

On behalf of Mrs. Miesner and Mrs. DeAngelis, I would like to convey a sincere welcome to everyone and wish your children a year full of exceptional learning and the best of health. Promoting and maintaining good health is our goal at Annin. One of the ways we do this is by our Annual Handwashing Poster Contest in October. Information will soon follow.

THIS MONTH'S HEALTH TIP: ENCOURAGING A HEALTHY LIFESTYLE

Eating Healthy:

- Provide nutritious food and calcium rich non-fat or low-fat milk or other non-fat or low-fat dairy at all meals. Ensure that your child is receiving the recommended calcium intake. The **National Institute of Health** recommends that children between the ages of 9-18 consume 1300mg of calcium each day or the equivalent of about 4 glasses of milk each day to help build strong bones.

Ages 1-3 years: 700mg/day. Ages 4-8 years: 1000mg/day .

Ages 19-50 years: 1000mg/day. We begin to lose calcium from our bones after age 30, therefore it is essential to have a good supply by then. Other healthy food sources of calcium: yogurt, cheese, dark, leafy vegetables (kale, broccoli) or fortified cereals and fortified orange juice. If you have lactose intolerance or an allergy to milk, stick with the fortified calcium sources and/or supplements. Please see article " Kids and Their Bones- A Guide for Parents" on the National Institute of Health web site. www.nih.gov

Ensure that your child has a healthy breakfast each morning which includes:
a protein source: eggs, milk, cheeses, yogurt.

a fruit source: orange juice, fruit (banana, apple, blueberries etc.).

a carbohydrate source for energy : wheat bread or whole grain (healthier than white bread), whole grain cereals.

Lunch : The time of day for refueling the body since blood sugar levels have dropped. Encourage your child to eat foods that are low in fat, sodium and sugar. A high sugar meal will bottom out your child's blood sugar very fast and will leave them feeling grumpy and tired. Encourage the salad bar with lean ham, turkey, cheeses and veggies and milk or healthy hot lunches and soup.

Exercise:

The National Heart and Blood Institute recommends that children incorporate at least 60 minutes of exercise per day consisting of aerobic, muscle and bone strengthening activities: Walking, running fast, swimming, push-ups, jumping jacks, volleyball are some examples they suggest.

Please see www.nih.gov

Go to: Recommendations for Physical Activity.

Sleep:

The National Heart and Blood Institute states that "school aged children and adolescents need at least 10 hours of sleep each night." See www.nih.gov

This will take you to National Heart and Blood Institute. Look for Sleep Information.

Please see " Your Guide to Healthy Sleep".

Until Next Time,
Keep Healthy and Happy,

Debbie Karuppan RN, BSN, CSN

