

SCHOOL NEWSLETTER SUGGESTIONS:



Students who are healthy and well, do their best in school. We know parents work hard to provide a safe and healthy environment at home. We ask for your help to provide the same care for your child at school. Your assistance will help us support all students especially since some students have health issues such as food allergies, cavities, obesity and pre-diabetes.



Water and Snacks at School:

We know parents pride themselves in providing a healthy environment at home. We ask that you help us in providing the same care for your child at our school.

Consider the Hawaii 5210 recommendations for healthy living: 5 or more fruits and vegetables a day, 2 hours or less of screen time, 1 hour or more of physical activity and 0 sugary drinks every day. Parents please send refillable water bottles with your children every day filled with fresh, cool water. For snacks, remember that the following are not allowed at our school – lollipops, gum, raw saimin, Jello/pudding mixes, Chinese seeds and sunflower/pumpkin seeds. If your child needs a snack before lunch, please choose healthier snacks such as fresh fruits, veggies/dip, cheese and crackers, pretzels or popcorn.



Snack Time!

Children love to snack. Snacking isn't "bad" for children but what they snack on is important. Give your children healthy snacks now so they may focus at school and learn to make healthy food choices in the future. Choose snacks that are low in fat, low in sugar and minimally processed. Please no nut products including peanut butter.



Encourage your child to drink water

We encourage your child to bring a clean, refillable water bottle filled with water to school every day. Encourage your child to drink low fat milk and water throughout the day. Please avoid juice and sports drinks, these often contain excess sugar and a lot of chemicals.



The Importance of Sleep:

Sleep is essential for our health and well-being, especially for children. Children who sleep well are better able to focus, perform better academically and are more likely to have healthy growth. Children who don't get enough sleep are more likely to have poor focus, difficulties in academics, and behavior problems (including hyperactivity). The National Sleep Foundation recommends that children, 5 to 12 years of age, get 10 to 11 hours of sleep per night. This can be hard in today's busy world. Over-scheduling of activities, homework overload, television and cell phones in the bedroom all contribute to late bedtimes. Each child's sleep needs are different but it is important to make sleep a family priority.



What's Up with Juice?

Fruit juice is often marketed as a healthy option and natural source of vitamins. However, most fruit juices, even 100% pure fruit juice contain large amounts of sugar and lack fiber from the whole fruit. Fruit punch and other “fruit-flavored drinks” have little health benefits and often contain many chemicals. Encourage your children to drink water, and when possible, eat whole fresh fruits.



Picky eaters: Battle over the veggies

Does your child hate the thought of eating vegetables? Try the positive approach. Have your children help wash the fruits and vegetables. Get them involved! Pick a new fruit and veggie to try each week! Serve veggies at every meal and lead by example. Be sure the veggies you want your child to eat are on your own plate too and happily eat them! If your child doesn't want to eat them, just be patient and don't force the issue. Just keep trying.



Too much screen time:

Screen time or time watching TV, time on the computer and enjoying video games can be educational but it's easy to go overboard. Too much recreational screen time has been linked to obesity, poor sleep, behavioral problems and less time for active play. Pediatricians recommend that children have no more than 1-2 hours of screen time per day. So, turn off the TV when no one is watching it. Keep TV's and computers out of the bedroom. Eat together at the table and not in front of the TV or computer. Set school day rules for screen time for the whole family. Consider designating one day a week or month as screen-free day for the whole family.



Be active and play!

Physical activity and play that makes your heart pump fast and your body breathe hard makes you stronger, healthier and happier. Children in active families become active adults. Encourage your children to go outside and have fun, even if it's for a short time. Your children will love it when you join in! Encourage the whole family to move more by parking in the farthest parking space, walking the stairs together or taking a hike.



Breakfast is the most important meal of the day for everyone in the family!

Those who eat breakfast are more likely to have sharper focus, better memory, improved mood and healthier weight. Keep it simple – eat and serve a breakfast of whole grains, fruits and protein such as nut butters, eggs and yogurt. Avoid sugary foods. Eat school breakfast. Students who eat breakfast do better on academic tests. If your child is not hungry for breakfast, pack a snack they can eat in the first hours of the day.



Celebrations at school

School celebrations are fun! Be creative and celebrate with games or an activity.