



April 2011

Healthy Happy Kids

Of SweetApple Elementary



April is a very exciting month for us here at Sweet Apple! We will be hosting the City of Roswell Annual Easter Egg Hunt on Saturday, April 23rd from 11am-1pm. There will be a Health Fair as well with local businesses and sponsors in attendance to support our Healthy Happy Kids mission.

The Relay for Life is coming up fast—April 30th at 6pm at Roswell High School. If you haven't signed up as a participant, please go to the link below, download the form, and fill it out and return it (with your check) by April 11th. The cost is only \$10 to join our Sweet Apple Sweetcakes team and get a T-shirt. You may also purchase a luminary to celebrate which is also only \$10. It is going to be a truly spectacular event! We hope you can make it!

<http://bit.ly/ghEwvP>



Sweet Apple Sweetcakes



Calendar of Events

Roswell Easter Egg Hunt and Health Fair. Saturday, April 23rd. 11am-1pm. Sweet Apple Elementary School grounds.

Relay for Life. 6pm Friday, April 29th— 6am Saturday April 30. Roswell High School Track.

Roswell's On the Fringe Miniature Golf Challenge. Saturday, April 30th. The Fringe Miniature Golf at Area 51. 5100 Commerce Parkway, Roswell, GA 30076. roswellgov.com/minigolf

Roswell Mayor's Ride. RIDE START TIME – 8:00 AM Start at Roswell Area Park, 10495 Woodstock Road, Roswell, GA. 6 mile free ride, 20 mile, and 42 mile routes. bikeroswell.com/mr-online-reg.html

Susan G. Komen Race for the Cure. Saturday, May 7th. 8:30am. Atlantic Station. Komenatlanta.org

Planning your summer activities?

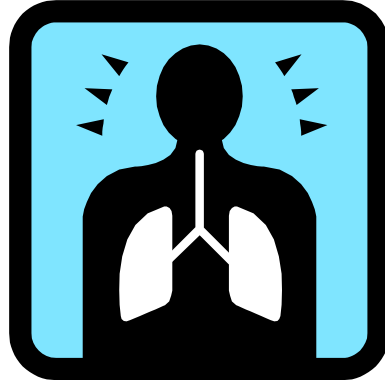
Check out what the city of Roswell has available at:

<http://www.roswellgov.com/DocumentView.aspx?DID=1144>

Roswell Parks and Recreation Summer Program Registration. Roswell Residents Monday, April 11, 2011. Open Registration Monday, April 18, 2011



Getting to know your body: the Lungs



The lungs are the organ that supplies your entire body with oxygen. Oxygen is a form of energy, in the air, that your body needs and uses for just about everything you do! The lungs work in partnership with the heart to supply the oxygen throughout your body.

When you take a deep breath in, air travels through your mouth and / or nose down into the lungs. The lungs let the oxygen pass through them and into the bloodstream. The heart then pumps the oxygen-rich blood throughout your body so the different organs can take the oxygen and perform their unique functions.

It is very important to breathe—without oxygen, humans cannot live. Also, the more active you are, the more oxygen you need. Ever notice how when you're exercising, you are breathing harder? That is because your organs are using the oxygen faster. Therefore, you breathe faster and harder, and your heart beats faster and harder.

Taking care of your lungs is also very important! If you have asthma, it is important to stay away from things that make it worse (like smoke, mold, and pollen). **DO NOT SMOKE CIGARETTES!** Cigarettes damage the lungs by placing small particles of tobacco and its other bad chemicals directly into the lungs and they **DO NOT** come out! People that have smoked a long time develop black-colored lungs and they do not work properly—the oxygen takes much longer to pass through the lungs and into the bloodstream. These people may even need to have to carry and breathe with the use of an oxygen tank.

Whole Grain Marshmallow Crispy Bars

Ingredients:

- 3 tablespoons butter
 - 1 (10.5-oz.) bag miniature marshmallows
 - 1 (15-oz.) box multi-grain cluster cereal (such as Kashi GoLean Crunch)
 - 1 1/4 cups dried cranberries, divided
- Vegetable cooking spray

Preparation:

1. Melt butter in a large saucepan over low heat. Add marshmallows, and cook, stirring constantly, 4 to 5 minutes or until melted and smooth. Remove from heat.

2. Stir in cereal and 1 cup cranberries until well coated.

3. Press mixture into a 13- x 9-inch baking dish coated with cooking spray. Chop remaining 1/4 cup cranberries, and sprinkle on top. Let stand 10 to 15 minutes or until firm.



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