

Balancing Calories: Help Kids Develop Healthy Eating

1. Encourage healthy eating habits. Small changes can lead to a recipe for success!

- Provide plenty of vegetables, fruits and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Serve reasonably sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages, sugar, sodium and saturated fat.

2. Make favorite dishes healthier. Some of your favorite recipes can be healthier with a few changes.

3. Remove calorie-rich temptations. Treats are OK in moderation, but limiting high-fat and high-sugar or salty snacks can also help your children develop healthy eating habits. Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less:

- A medium-size apple
- A medium-size banana
- 1 cup blueberries
- 1 cup grapes
- 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus

4. Help your kids understand the benefits of being physically active. Teach them that physical activity has great health benefits like:

- Strengthening bone
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management

5. Help kids stay active. Children and teens should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, and every day if possible. Start adding physical activity to your own daily routine and encourage your child to join you. Some examples of moderate-intensity physical activity include:

- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer
- Swimming
- Dancing

Extra Tip!

Portion out serving sizes of snacks into small containers or plastic bags instead of taking the entire bag of chips or whole box of cookies.



S Swords, knives, and other costume accessories should be short, soft, and flexible.

A Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F Fasten reflective tape to costumes and bags to help drivers see you.

E Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L Look both ways before crossing the street. Use established crosswalks wherever possible.

L Lower your risk for serious eye injury by not wearing decorative contact lenses.

O Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

N Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Happenings

******Student Health Screenings*****

Coordinated School Health is working with the schools to provide the state required health screenings for students in grades PreK, K,2,4,6,8. All of these grades receive vision and hearing screenings. Those same grades except for PreK will be screened for blood pressure and height/weight. Students in 6th grade will also have scoliosis screenings. Students in 9th grade will only be screened for blood pressure and height/weight. Parents will be notified of any unusual results by phone or letter. If parents do not want their children screened, they must sign and return the permission form.

We have a new School Health Coordinator. Mrs. Elise Driver. We are excited for this school year and hope to implement programs that improve our childrens's health and capacity to learn.

Purpose of CSH

The DeKalb County School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.

Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

Improved health optimizes student performance potential so that academic achievement can advance, long-term health care costs can be minimized, and students may experience a positive future.

Spotlight!

Smithville NHC donated over 5 boxes of nonperishable food to the Back Pack Program to be distributed to our students in need in our school system.

