



FYI Connections

A monthly newsletter for Tuscarawas County families.

April 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
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
Twin City Hospital
Union Hospital
WIC
YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship.

On-going support is being provided by the Twin City Hospital Healthy Community Outreach Program.

For more information about Fit Youth Initiative contact:

Christine Kendle
kendle.4@osu.edu

Linda Krupa
krupa.15@osu.edu

[Ohio State University Extension
Tuscarawas County](http://www.osu.edu/extension/tuscarawas)
330-339-2337

Spring Has Finally Arrived!

Submitted by: Becky Glasure, HARCATUS Headstart



Spring! A time for new beginnings! A time to clean! A time to dust off the family! Dust off the family? Yes, dust off the family. They have been sitting around watching TV, eating way too many snacks, and playing video games! Dust has settled over them! Let's round up the family, go outdoors and blow off some of that old winter dust!

Spring offers families many opportunities to explore the outdoors and exercise not only the body but also the brain. While out walking, riding bikes, jogging, or skipping along, family members can search for a sign of spring. Teaching children to observe the world around them can prepare them for exciting endeavors. Inventors, scientists, artists, writers, and those wise, self-aware people we sometimes have the privilege of meeting, are all experts at observation in one form or another.

Searching for signs of spring can be done throughout the months of April and May. Give each family member a little notebook to record his or her findings. As everyone goes about their daily lives, they search for signs of spring, either as a group or on their own.

Take notes of the date each sign of spring was found. Some examples could be:

- ✍ When did you first see signs of the daffodils?
- ✍ When did the crocuses bloom?
- ✍ On what day did the birds suddenly start singing in the morning?
- ✍ What birds did you see the first week, the second week, etc.?
- ✍ Which are the first bulbs to bloom in your yard or neighborhood?
- ✍ When did the leaves bud?
- ✍ Do you see windows being washed, or closet items being disposed of in the garbage?
- ✍ Can spring peepers or other night singers be heard?
- ✍ What does the night air smell like, now that spring is coming or here?



While outdoors, bend and stretch and reach for the sky each time someone shares the sign of spring they have found. Each one's efforts should be praised for finding a sign of spring. Play a game of "tag" to continue the dusting!

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

YMCA Healthy Kids Day—Saturday, April 18— **FREE FAMILY EVENT!!** Twin City YMCA events from 10 a.m.-noon include Rock-n-Rhythm Dancers at 10:15, Jr. Olympics Sports Skills Competition at 10:30, face painting, snacks, games and giveaways! **Tuscarawas County YMCA** events from 1-3 p.m. include "Fit is IT" show with Jeffrey Potts, swimming, face painting, cooking demonstration, healthy snacks, lots of giveaways!

Union Hospital "Run for Home" - Sunday, April 19 at Tuscora Park starting at 1 p.m. and includes one mile run/walk, kids' fun run, post-race entertainment, and **Health and Fitness Expo** (also 2-6 PM on 4/18). Visit www.unionhospital.org; and click on the "Run for Home 1/2 Marathon" for more details.

T-shirt Design Contest - Fit Youth Initiative invites all Tuscarawas County 4th and 5th graders to participate in its third annual contest to create a design for this year's community summer walking program. The designated theme for this year's artwork is "Treasure Your Health, Tuscarawas County." Entry form with all the details may be found online. Go to <http://tuscarawas.osu.edu> and click on Family & Consumer Sciences.

Dover East Elementary students are tracking fruit and vegetable intake and physical activity this month in a program called "East Kids Do Amazing Things.". Those meeting goals will be eligible for a drawing for an MP3 player! The program is part of a National Dairy Council and National Football League school wellness initiative.