

healthy NEWZ 4U

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In this Issue For Teachers:

In this issue of *Healthy Newz 4U* you'll find tips and hints about staying healthy and feeling great...everyday.

- Staying Hydrated and Healthy
- Skincare 101 for Acne
- (Safe) Fun in the Sun Pledge

To get reliable and timely information, check out your local newspaper to get the news about these and other issues that matter to you.

Healthy Newz 4U provides you with activities and information to help your students stay healthy — inside and out. It will also help you and your students to use the local newspaper as a virtual textbook for health and wellness curriculum, build literacy, critical thinking, writing skills and more.

Follow these icons for simple interactive classroom activities.



Objective



Start the discussion



Classroom activity



Extra information to supplement discussion or classroom activities

Staying Hydrated and Healthy

Today, more and more students give up drinking water for sugar and calorie loaded energy drinks, gourmet coffees, and fruit smoothies. Encourage students to develop a habit of drinking six to eight glasses of water a day now and help them stay hydrated and healthy for a lifetime.



Objective

The following exercise will help students understand the importance of drinking six to eight glasses of water a day and why choosing to drink water over sugary beverages provides numerous health benefits.



Start the Discussion: *Staying Hydrated and Healthy*

- Throughout a typical day, how many glasses of water do you usually drink?
- Besides water, what other beverages do you drink in a typical day?
 - Soda, juice, energy drinks?
 - Do you know what the calorie and sugar content is in those beverages?
 - Do they contain caffeine? Why is it important to limit caffeine?
- Does anyone know how many glasses of water you should drink each day?
- Why is that important? How does it help your body function properly?
- Why is it important to drink more water when participating in sports or during the summer?



Classroom ACTIVITY: *Staying Hydrated and Healthy*

Goal: Help students gain awareness about high calorie and sugar loaded beverages, and understand the benefits of drinking enough water every day.

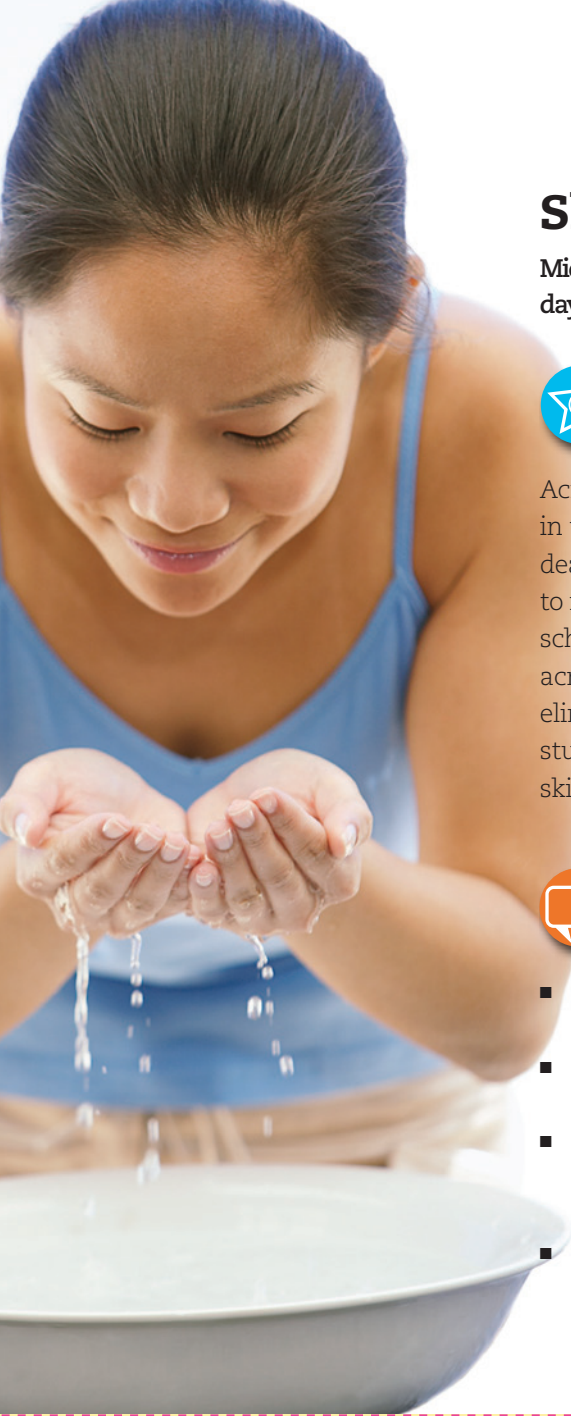
Materials: Copies of local newspapers

Class Time: 30 minutes

Activity: Using the newspaper to build on the discussion, increase awareness about the quality of beverages consumed and ideas to increase water intake every day.

- Ask students to identify advertisements for beverages they consume regularly and write down reasons water is a healthier alternative.
- Ask students to find mentions of specific activities they participate in that require them to drink more water and discuss strategies for staying hydrated on those occasions.
- Ask students to track the number of glasses or ounces of water they drink for one week. After a week, recap the results with the class and discuss how the class did.
- Follow up by asking students to write down a plan to drink six to eight glasses of water every day.

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Skincare 101 for Acne

Middle school is the perfect time to educate students about proper skincare. Helping students understand day-to-day habits for taking care of their skin now, will help them stay healthy down the road.



Objective: Beat Breakouts

Acne is caused by overactive oil glands in the skin and an accumulation of oil, dead skin cells and bacteria, which leads to inflammation in pores. During middle school, students might start developing acne. While there is no way to completely eliminate breakouts, it's important to help students understand how to care for their skin and minimize the severity of acne.



Start the Discussion: Beat Breakouts

- Why is it important to take care of your skin properly?
- What are some steps you take every day to keep your skin healthy?
- What are some of the problems you might experience when you don't properly take care of your skin?
- Has anyone ever given you tips on how to take care of your skin? What were they?



Classroom ACTIVITY: Beat Breakouts

Goal: Help students think about benefits of proper skincare and how advertising can be used to help influence others to improve their skincare routine.

Materials: Copies of local newspapers, pen/pencil, paper

Class Time: 30 minutes

Activity: Based on the discussion, ask students to create an ad for their own skincare product.

- Ask students to look through the newspaper for advertisements, paying attention to the size, layout and words used to sell the product.
- Ask students to create their own skincare product and write an ad as if it would be published in the newspaper, including a name of the product, and the benefits.
- Ask students to draw a picture of their product to go with the advertisement.
- Ask students to be creative and include helpful information about skin care.

Staying Hydrated

continued



Four Really BIG Reasons to Drink More Water

1. Your body needs it.

Water is essential for everything your body needs to work properly. Brain function, digestion and metabolism all require water. Feeling sluggish and less alert could be a sign of dehydration.

2. Water helps prevent illness and disease.

Water helps flush out toxins. Dehydration is linked to illness and diseases like asthma, ulcers, allergies and arthritis.

3. Water has no calories.

Fruit juices, soda and other popular drinks are loaded with sugar and empty calories. Energy drinks might

give your student an instant boost, but if they contain lots of sugar, it could cause a sugar-crash a couple of hours later.

4. Water has no caffeine.

Caffeine is a diuretic, which means it actually flushes water from the body and contributes to dehydration.

Understand the importance of developing healthy



Six Tips to Help Students Beat Breakouts

1. Wash Daily

Face washing helps remove excess surface oils and dead skin cells that can clog pores, but washing too much can actually cause damage by over-drying the skin or irritating existing acne.

2. Wash After Exercise

Remind your student to wash his/her face and other acne-prone areas after exercising. Sweat can clog pores and make acne worse.

3. Read the Ingredients

Look for lotion and makeup that are noncomedogenic or nonacnegenic and don't clog the pores.

4. Keep Hair Products Off Skin

Many hair products contain oils that can make acne worse along the hairline; use sparingly.

5. Wear Loose Clothing

Acne on the chest or back can be irritated by tight clothing and further irritate the skin.

6. Hands Off

Remind students that squeezing pimples will make them worse and can cause permanent scarring.

http://kidshealth.org/teen/your_body/beautiful/prevent_acne.html#

(Safe) Fun in the Sun



Objective: (Safe) Fun in the Sun

As summer approaches, students will likely be spending more time outdoors — playing sports, at the pool, walking, etc. It's important for middle school students to understand how to protect their skin from the sun's damaging rays. Developing smart habits now about sunscreen can help them keep their skin healthy and also reduce the risk of cancer and other skin conditions in the long run.



Start the Discussion: (Safe) Fun in the Sun

- What are some of your favorite outdoor activities?
- When you play sports, go to the pool, etc. do you wear sunscreen?
- Do you know what the sun protection factor (SPF) rating means on your sunscreen?
- What number of SPF do you use?
- Why is wearing sunscreen important?
- How does it protect your skin?
- What are some of the long term effects to your skin if you do NOT wear sunscreen?
 - Wrinkles/age spots
 - Skin conditions
 - Skin cancer
- What are some of the other ways you can protect your skin in addition to sunscreen?
 - Hats
 - Glasses
 - Breaks from the sun



Classroom ACTIVITY: (Safe) Fun in the Sun Pledge

Goal: The local newspaper can be used not only as a resource for information, but also provide a channel for community involvement. Ask students to take a pledge to practice safety in the sun and send out a call for action from the community.

- Following the discussion, read the Sun Safety Pledge (on back page) to the class.
- Ask students to sign the pledge and commit to practicing the sun safety techniques at all times.
- If possible, take a group picture of the class and send it to the local newspaper with a copy of the pledge to not only promote students' commitment to being safe in the sun, but also encourage the community to follow suit.
- Hang the signed pledge document in the classroom as a daily reminder of the commitment.



On this day, I pledge to make sun safety a priority in my daily activities. This pledge is a commitment to protecting my skin from damaging sun rays that can cause premature aging, skin conditions and diseases like cancer.

I challenge my community of _____, to join me in my pledge and take the following steps in being safe in the sun.
(city)

I WILL:

1. Apply Generous Amounts of Sunscreen

I will not be stingy with the sunscreen and will apply generous amounts to my skin.

2. Apply Before Going Outside

I understand that sunscreen should be applied to clean, dry skin about 30 minutes before heading outside. I will give sunscreen time to properly dry and absorb into the skin.

3. Break in the Shade

I know that the sun's rays are the strongest, between 11 a.m. and 3 p.m. and, therefore, I will take periodic breaks in the shade, even when wearing sunscreen.

4. Go with a High SPF

I will use sunscreen with a Sun Protection Factor (SPF) of 15 or higher to protect against harmful UVA and UVB rays. I understand that the higher the number, the better for my health.

5. Apply and Repeat

I will reapply sunscreen every 90 minutes to maintain optimum protection from the sun.

6. Cover up

I will wear loose fitting cotton clothing, a hat and sunglasses for added UV protection when possible. I understand that I need sunscreen even if it's cloudy outside because 80 percent of ultra-violet radiation is still present on cloudy days.

Date: _____

SIGNATURES:

This program is brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation. We are proud to offer *Healthy Newz 4U* as a resource to help increase knowledge about health and wellness.



Find additional information online at www.HealthyNewz4U.com.

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