



FYI Connections

A monthly newsletter for Tuscarawas County families.

October 2009

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Diabetes Association
- American Red Cross
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- Garaway Local Schools
- HARCATUS Head Start
- Indian Valley Schools
- Kiwanis
- Dr. Michelle Levitt
- Nationwide Insurance
- New Philadelphia City Schools
- Newcomerstown Schools
- Norma Johnson Center
- Ohio State University Extension/4-H
- Super Fitness/Thin & Healthy's
- Total Solutions
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Board of MRDD
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Tuscarawas County Parks Department
- Tuscarawas Valley Local Schools
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.

For more information about Fit Youth Initiative contact:

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International Walk to School Day

Submitted by Debbie Crank, Tuscarawas County Health Department

Safe Kids Tuscarawas, in collaboration with Fit Youth Initiative (FYI), will be observing International Walk To School Day held each year in October. Children around the world will be encouraged to walk to schools while also learning how to walk to school safely. The event promotes both physical activity and a reduction in traffic incidents near schools.

Roughly 10% of children nationwide walk to school regularly. Even among those kids living within a mile of their school, only 25% are regular walkers. School-aged children need to accumulate 60 minutes of moderate physical activity most days of the week. Walking to and from school presents a perfect opportunity to begin achieving this amount of activity each day.



Elementary-aged children involved in local events will receive information from FYI on the importance of daily exercise as well as a healthy snack and a "Healthy Tusc" incentive item. The children and their care givers will also be receiving pedestrian safety messages and reflective zipper pulls from Safe Kids. International Walk To School Day is a program of National Safe Kids, Washington, DC. For additional information you may contact Debbie Crank, Safe Kids Coalition Coordinator at 330-343-5555, ext. 137.

Parents can play an active role in assuring children can safely walk to school and get the exercise they need. If you are interested in helping to organize a regular walk-to-school program, resources may be found at these websites: <http://www.iwalktoschool.org/resources.htm> and <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>. You may also contact a Fit Youth Initiative representative at 330-339-2337.

Local Event Highlights



Upcoming programs presented by FYI and its member organizations.

Volley for the Cure—Area varsity volleyball teams are taking the lead again this year to promote breast cancer awareness and raise funds for research. Each team plans its own fundraising efforts in support of the Susan Komen Foundation. The Regional Cancer Center will donate \$1000 to each participating high school to forward to the foundation in the school's name. Upcoming games are as follows. Check with your school for more details.



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| Indian Valley hosts Claymont | Saturday, October 3 |
| Strasburg hosts Sandy Valley | Monday, October 5 |
| New Philadelphia hosts Dover | Tuesday, October 6 |
| Newcomerstown hosts Sandy Valley | Monday, October 12 |
| Garaway hosts Hiland | Monday, October 12 |

Cancer Survivor Program – Thursday, October 8 at 7 p.m. at Kent State University Tuscarawas. Scott Burton, best selling author, comedian, and juggler, will present an inspiring program based on his experience of turning his own fears from battling cancer into strength and his tragedy into comedy. The program is not about cancer but about potential. Scott has worked with both Jerry Seinfeld and Jay Leno. Tickets are required and are available in the Union Hospital gift shop.

Fall Fest at the Norma Johnson Center—Saturday, October 10 from 1-5 p.m. at the picnic shelter on Conservation Drive. Lots of fall family fun including pumpkin painting, scarecrow making (bring your own clothes), fall hike, scavenger hunt, and various crafts along the trails weather permitting! If raining, event will be held in the back of the yellow pole barn along SR 39. The butterfly house is back. Participants will be given a chance to sponsor a butterfly for \$5 and send it on its way to Mexico for the winter. Questions? Call Marsha at 330-339-7976.

Women's Business Expo - October 17 from 10 a.m. – 3 p.m. at Jim's Place, New Phila. - 40 women showcasing their businesses, distributing information and selling products or services. This will be a great way to start your holiday shopping and support local businesses and women in Tuscarawas County.