

## Healthy Kids = Healthy Communities: Moving Forward Together!



## Something to Ponder

*For people in distress will sometimes prefer a problem that is familiar to a solution that is not.*

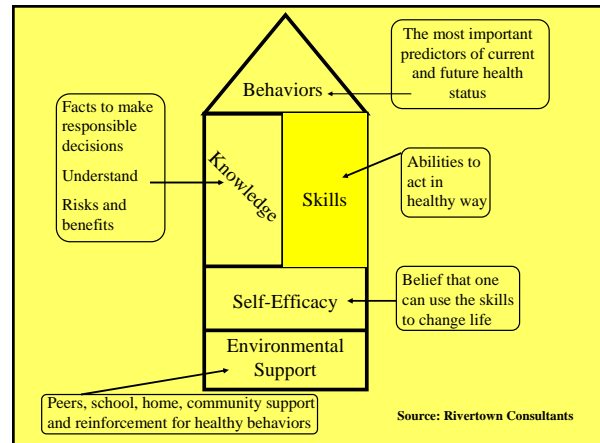


Source: Neil Postman, *The End of Education*



## Healthy Behaviors

- Wear a seat belt every time you drive or ride in a car.
- Brush your teeth at least twice a day
- Eat four or more servings of fruit or vegetables a day.
- Get 7-8 hours of sleep each night
- Never drive more than five miles an hour over the speed limit
- Exercise at least three times a week
- Had parents who did a great job talking to you about sex!



**Thomas Edison said the three great essentials to achieve anything worthwhile are:**

- ✓ Hard Work
- ✓ Stick-to-itiveness
- ✓ Common Sense





***So much brilliance is  
lost upon those who  
have no ears.***

Author Unknown

**Our babies don't keep!**

*Cooking and cleaning  
can wait 'till tomorrow  
for babies grow up we've  
learned to our sorrow.  
So quiet down cobwebs,  
dust go to sleep, I'm  
rocking my baby and  
babies don't keep.*



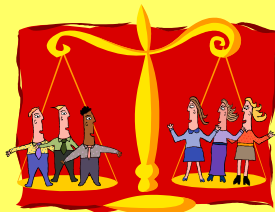
**Julie – 4<sup>th</sup> Grade**



**Julie – 10<sup>th</sup> Grade**



**“There are two things that you  
don't want to see being made –  
sausages and laws.”**



***We must have places where children  
can have a whole group of adults  
they can trust.***

*Margaret Mead*



How you behave toward people will be determined by how you view them.

This will determine how they view you and how they behave toward you.

## ACTIVITY

## Rankings of Place in the Community

- **Ace to 10**
  - Live a comfortable life
- **9 to 6**
  - Doing OK
- **5 to 2**
  - Struggling



## Remember ....

People with the least amount of power are often the best observers!



## A Story About Charles!



“I hope you’re proud of yourself for the times you’ve said ‘yes,’ when all it meant was extra work for you and was seemingly helpful only to someone else.

If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.”

Fred Rogers  
*Mr. Rogers Neighborhood*

**Thank You!**  
**Barbara Flis**  
**Parent Action for Healthy Kids!**

