

healthy NEWZ 4U

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Parents: Welcome to Healthy Newz 4U

Welcome to the first issue of Healthy Newz 4U — information for students, teachers and YOU. Inside you'll find tips and hints about keeping your student healthy and feeling great... everyday. Brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation, Healthy Newz 4U is a resource for all things health and wellness.

Breakfast = brain power

It's important for kids to have breakfast every day, but **what** they eat is just as important. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.



Try these practical suggestions to ensure that your kids get a good breakfast every day:

- Stock your kitchen with healthy breakfast options
- Prepare as much as you can the night before and let kids help plan
- Get everyone up 10 minutes earlier
- Have grab-and-go alternatives (fresh fruit, individual boxes of cereal, yogurt or smoothies, trail-mix) on days when there is little or no time to eat



The flu: A guide for parents



What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs that is caused by influenza virus and can spread from person to person.

What are the symptoms of the flu?

Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Cough can last two or more weeks.

How can I protect my student against flu?

1. Get a flu vaccine and get your student vaccinated, too.
2. Take everyday steps to prevent the spread of germs.
 - Clean your hands often and cover your coughs and sneezes
 - Tell your child to:
 - Stay away from people who are sick
 - Clean hands often
 - Keep hands away from face
 - Cover coughs and sneezes with your arm (not hands) to protect others — it's best to use a tissue and throw it away

What should my family use for hand washing?

Washing hands with soap and water (for as long as it takes to sing the Happy Birthday song twice) will help protect your child from many different germs. When soap and water are not available, wipes or gels with alcohol in them can be used (the gels should be rubbed into your hands until they are dry).

What can I do if my child gets sick?

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids.

Can my child go to school if he or she is sick?

No. Keep your child home from school until his or her temperature has been normal for 24 hours.

Stay informed

Your local newspaper is a great resource to find accurate and reliable information about cold and flu outbreaks in schools and the community.

Source: <http://www.cdc.gov/flu/>





Help your child stay active!

Healthy, physically-active kids are more likely to be academically-motivated, alert, and successful. And physical competence builds self-esteem at every age. In addition, regular exercise helps them build strong muscles and bones, helps with weight control, decreases risk of developing type 2 diabetes, promotes better sleep and provides a better outlook on life.

4 ways to motivate kids to get moving

1. Choosing the right activities for a child's age: If an activity is above or below their level, the child may be bored or frustrated.
2. Giving kids plenty of opportunity to be active: Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.
3. Keeping the focus on fun: Kids won't do something they don't enjoy.
4. Exercise as a family and be a role model for your kids: When they see you exercise on a regular basis, they are more likely to do it, too. Try evening walks, planting a vegetable or flower garden, charity walks, roller skating, etc.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a bike — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

Choose activities based on your child's fitness personality

As children get older, personality traits, genetics, and athletic ability combine to influence their attitudes toward participation in sports and other physical activities.

Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants.

An enthusiastic athlete, for instance, will want to be on the basketball team, while a casual athlete may just enjoy shooting hoops in the playground or on the driveway.



A non-athlete is likely to need a parent's help and encouragement to get and stay physically active. It's important to encourage kids to remain active even if they're not top performers.

Source: http://kidshealth.org/parent/fitness/general/schoolage_active.html

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Find additional information online at www.HealthyNewz4U.com.

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