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Building a Healthy Northborough Joins MetroWest Moves

Building a Healthy Northborough and MetroWest Moves have officially joined forces after the two initiatives jointly applied for and were awarded Mass in Motion Municipal Wellness and Leadership Initiative funding. The quad-community initiative (Northborough, Framingham, Hudson, and Marlborough) will be called MetroWest Moves.

MetroWest Moves provides a unique opportunity to promote wellness and combat health disparities across these four diverse communities. With the overarching goal of implementing strategies to increase healthy eating and active living and reduce risk factors associated with chronic disease and obesity, MetroWest Moves has the potential to positively impact almost 140,000 people.

As a result of the merge, the Building a Healthy Northborough Food Establishment Initiative will now join the MetroWest Moves Healthy Dining Initiative; likewise, the two initiatives' websites will be combined.

For more information and to get involved in this exciting quad-community initiative, visit www.metrowestmoves.org or the MetroWest Moves Facebook and Twitter pages.



Service Dog Comes to LSS

By Jane Scotland, School Nurse

We are so excited the students at Lincoln Street School have had the opportunity to work with a certified Service Dog. Evidence-based research indicates the success of therapy dogs in schools, for at risk students, students with disabilities, and as a reading companion. We are fortunate to have a Golden Retriever, Hansen, to join LSS once a week for 2.5 hours each visit. Hansen has been a star with the LSS students, many of whom have read to him, listened to stories with him, colored pictures for him, and spent time loving him.

We have worked closely with the Massachusetts Aggression Reduction Center (MARC) located at Bridgewater State University. Three staff members attended the Train the Trainer program run by MARC founder Dr. Elizabeth Englander. LSS students in grades 2, 4, and 5 attended presentations on bullying and cyber bullying on Monday, November 24th.

In addition to social and emotional health, LSS has continued to work on overall health. LSS has once again partnered with New England Dental Group and participated in Operation Gratitude. The students donated 112 pounds of their Halloween candy to military service personnel serving our country overseas. In physical education class, students in grades 3, 4, and 5 have learned about the initiative 95210. This initiative helps teach kids to have more than 9 hours of sleep, 5 servings of fruits and vegetables, 2 hours or less of screen time, 1 hour of physical activity, and 0 sugary drinks.



A Most Nutritious Election

The library teacher, Joanne Giancola, and school nurse, Diane Gage, at Proctor School are teaming up again this year to teach fourth grade students about the health benefits of eating fruits and vegetables. Students will choose from a selection of fruits and vegetables and research them in order to teach their peers about the health benefits of that food. They will use iPads to go to a pre-approved site to get the background information that they need to write an electoral speech to encourage the students to vote for that fruit or vegetable in a grade level election. Students will also create a campaign poster that will be displayed in the school for everyone to gain a better understanding of various fruits and vegetables.



Simple Winter Recipe

Sweet Potatoes with Warm Black Bean Salad

Try this nutritious and easy dinner recipe from *Eating Well* that will keep you full and satisfied throughout the winter.

Ingredients

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3/4 tsp salt
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro

Preparation

- Pierce sweet potatoes with a fork. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender in the center, about 1 hour.)
- Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
- When just cool enough to handle, cut each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

School Nurses Receive Cultural Competency Training

By Laurie Pardee, MSN, Nurse/Health Leader

MetroWest Moves sponsored a cultural competency training in October that I attended. It was such a valuable training that I brought it back to all the nurses in Northborough/Southborough for our professional development day in December. Shani Dowd, Director of Harvard Pilgrim Health Care Foundation's Culture InSight and Assistant Clinical Professor of Psychiatry at the Boston University School of Medicine, led the training. The goal of the training is to increase knowledge, understanding, and awareness of differences and integrate this knowledge into the work that we do. The training surpassed all of my expectations. I walked away from the first training and had that "ah-ha" moment that does not happen that often. I've always thought that I had insight into cultural differences, but through dialogue at the training I understood the need to continue dialogue to ensure that we continue to strive for health equity for all. I'm very appreciative that MetroWest Moves allowed us the opportunity to participate in this training and we will continue to integrate health equity principles into the work that we do.