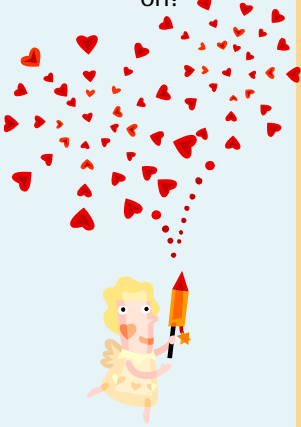


Thanks for being a part of the
Growing Up Strong Network

GUS News is a quarterly newsletter designed to keep you up to date
and informed regarding the latest in GUS news and training.

**WINTER
2010**

GUS is going
paperless!
Let us know if
you would like
to receive this
newsletter by
email from now
on!



**INSIDE THIS
ISSUE:**

Happy New
Year from GUS
and GUSSIE!
Happy Healthy
Year!
Resources

HAPPY NEW YEAR FROM GUS AND GUSSIE!

Is your site ready for the upcoming year?

Be sure that your students are ready for all of the challenges that the new year may bring with GUS. GUS is designed to develop strong mental health and wellness in children. GUS strives to help create the best possible classroom environment for promoting positive mental wellness, the first and most basic line of defense against substance abuse.



Through the main characters, GUS and GUSSIE, children are able to learn and discover new feelings and adventures while learning valuable life skills such as decision making, problems solving, responsibility, and positive refusal skills. Growing Up Strong is designed to help every child develop a strong, positive self-concept, the ability to cope with and express emotions appropriately, and healthy adult and peer relationships.

If you want to learn more about how Growing Up Strong can help you help children, please contact us at Growing Up Strong, Southwest Prevention Center, 1639 Cross Center Drive, Norman, OK, 73019 , 405-325-2406 or at gus@ou.edu.

Do YOU LOVE GUS?

If so, tell us about it. If using the Growing Up Strong program has made a difference in your classroom or in the lives of your children, let us know! We would love to hear about your experiences using GUS in your organization.

GROWING UP STRONG GUS NEWS

growingupstrong.org



Time Flies!
Don't forget to schedule
your GUS trainings now!



RESOURCES

for Early
Childhood
Educators



Centers for Disease Control

Your online source for credible health information
<http://www.cdc.gov/>

Mayo Clinic

Medical information and tools for healthy living
<http://www.mayoclinic.com/>



HAPPY HEALTHY YEAR!

During the cold and flu season, the Centers for Disease Control offers this information to ensure that 2010 is your happiest and healthiest year!

Take these everyday steps to protect your health:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Also:

- Make healthy food choices. Grab a healthy snack such as fruit, nuts, or low-fat cheese.
- Be active. Try simple things such as taking the stairs instead of the elevator. Be active for at least 2 ½ hours a week.
- Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.
- Make an appointment for a check-up, vaccination, or screening. Know where to go for care if you do not have health insurance.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Be smoke-free. If you think you're ready to quit, call 1-800-QUIT-NOW for free counseling.
- Get enough sleep. Remember that sleep is a necessity, not a luxury.



Southwest Prevention
Center

University of Oklahoma
OUTREACH

1639 Cross Center Drive,
Room 254
Norman, OK 73019

Phone: 405-325-2406
Fax: 405-325-7092
E-mail: gus@ou.edu

"2009 H1N1 Flu ("Swine Flu") and You" Centers for Disease Control and Prevention. 160122009. CDC, Web. 8 Jan 2010. <<http://www.cdc.gov/h1n1flu/qa.htm>>.

"Make Health Your Resolution." Centers for Disease Control and Prevention. 040012010. CDC, Web. 8 Jan 2010. <<http://www.cdc.gov/Features/HealthyNewYear/>>.