you recommend?

Try to be active together. Walk together, try jumping rope, hiking or get out some hula-hoops. Just be active and have some fun together. ■

true OR false?

1) *Having a disability means you have poor health.*
False. Health and wellness are not the same as the presence or absence of a disability; they are broader concepts that directly affect the quality of a person's life experience. Persons with disabilities can be healthy and well just like persons without disabilities.

2) *A substantially lower percentage of persons with disabilities than those without disabilities report their health to be excellent or good.*
True. 61.4% of people without disabilities report their health to be excellent or good, while 28.4% of people with disabilities report good or excellent health (Centers for Disease Control and Prevention).

3) *Persons with disabilities are at greater risk for secondary medical conditions that can damage their health and quality of their lives.*
True. Persons with disabilities face challenges that may limit access to health and wellness resources. For example, health care workers may focus on a disability versus the overall health of a person (U.S. Department of Health & Human Services).

4) *The obesity rate for individuals with disabilities and those without disabilities is equal in the United States.*
False. The Centers for Disease Control and Prevention reports that a higher percentage of persons with disabilities experienced obesity than did persons without disabilities (20.5% obesity rate for persons with disabilities versus 18.6% for the general population).

5) *Nothing is being done to promote the health and wellness of individuals with disabilities.*
False. The U.S. Department of Health & Human Services developed several goals as part of the Healthy People 2010 Initiative to promote the health and wellness of individuals with disabilities. These include: public knowledge and understanding about disability; provider training and capacity to treat the whole person and not just the person's disability; health and wellness promotion for individuals with disabilities; and equal access to health care services for people with disabilities. ■



■ SSD offered H1N1 vaccinations to students and staff, and also implemented a variety of other ways to minimize the chances of getting the flu.

This school year, the Wellness Committee's focus is food and nutrition. The committee is not only looking at the food served in the lunch room, but also snacks, food served at school parties, fund-raising items and vending machines. The committee identified several areas to focus on, including: nutrition education and training for students, staff and families; food selection, preparation and presentation; parent involvement; and other important topics such as food allergies. ■

Health & Wellness at SSD

Health and wellness of students and staff has been a priority at SSD for many years. Healthy students and staff perform better, and we know that students with disabilities have more challenges in this area. For example, it is more difficult to find accessible physical activities, and often the drive to get to them doesn't fit into a family's schedule.

SSD formalized its focus on wellness in 2006 by forming the SSD Wellness Committee, which consists of medical professionals, parents, a Board member, a variety of SSD staff, and community members. Over the past four years, the committee has tackled a variety of issues. Some highlights include:

- All SSD schools moved to the intermediate level on the Missouri Eat Smart Guidelines. This includes changes such as serving whole-grain foods, greens and low-fat milk.
- All SSD facilities and grounds are now tobacco free.
- All SSD students received a Body Mass Index (BMI) screening from SSD nurses. Parents were notified if a student's BMI didn't fall within the normal range.

Harvest Muffins/Bread

- 2 cups brown sugar or brown sugar Splenda
- 2 cups granulated sugar or Splenda
- 2 tsp. salt
- 2 tsp. cinnamon
- 1 tsp. ground nutmeg
- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 cup quick-cook oatmeal
- 1 ripe banana, mashed
- 1 cup vegetable oil
- 4 large eggs
- 2 T. baking soda dissolved in 2 T. water
- 1 T. vanilla
- ½ cup grated zucchini
- ½ cup grated carrots
- 1 medium-sized tart apple with peel on, grated
- 1-½ cups English walnuts or pecans, coarsely chopped

Put all dry ingredients in a large mixing bowl. In a separate bowl place eggs, water, oil, vanilla and mashed banana and blend together. Place all grated vegetables in a bowl. Make a well in the center of a large mixing bowl with the dry ingredients. Pour the wet ingredients in the center, stir to incorporate wet/dry ingredients. Add all the grated items and walnuts or pecans. Stir until mixed evenly. You don't need an electric mixer for this, just use a wooden spoon. Be careful to not over stir. This is a quick bread recipe and over stirring causes tunnels, peaking and tough bread.

You can bake in muffin tins or one-pound loaf pans. For muffins, use cupcake liners or spray the pan with non-stick spray. Fill each one about ¾ of the way full. Bake for 20-30 minutes at 325 degrees. Bake bread at 325 degrees for 45-55 minutes. Check for doneness with a toothpick.

"Fantastic tasting and they have lots of nutritionally dense components." -Diane Catalfamo, North Tech Culinary Arts instructor

Red Robin Salad Serves 10-12

- 1 bag baby spinach
- 1 head of romaine or mixed field greens
- 1 bag of broccoli slaw
- 1 cup shredded red cabbage
- 1 cup shredded carrots
- 1 medium size red onion cut fine julienne style
- ½ cup green onions cut in ¼ inch pieces
- 3-4 small honey crisp apples
- 1 cup seedless white grapes cut in half
- 1-½ cups fresh strawberries cut in slices
- 1 cup fresh blueberries
- 1 cup cranberries (rehydrate in 1 cup water, squeeze out excess before applying them to salad)
- 1 cup blue cheese crumbs
- 2 boiled eggs diced (optional)
- 1-2 cups toasted walnuts or pecan halves
- 1 pound marinated grilled chicken (see chicken recipe)

Salad Assembly

Mix greens, cabbage, onions, carrots and broccoli slaw together. Layer the other items in order given on recipe. Place cooled sliced chicken on savory greens. Fan the sliced apples then place all the colored fruit, cheese and walnuts on top. Toss right before serving.

Raspberry Vinaigrette

- 1 cup olive oil
- ½ cup sugar
- ½ cup balsamic or red wine vinegar
- 1 fresh lemon juice
- ½ cup water
- 1 cup seedless raspberry puree (or substitute raspberry jam)
- 1 tsp. salt
- 1 tsp. pepper

- 2 tsp. fresh minced garlic
- 1 tsp. onion powder
- ¼-cup parmesan cheese (optional)

Place all ingredients in mixing bowl and whisk together. Store in airtight container till service time. Serve on the side with salad or toss on complete salad if your guest will eat it all in one session.

Chicken

Marinate raw chicken breast in refrigerator over night. (1 T. lemon pepper, 1 tsp. salt, 2 T. minced garlic ¼-cup olive oil, juice from one fresh lemon). Grill and cut into thin strips.



Do you know how many calories are in your child's lunch?

Find out at www.ssdmo.org/ssd_services/schools.html. Nutritional information, including calories and carbohydrates, is now available on the SSD website for all foods included in the lunch menu at SSD schools for the 2010/2011 school year. ■

Provided by the Culinary Arts program at North Technical High School.