

# Healthy Schools

Look inside for:

- **ADA Healthy Lunch Checklist – What’s in your Pantry?**
- **Back to School: 8 Things to Do to Help your Kids Succeed**
- **4 Tips for a Healthy and Stress-Free Lunchbox**
- **Be Choosy in the Dining Hall** (English and Español)
- **Youth Physical Activity: The Role of Schools**
- **USDA Smart Snacks in School**
- **Get Moving Today Activity Calendar** (English and Español)
- **Let’s Move – Organize a School Health Team** (English and Español)
- **“Go to School,” Chapter 11: A Year of Being Well by The Michael and Susan Dell Foundation** (English and Español)

For more information on ways to lead a healthier lifestyle visit our website [GetHealthyCT.org](http://GetHealthyCT.org)

Like us on Facebook!



**November 2015**

Get  
Healthy  
CT





# Healthy Lunch Checklist—What’s in Your Pantry?

It takes a little planning, but bringing a homemade lunch to work is an easy step toward a healthier lifestyle. If you want to make packing lunch a quick and easy task, stock your kitchen with healthy options, such as those listed below. Pick a few foods that you like and keep them on hand. Also, make sure you have storage containers, plastic sandwich bags, a thermos, and an insulated lunch bag or cooler to transport and store your lunch.

## Vegetables

- Fresh vegetables—baby carrots, cherry tomatoes, snap peas, and precut vegetables are quick to pack
- Whole vegetables, such as broccoli, bell peppers, and celery—chop them when you get home to use throughout the week on sandwiches, wraps, and salads
- Fresh mixed greens or spinach—pile these onto sandwiches, wraps or use in salads
- Frozen vegetables—try those you can steam in the package in a microwave oven

## Fruit

- Whole fruit such as apples, bananas, oranges, clementines, pears, nectarines, grapes, and peaches
- Canned fruit (canned in juice, not syrup)—try individual serving cups or cans of mandarin oranges, peaches, and fruit cocktail

## Whole Grains

- 100% whole wheat bread, pitas, and/or wraps—if you’re cutting back on carbohydrate, consider a low-carb versions
- Quinoa or quick-cooking barley

## Protein Foods

- Water packed light tuna in a can or pouch
- Reduced-sodium canned beans (rinsed and drained)
- Reduced-sodium lean deli meat—try roasted turkey, chicken, or roast beef
- Rotisserie chicken—buy a whole chicken and use it throughout the week
- Eggs—hard boil these ahead of time
- Unsalted nuts/nut mix

## Dairy

- Skim or 1% milk—soymilk or almond milk are also good options, especially for those with lactose intolerance
- Light yogurt or nonfat Greek yogurt—plain is best, flavored varieties sweetened with sugar will have more carbohydrates
- Cottage cheese—try 1% or 2% low-fat cottage cheese to trim calories

## Some Extras for Flavor

- Hot sauce
- Hummus
- Light salad dressing
- Mustard
- Salsa
- Balsamic vinegar
- Olive oil
- Lime and/or lemon juice



## **Back to School: 8 Things to Do to Help Your Kids Succeed**

**By Cleveland Clinic Editors**

Going back to school is often an exciting and stressful time for kids (and parents too). Here, eight things you can do to help your kids have their best and healthiest year ever.

### **#1 Get involved with homework**

Want to help your children do their best in school? A new study published in the MIT journal *Review of Economics and Statistics* suggests that a parent's effort is even more important than the teacher's or child's effort when it comes to doing well in the classroom. According to the study, children work harder when their parents are more involved. It may influence teachers' performance as well. Reading to your kids, helping them with or supervising their homework, attending meetings with teachers, and talking to your kids about their schoolwork can all help motivate your children to perform well at school.

### **#2 Encourage exercise for better learning**

Another reason to get your kids moving: Physical activity could have a significant effect on brain development. A study in nine- and ten-year-olds shows that children who are the most physically fit tend to perform better than their less-fit peers on memory tests. The research also shows that kids who regularly exercise have a bigger hippocampus — an area of the brain that is important in learning and memory. Previous research has also shown that exercise can increase the size of the hippocampus. The Centers for Disease Control recommends that all children and adolescents get an hour or more of physical activity every day. Bring them to the park where they can run around and play on jungle gyms, go for walks or bike rides with them, or play active games like tag or softball.

### **#3 Pack a water bottle to keep them sharp and energized**

Where do your kids get most of their liquids from? A study published in the *American Journal of Clinical Nutrition* shows that most children aren't getting the minimum amount of water recommended by the U.S. Institute of Medicine, and that the fluids they do ingest are derived largely from sweetened beverages and moisture-packed foods. Even mild dehydration can lead to fatigue, muscle weakness and decreased mental capacity. Give them water or milk at meals, and have them sip water throughout the day.

### **#4 Monitor online activity to keep kids safe from cyberbullying**

Forget stolen lunch money and punches at recess. Bullying today is more relentless and far-reaching than those schoolyard skirmishes. Today's trend goes by the name cyberbullying, which involves the use of communication technologies (think cell phones, e-mail, chat rooms and Facebook) to support repeated hostile behavior intended to harm others. In a 2009 Cox Communications survey, 15 percent of 13- to 18-year-olds said they had been cyberbullied. Other studies show even higher numbers, like a 2006 survey by Harris Interactive that reported that 43 percent of U.S. teens had experienced some form of cyberbullying in the past year. And 25 percent of kids admit to being cyberbullies. Cyberbullying hurts kids' self-

esteem, causes stress and strain, and can even lead to suicide. To help kids avoid being cyberbullied, see if they'll let you take a look at their Facebook page to check if there's anything there that could be used against them. Ask if they've received mean or hurtful messages and discuss with them how to handle it if they do get cyberbullied. They should let an adult know and save the evidence. If your child is the one doing the cyberbullying, have him read about some of the effects of this kind of behavior. Sometimes kids are trying to be funny or cool and don't realize the power of their words. Or it could be that the lack of tone of voice in texts and posts leads to misunderstandings. The key is to help your kids learn how to use technology responsibly, which means not hurting others and protecting themselves from getting hurt.

### **#5 Give your kids the freedom to explore their own talents**

How you respond to your child's activities can determine how healthfully they will approach them. Giving children the freedom to foster their hobbies helps nurture true passion. Teaching them that excellence is linked to Mom's and Dad's approval, on the other hand, can make them obsessive about something they might not care about. Find out what your kids are interested in, and sign them up for classes. Show them plenty of encouragement and support — based on their efforts, not on how well they perform.

### **#6 Choose a backpack that is the right size for your child**

Is your child lugging around a backpack that's as big as him or her? Kids' backpacks can cause back, shoulder and neck pain when they're too heavy and worn for most of the day. According to the U.S. Consumer Product Safety Commission, 7,300 backpack-related injuries were treated in U.S. emergency rooms in 2006. Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. To reduce strain on the shoulders, backpacks should also hang no lower than four inches past the waist.

### **#7 Get active as a family**

Set a good example for your kids by getting off the couch and being active. Parents who watch a lot of TV are more likely to have kids who do too. Little ones like to get involved with whatever Mom or Dad is doing. Pop in your favorite workout DVD and let your tots join in. You can even buy workout programs that are made for kids and parents to do together. If your children are older, center family time around physical activities, like shooting hoops or going for a bike ride or a daily after-dinner walk.

### **#8 Set bedtimes (even for teens)!**

If your teens like to pull all-nighters, here's another reason to send them to bed: Sleeping fewer than eight hours a night can mess with their metabolism and stimulate their appetite. According to a study in the journal *Sleep*, sleep-deprived teens not only eat more calories than those who get enough shut-eye, they also eat fattier foods. Teens need nine to 10 hours of sleep each night to feel rested and alert. Since adolescents are wired to stay up late, let them sleep in on weekends.

# 4 Tips for a Healthy and Stress-Free Lunchbox

**S**tumped by what to pack in your child's lunchbox? Stop worrying and learn to love planning.

Whether your child is an athlete who needs extra calories for that after-school game or a teenager trying to maintain a healthy weight, here are four tips from the Food and Drug Administration for making a nutritious and personalized lunch.

## Tip 1: Plan Your Meals

The key to filling a lunchbox with wholesome foods that are essential for healthy growth and weight maintenance is planning. That's the advice of Leila T. Beker of FDA's Center for Food Safety and Applied Nutrition. She should know: she's a parent and grandparent with a Ph.D. in nutrition.

Start by planning your family's meals for the whole week, Beker advises busy caregivers. If that task is too daunting, start smaller by planning lunch for a day or two and progress from there. Duplicate that meal plan for the next week and build on it.

"You have to have a strategy for a healthy life, week by week. Think about what fruits, vegetables, lean protein and whole grains your family will eat so you can shop and



have wholesome foods on hand," Beker says.

Start with the basic four: fruits and vegetables, whole grains for fiber (even if that means cutting off the crust because kids prefer the soft part), dairy and protein. Get your kids involved in helping to pack their lunches and planning family meals. That helps them develop good habits that last a lifetime.

If you have a bagel for breakfast, have a salad for lunch to balance your nutritional needs, she says. If your approach to each day is to grab

food on the go, that can become a problem. "If you don't plan, you become a victim of convenient foods," she adds.

## Tip 2: Base Your Lunchbox on MyPlate

Need help planning meals? MyPlate Kids' Place (<http://www.choosemyplate.gov/kids/>) has recipes and meal-planning information geared to different age groups. It also has advice on making healthy meals, cooking at home and developing healthy eating habits.

*“You have to have a strategy for a healthy life, week by week. Think about what fruits, vegetables, lean protein and whole grains your family will eat so you can shop and have wholesome foods on hand.”*

“Parents should understand that it’s not what you say that matters, but what you do. Your kids are watching what you do. So if you don’t eat healthy foods, they won’t either,” Beker says. “If you don’t eat your vegetables and if you don’t have a balanced diet, why would you expect your child to do any better?”

Then add some fun. Studies show that children will eat more fruits and vegetables if you make it interesting for them, says Shirley R. Blakely, a senior dietitian with FDA’s Office of Nutrition, Labeling & Dietary Supplements. Give them fruits and vegetables they like; add some dressing for dipping.

Replace French fries with a baked potato jazzed up with cottage cheese and cherry tomatoes on top. Mix unusual foods together, such as apples and peanut butter dip. Cut fruits and vegetables into bite-size pieces and fun shapes.

The trick is to give your kids a variety of good foods that are good for them. An apple one day; a pear another; then an orange. Variety isn’t just the spice of life; it’s important for developing healthy habits.

**Tip 3: Cut Portions**

Kids need smaller portions. Think quarter-cups, tablespoons and half-sandwiches, depending on your

child’s size, age and activity level. For a toddler, think tablespoons—not cups.

Cut sandwiches in triangles, Beker says. That reduces the portion and increases the fun. What’s a reasonable portion? Think finger foods that are easily grasped by little hands: cut-up carrots and apples.

“Don’t expect your child to eat as much as you eat. If you do, they will get frustrated, and you’ll get aggravated. They will also be eating too much and won’t develop a healthy habit of eating to satiety. Instead, they will learn to eat by volume,” Beker says.

Families should let children serve themselves at the table for better portion control, she adds.

**Tip 4: Read the Label**

Understanding the Nutrition Facts label (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm>) is a big step toward a healthier lunchbox. When stocking your pantry, narrow down your choices based on the label. Read the ingredients and check for sources of fats and sugars in the food, Beker says.

When shopping for food, pick one item at a time to read the Nutrition Facts label, she adds. That way you can focus your choices on foods that

provide healthier nutrient contributions to the daily intake. Next time you go shopping, check the labels of still other products.

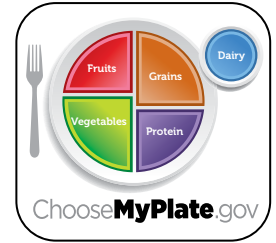
Just because something is low fat doesn’t mean it has fewer calories. Sometimes another food with a little more fat is a better overall choice because it’s more balanced.

You don’t need to add extra fat or sugar to make tasty and healthy meals for your kids, Beker says. But remember: You can’t make them without planning.

Find this and other Consumer Updates at [www.fda.gov/ForConsumers/ConsumerUpdates](http://www.fda.gov/ForConsumers/ConsumerUpdates)

Sign up for free e-mail subscriptions at [www.fda.gov/consumer/consumerenews.html](http://www.fda.gov/consumer/consumerenews.html)

# be choosy in the dining hall



## 10 tips for healthy eating in the dining hall

**Dining halls are full of healthy food options.** You just need to know which foods to put on your tray. Use these tips to plan your food choices and know which options are best for you.

### 1 know what you're eating

Many dining halls post menus with nutrition information. Look at the menus ahead of time, so you can be ready to create healthy, balanced meals when you get there. Having a plan is the first step in making smarter eating decisions! Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find information and tools like SuperTracker to help you make meal selection a breeze.

### 2 enjoy your food, but eat less

Everybody loves the all-you-can-eat dining hall! To resist the urge of eating too much, take smaller portions and use a smaller plate. Remember you can always go back if you are still hungry.

### 3 make half your grains whole grains!

Whether you're at the sandwich station or pouring yourself a bowl of cereal in the morning, make the switch to whole grains like 100% whole-grain bread and oatmeal.



### 4 re-think your drink

Americans drink about 400 calories every day. Consider how often you drink sugary beverages such as sodas, cappuccinos, energy drinks, fruit beverages, sweetened teas, and sports drinks. Drinking water instead of sugary beverages can help you manage your calories.

### 5 make half your plate fruits and veggies

Fruits and veggies can make your meals more nutritious, colorful, and flavorful. Add to pastas, eggs, pizza, sandwiches, and soups. Try spinach in a wrap or add pineapple to your pizza.



### 6 make it your own!

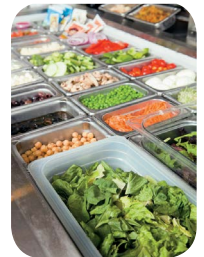
Don't feel like you have to choose pre-made plates. Design your own meal! Fresh veggies from the salad bar can be thrown into your omelet for brunch, or grab some tofu on your way to the pasta station for lean protein.

### 7 slow down on the sauces

Sauces, gravies, and dressings tend to be high in fat and sodium. Watch out for foods prepared with a lot of oil, butter, or topped with heavy condiments, such as mayonnaise. You don't have to do away with sauces and condiments all together; just ask for less or put them on the side. Reducing extras will help you manage your weight.

### 8 be on your guard at the salad bar

Most veggies get the green light but limit foods high in fat and sodium such as olives, bacon bits, fried noodles, croutons, and pasta or potato salads that are made with mayo and oil. Stick to fat-free or low-fat dressings on the side.



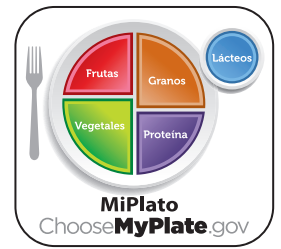
### 9 make dessert special

Save dessert for a Friday night treat or on special occasions. When you can't resist, opt for something healthy, such as a fruit and yogurt parfait.

### 10 don't linger

Dining halls should be just that, where you eat. Although it's great to chat with friends while you eat, avoid staying for long periods of time to reduce your temptation to keep eating.

# sea exigente en el salón comedor



## 10 tips para elegir alimentos saludables en el comedor

**Los comedores ofrecen muchas opciones saludables.** Usted sólo necesita saber qué poner en su bandeja. Use estos consejos para planear lo que va a escoger y saber qué opciones son las mejores para usted.

### 1 conozca lo que come

Muchos comedores publican la información nutricional de sus menús. Revise los menús con anticipación, de tal manera que este listo para crear meriendas saludables y balanceadas en el momento que lo necesite. ¡Planear es el primer paso para tomar decisiones inteligentes a la hora de comer! Vaya a [ChooseMyPlate.gov](http://ChooseMyPlate.gov) para encontrar información y herramientas como el SuperTracker para ayudarse a seleccionar alimentos en un tris.

### 2 disfrute sus alimentos pero coma menos

¡A todos les encanta los bufets, todo lo que pueda comer! Para evitar la urgencia de comer mucho, tome porciones pequeñas y use platos pequeños. Recuerde que usted puede servirse más si sigue con hambre.

### 3 ¡haga que la mitad de los productos de grano sean integrales!

Sea que este ordenando un sándwich o que se este sirviendo cereal en la mañana, haga el cambio a productos integrales como pan o avena de 100% grano integral.



### 4 reconsidere las bebidas que toma

Los estadounidenses beben cerca de 400 calorías diarias. Considere la frecuencia con que toma bebidas azucaradas como gaseosas, refrescos, capuchinos, bebidas energéticas, jugos y té dulce. Beber agua en vez de bebidas azucaradas puede ayudarle a controlar sus calorías.

### 5 haga que la mitad de su plato sean frutas y vegetales

Las frutas y vegetales pueden hacer sus comidas mas nutritivas, atractivas y sabrosas. Adicione éstos a las pastas, huevos, pizzas, sándwiches y sopas. Ponga espinaca en los burritos o piña a su pizza.



### 6 ¡prepárelo a su gusto!

No piense que los platos ya preparados son mejores. ¡Cree sus comidas! Para la merienda puede preparar tortillas francesas con vegetales frescos de la barra de ensaladas. Como fuente de proteína use tofu en la estación de pastas para agregar algo de proteína sin grasa.

### 7 disminuya las salsas

Las salsas para ensalada, aderezos y aliños tienden a tener mucha grasa y sodio. Cuidado con los platos preparados con mucho aceite, mantequilla o servidos con condimentos pesados como la mayonesa. Usted no necesita servirse las salsas y condimentos al mismo tiempo, sírvase menos y a un costado del plato. Reduciendo los extras podrá mantener un peso saludable.

### 8 este alerta en la barra de ensaladas

La mayoría de los vegetales pueden pasar, pero limite el consumo de grasas y sodio como aceitunas, tocino, tallarines o pan frito y pasta o ensalada de papa, que estan preparados con mayonesa y aceite. Prefiera los aliños sin o bajos en aceite y servidos por separado.



### 9 haga que el postre sea para ocasiones especiales

Guarde los postres para los viernes en la noche o alguna ocasión especial. Cuando realmente no lo pueda resistir, opte por algo más saludable como frutas o yogur con frutas.

### 10 no se quede en el comedor por largas horas

Los comedores deben ser sólo para comer. Aunque sea grandioso conversar con los amigos mientras come, evite quedarse por largos periodos de tiempo en el comedor para reducir la tentación de seguir comiendo.



# Youth Physical Activity:

## The Role of Schools



Being physically active is one of the most important steps to being healthy. Schools are an ideal setting for teaching youth how to adopt and maintain a healthy, active lifestyle. Schools can help youth learn how to be physically active for a lifetime.

### Why Should Schools Provide Physical Activity Programs?

- Youth who are physically active get physical and mental health benefits.
- Comprehensive school-based physical activity programs can help youth meet most of their physical activity needs.
- School-based physical activity programs benefit communities as well as students and schools.

### How Does Physical Activity Help?

- Builds strong bones and muscles.<sup>1</sup>
- Decreases the likelihood of developing obesity and risk factors for diseases like type 2 diabetes and heart disease.<sup>1</sup>
- May reduce anxiety and depression and promote positive mental health.<sup>1</sup>

### How Much Physical Activity Do Youth Need?

- **Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.<sup>2</sup>**
  - **Aerobic Activities:** Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Vigorous-intensity physical activity should be included at least 3 days per week.
    - Examples of aerobic activities include bike riding, walking, running, dancing, and playing active games like tag, soccer, and basketball.
  - **Muscle-strengthening Activities:** Include muscle-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
    - Examples of muscle-strengthening activities for younger children include gymnastics, playing on a jungle gym, and climbing a tree.
    - Examples of muscle-strengthening activities for adolescents include push-ups, pull-ups, and weightlifting exercises.
  - **Bone-strengthening Activities:** Include bone-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
    - Examples of bone-strengthening activities include hopping, skipping, jumping, running, and sports like gymnastics, basketball, and tennis.
- Some activities may address more than one category at a time. For example, gymnastics is both muscle-strengthening and bone-strengthening while running is aerobic and bone-strengthening.
- Activities should be age-appropriate, enjoyable, and offer variety.<sup>2</sup>

### How Physically Active Are Youth?

- In 2007, only 17% of 9<sup>th</sup>–12<sup>th</sup> grade students said they were physically active at least 60 minutes per day.<sup>3</sup>
- Among 9–13 year olds, only 39% said they participated in organized physical activity.<sup>4</sup>
- In 2007, only 30% of 9<sup>th</sup>–12<sup>th</sup> grade students said they attended physical education classes every day.<sup>5</sup>
- In 1969, 41% of students walked or biked to school; by 2001, only 13% of students walked or biked to school.<sup>6</sup>



## How Does Physical Activity Affect Academic Achievement?

- Physical activity can help youth improve their concentration, memory, and classroom behavior.<sup>7</sup>
- Youth who spend more time in physical education class do not have lower test scores than youth who spend less time in physical education class.<sup>8</sup>
- Elementary school girls who participated in more physical education had better math and reading tests scores than girls who had less time in physical education.<sup>9</sup>

## What Can Schools Do To Promote Physical Activity for Youth?

- Have policies that provide time for organized physical activity and free play.
- Provide information to parents about the benefits of physical activity in messages sent home and at school events.
- Encourage staff to be active. School staff and school leadership are role models for students.
- Encourage families and local groups to be involved in school-based physical activities and events.

## How Can Schools Help Youth Be More Physically Active?

A large percentage of youth physical activity can be provided through a comprehensive school-based physical activity program with quality physical education as the cornerstone. All of the parts of a physical activity program (listed below) help youth explore different physical activities and give them the chance to learn and practice the skills to establish physically active lifestyles. A comprehensive physical activity program includes the following:



### Quality Physical Education

- Gives students the knowledge and skills to participate in a lifetime of physical activity.
- Teaches movement skills and how to assess physical activity.
- Uses materials that are appropriate for the age and skill level of the students.
- Uses activities that keep students active for most of class time (more than 50% of class time).
- Meets the needs of all students.
- Is an enjoyable experience for all students.

**Policy Recommendation:** Schools should require daily physical education for students in kindergarten through grade 12 (150 minutes per week for elementary schools and 225 minutes per week for secondary schools).<sup>10</sup>



### Recess

- Gives students the chance to have unstructured physical activity and to practice what they learn in physical education class.
- Helps youth learn how to play together and handle conflict.<sup>11-12</sup>
- Improves attention and concentration in the classroom.<sup>13-14</sup>

**Policy Recommendation:** Schools should incorporate at least 20 minutes of recess per day in addition to physical education classes.<sup>15</sup>



### Physical Activity Breaks

- Build activity into classroom lessons.
- Enhance on-task classroom behavior of students.<sup>16</sup>

**Physical Activity Break Ideas:** Take a walk outside as part of a science class or ask students to name and act out action words from a story through physical activity.<sup>16</sup>



### Intramural Sports

- Offer physical activity opportunities before, during or after school hours.
- Provide students with a choice of activities like walking, running, hiking, swimming, tennis, dancing, and bicycling.
- Offer students of all skill levels an equal chance to participate.

Additional references available on: [http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet\\_pa\\_guidelines\\_schools.pdf](http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_schools.pdf)



### Interscholastic Sports

- Help students work together and engage in friendly competition.<sup>17</sup>
- Help students learn sport-specific and general motor skills.<sup>17</sup>
- May improve mental health and reduce some risky health behaviors such as cigarette smoking, illegal drug use, and having sexual intercourse.<sup>18–19</sup>



### Walk- and Bike-to-School Programs

- Can increase student levels of physical activity.<sup>20</sup>
- Promote partnerships among students, parents, and community organizations and members.
- Improve the safety of those walking and biking around schools.
- Decrease traffic near schools.

**Activity Recommendation:** Schools should participate in International Walk to School Week and support ongoing walk and bike to school programs (e.g., create safer routes to school, provide access to secure bike racks).

## How Can Schools Partner with Families and Community Groups?

- Let families know about physical activity programs at school and in the community. To make sure everyone receives the information, use different formats such as flyers, newsletters, telephone calls, e-mails, conversations at school, Internet, and media coverage.
- Include families and community members on the school health advisory council.
- Offer chances for families to participate in physical activity programs. This could include family homework assignments, activity newsletters, or family nights.
- Provide physical activity programs or workshops to students, families, and school staff. Schools can work with community organizations to allow public use of school gyms and playing fields after school hours and on weekends. Local businesses, community groups and health organizations may be able to sponsor or fund physical activity programs and events.
- Programs and messages should reflect the culture of the community and the local physical activity opportunities.

## Where Can I Find Additional Information about School-Based Physical Activity?

- U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008. Available at: <http://www.health.gov/paguidelines>.
- Centers for Disease Control and Prevention. Healthy Youth! Physical Activity. Available at: <http://www.cdc.gov/HealthyYouth/physicalactivity/>.
- Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. Available at: <http://www.cdc.gov/physicalactivity>.
- Centers for Disease Control and Prevention. Physical Education Curriculum Analysis Tool. Atlanta, GA: U.S. Department of Health and Human Services; 2006. Available at: <http://www.cdc.gov/HealthyYouth/PECAT/index.htm>.
- Centers for Disease Control and Prevention. Kids Walk-to-School: A Guide to Promote Walking to School. Available at: <http://www.cdc.gov/nccdphp/dnpa/kidswalk>.
- National Association for Sports and Physical Activity. Comprehensive School Physical Activity Programs Package. Available at: [http://iweb.aahperd.org/naspe/pdf\\_files/CSPAP\\_Package.pdf](http://iweb.aahperd.org/naspe/pdf_files/CSPAP_Package.pdf).
- National Association for Sports and Physical Activity. Integrating physical activity into the complete school day. Available at: [http://www.aahperd.org/Naspe/pdf\\_files/integratingPA.pdf](http://www.aahperd.org/Naspe/pdf_files/integratingPA.pdf).
- The President's Council on Physical Fitness and Sports. President's Challenge Presidential Champions Program. Available at: <http://www.presidentschallenge.org/index.aspx>.

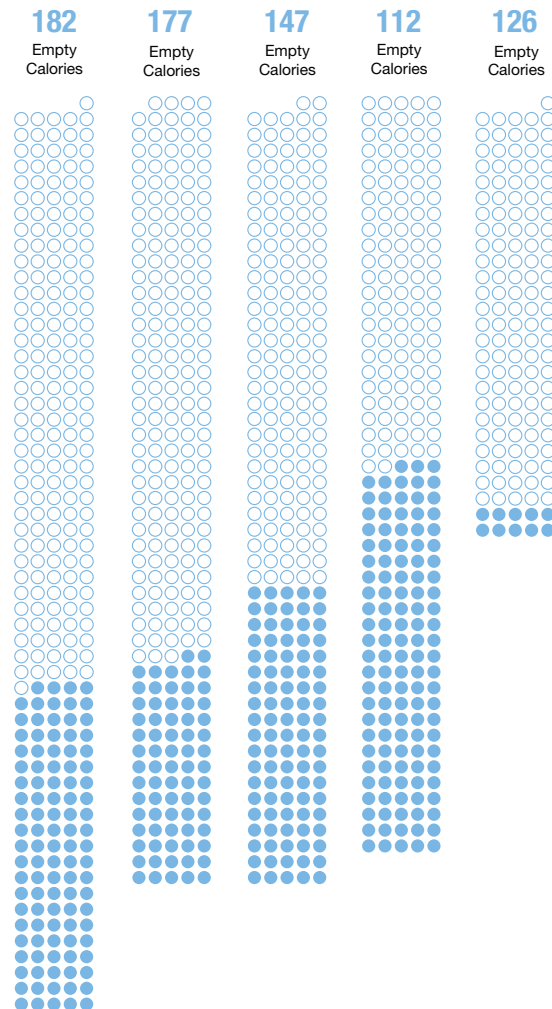
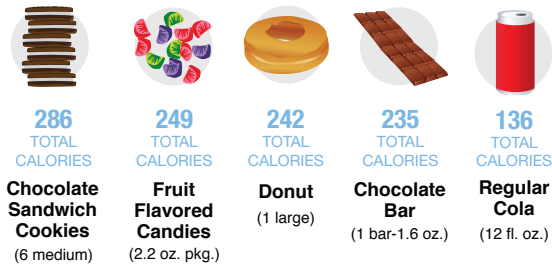
**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Adolescent and School Health  
[www.cdc.gov/HealthyYouth](http://www.cdc.gov/HealthyYouth)  
August 2009

# SMART SNACKS IN SCHOOL

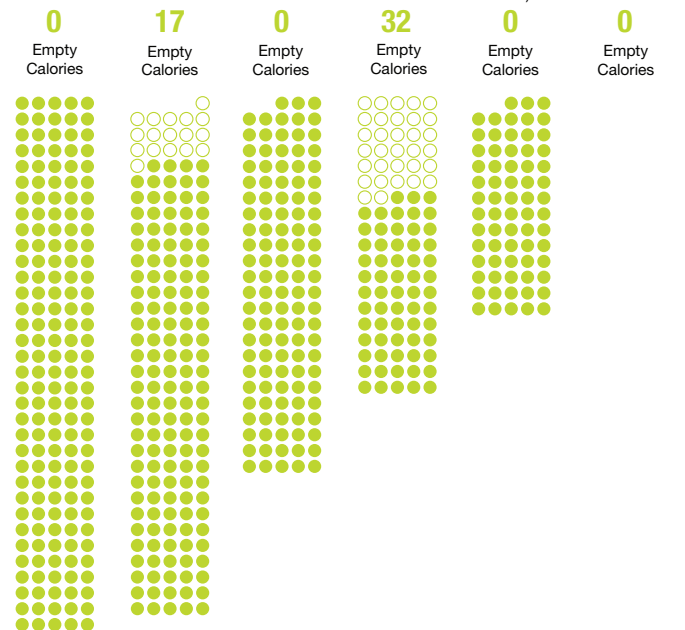
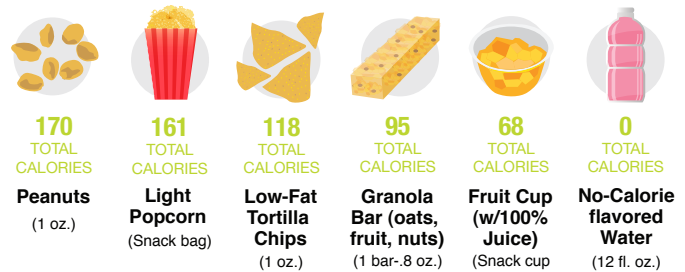
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie    ○ Shows empty calories\*

## Before the New Standards



## After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.



*America's Move to Raise a  
Healthier Generation of Kids*

## Organize a School Health Team

---

The school environment strongly affects the behavior, health and well-being of children. Parents can help schools create an environment that will encourage a child's overall academic success by taking action to encourage healthy meal options and physical activity programs.

### Join the School Health Team

All schools that receive support from the USDA are required to develop wellness policies that address school food service and physical activity. Many schools have working groups dedicated to improving the school's health programs and policies. These working groups go by different names across the country, such as school health team, school health council, school health advisory council or wellness council.

Parent members of these groups play a crucial role in creating a healthful school environment. Call your child's school and talk to the principal or PTA president to find out if the school has an active health team. If it does, find out how you can become a member. If the school doesn't have a health team, help organize one.

For more information, the [CDC's Coordinated School Health Program](#) and the [Education Development Center](#) offers tips and strategies for developing a school health program.

### Learn More about Your Child's School Health Status

The [School Health Index](#) is a self-assessment and planning tool that can be used to identify the strengths and weaknesses of health policies and programs at your child's school. It can also help people who are interested develop an action plan for improving student health. Get started on a School Health Index for your child's school today.

### Understand "Competitive Foods"

Foods and beverages provided through school breakfast, lunch and afterschool snack programs must meet certain nutritional rules to receive federal money. However, kids can purchase non-nutritious foods in place of these meals. Many schools sell foods outside of the USDA school meals—in the cafeterias, snack bars and vending machines—that are not subject to federal rules. These foods are called "competitive foods" because they compete with healthier school meals. Foods commonly available in these venues include cookies, crackers, pastries and other high-fat baked goods, as well as salty snacks and sugar-sweetened drinks.

Opportunities for children to purchase competitive foods should be limited in schools. If competitive foods are available, they should consist primarily of fruits, vegetables, whole grains and fat-free or low-fat milk and milk products. A school health team or similar organization can help establish policies that implement the nutritional standards for foods sold outside of school meals.

### Importance of Physical Activity in School

Schools are a key setting for kids to get their 60 minutes of physical activity in everyday, given the significant portion of time they spend there. Most physical activity for students can be provided through a quality physical education program and complemented by activities before, during, and after school, as well as in recess, other physical activity breaks, intramural and physical activity clubs, interscholastic sports, and walks and bike rides to school initiatives.

Some school leaders have expressed concerns that a comprehensive physical activity program is too expensive, particularly during difficult economic times and tight budgets. However, there are many low-cost or no-cost steps that school leaders can take to improve the physical activity environment for all students and to promote student health without compromising academic pursuits.



*America's Move to Raise a  
Healthier Generation of Kids*

## Organice un Equipo de Salud Escolar

---

El ambiente escolar afecta el comportamiento, la salud y el bienestar de los niños. Los padres pueden ayudar a las escuelas a crear un ambiente que facilita el éxito académico del niño por medio de la adopción de medidas para fomentar opciones de comidas saludables y programas de actividad física.

### Involúcrese con el equipo de la escuela

Se requiere que todas las escuelas que reciben el apoyo del USDA desarrollen políticas de bienestar que se ocupan del servicio de alimentación escolar y la actividad física. Muchas escuelas tienen grupos dedicados para mejorar los programas y políticas de la salud escolar. Estos grupos de trabajo van por diferentes nombres en todo el país, como el equipo de la salud escolar, consejo de salud escolar, consejo asesor de salud escolar o el consejo de bienestar.

Los padres miembros de estos grupos tienen un papel crucial en la creación de un ambiente escolar saludable. Llame a la escuela de su hijo y hable con el director o presidente de la PTA para averiguar si la escuela tiene un equipo de salud activo. Si lo hace, averigüe cómo convertirse en un miembro. Ayude para comenzar un equipo de salud si la escuela no lo tiene ahora.

Para obtener más información, el [CDC tiene un Programa de Salud Escolar](#) y el [Centro de Desarrollo de la Educación](#) que ofrecen consejos y estrategias para desarrollar un programa de salud escolar.

### Conozca más acerca del estado de la Salud Escolar de su hijo

El Índice de Salud Escolar es una herramienta de auto-evaluación y planificación que se puede utilizar para identificar las fortalezas y debilidades de las políticas y programas en la escuela de su hijo. También puede ayudar a las personas que están interesadas a desarrollar un plan de acción para mejorar la salud de los estudiantes. Empiece a trabajar en un Índice de Salud Escolar hoy.

### Comprenda "los alimentos competitivos"

Los alimentos y bebidas facilitados a través de los programas de comida escolar, como el desayuno, el almuerzo y después de la escuela, deben cumplir con ciertas normas nutricionales para recibir dinero federal. Sin embargo, los niños pueden adquirir alimentos no nutritivos en lugar de estas comidas. Muchas escuelas venden alimentos en las cafeterías y las máquinas expendedoras que están fuera de las comidas escolares que son aprobados por el USDA y no están sujetos a normas federales. Estos alimentos son llamados "alimentos competitivos" porque compiten con las comidas escolares saludables. Estos alimentos incluyen las galletas, los pasteles, otros productos frito y las bebidas azucaradas.

Las oportunidades de los niños para comprar alimentos competitivos deben ser limitadas en las escuelas. Si los alimentos competitivos están disponibles, deben consistir principalmente en frutas, verduras, granos integrales y productos sin grasa o leche baja en grasa. Un equipo de salud de la escuela u organización similar pueden ayudar a establecer políticas que implementan los estándares nutricionales para alimentos que se venden fuera de las comidas escolares.

### La Importancia de la Actividad Física en la Escuela

Las escuelas son lugares importantes para que los niños reciban sus 60 minutos de actividad física, dada la porción significativa de tiempo que pasan allí. La mayor parte de la actividad física para los estudiantes puede ser proporcionada a través de un programa de educación física de calidad y complementa con las actividades antes, durante y después de la escuela, así como en el recreo, otros descansos de actividad física, clubes de actividades intramuros y físicas, deportes interescolares, e iniciativas de caminatas y paseos en bicicleta a la escuela.

Algunos líderes de la escuela han expresado su preocupación de que un programa integral de actividad física es demasiado caro, especialmente en tiempos de dificultades económicas y los presupuestos ajustados. Sin embargo, hay muchas medidas de bajo costo o sin costo, que los líderes escolares pueden escoger para mejorar el ambiente de la actividad física para todos los estudiantes y para promover la salud de los estudiantes, sin comprometer las actividades académicas.

## A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called A Year of Being Well produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family’s journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book “is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn’t necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better.” – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado A Year of Being Well (Un Año de Estar Bien) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarlo alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

Este libro “está diseñado para ayudarlo a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papas, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien.” – Susan Dell

### A Year of Being Well ----Table of Contents

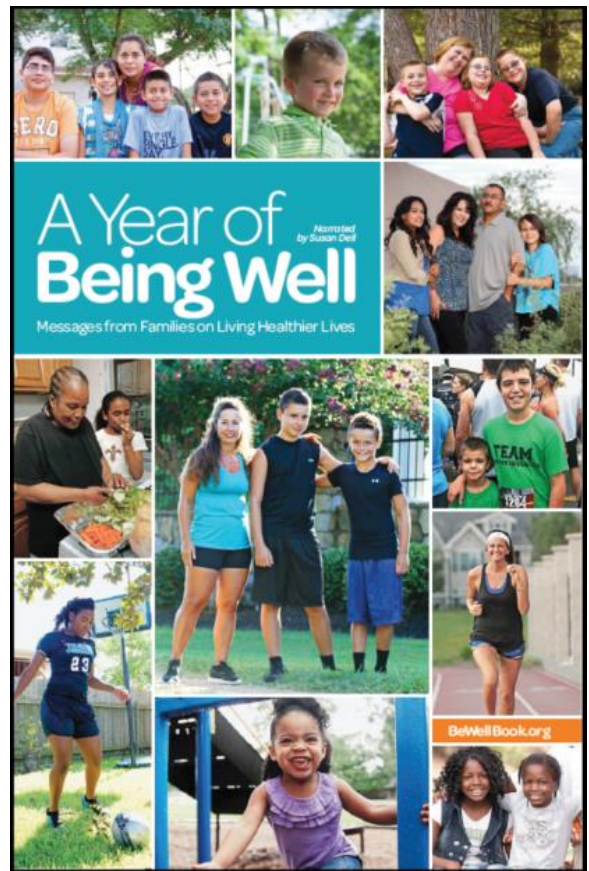
Month 1: Get Started	Mes 1: Póngase en marcha
Month 2: Get Smarter	Mes 2: Sea más inteligente
Month 3: Lead by Example	Mes 3 Guíe con el ejemplo
Month 4: Drop Liquid Calories	Mes 4: Disminuya las calorías líquidas
<b>Month 5: Eat Real Food, Not Junk Food</b>	<b>Mes 5: Coma alimentos reales, no comida chatarra</b>
Month 6: Go Green: Increase Fruits and Vegetables	Mes 6: Coma productos frescos: consuma más frutas y verduras
Month 7: Limit All Screen Time	Mes 7: Limite el tiempo frente a las pantallas
Month 8: Get Moving	Mes 8: Póngase en movimiento
Month 9: Get More Sleep	Mes 9: Duerma más
Month 10: Make friends and Buddy Up	Mes 10: Haga amigos y compañeros de actividades físicas
<b>Month 11: Go to School</b>	<b>Mes 11: Vaya a la escuela</b>
Month 12: Pass It On: Spark a Community Effort	Mes 12: Difúndalo: incie un esfuerzo en toda su comunidad
Finally Reflect and Re-Plan	Finalmente reflexione y plane de nuevo

Get your free copy of *A Year of Being Well* at [www.bewellbook.org](http://www.bewellbook.org).

*Available in English and Spanish*

# 4

EASY STEPS TO  
**be well**  
this month



At the end of each chapter, in [A Year of Being Well](#), there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of the **resources are free** and provided by Get Healthy CT and their partners.

- 1 Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) and **enroll your school** in the Alliance for a Healthier Generation’s Healthy Schools Program.
- 2 Talk to your child’s P.E. or health teacher about ways you can **volunteer at the school** and **help kids learn healthy habits**.
- 3 Go to your local **farmer’s market** or grocery store and let your children pick out new foods to try.
- 4 **Pack a fruit or vegetable** in your child’s lunch or for a snack.





# Go to School

Throughout the years, research has found that school-based programs that help kids “Fuel for Performance, and Train for Life” can significantly influence children’s environment, behavior, and ability to succeed.

For example, Coordinated Approach to Child Health — or CATCH, a school-based program funded in Texas — is a terrific model for coordinated school health. The key to its success is its holistic approach. It combines nutrition education, healthy food options, a physical education program, and a family program to ensure healthy habits are continued at home.

CATCH has reached 2,500 elementary schools and 1 million children in Texas alone. Research has shown that CATCH can help to decrease obesity rates and increase the time kids are engaged in vigorous physical activity during P.E. class. Since it began, CATCH has expanded to other grade levels beyond elementary.

Over the years, we have found that school-based approaches to reduce childhood obesity are highly effective, and more parents should know about them and find a way to participate or champion them. For example, the Alliance for a Healthier Generation’s Healthy Schools Program works in 14,000 schools across the country helping schools, at no cost to the school, adopt policies and practices that make healthy eating and physical activity the norm, not the exception, on school campuses. A recent evaluation of the program found that more than 80 percent of schools made positive improvements to help students eat better and move more. So without question, the model works.

Take a look at three stories of people doing those things already, and think of your own ways to get your family healthy. — *Susan Dell*

## Did you know?

One in three children born in 2000 are likely to develop Type 2 diabetes. The rate is even higher for children of color — nearly one in two Latinos and two in five African-Americans.  
*Centers for Disease Control and Prevention*

P.E. is provided at only 3.8 percent of elementary schools, 7.9 percent of middle schools, and 2.1 percent of high schools.  
*Centers for Disease Control and Prevention*



# David

*and his family*

A few years ago, David decided to join a group of dads who volunteered at his son Jesse’s middle school. The school wanted to attract male volunteers who could be role models to the kids and help supervise lunch. The students had access to a playground and activities they could use after lunch, but there were no teachers available to supervise the kids. The group of dads, called The Scottie Dads, have made a positive impact on all of the students and helped the kids at Lamar Middle School to be active. — *Susan Dell*

“The Scottie Dads are a group of men who come to my son’s school and volunteer to supervise lunch and free playtime after the kids eat. I volunteered for it with nine other dads. We went through Partners in Education and received training from the school. When the kids finish a nice healthy lunch, they get to go outside and play. We’ve got basketballs, volleyballs, soccer balls, Frisbees, and other games for the kids to play together, so they can be active during the school day. They don’t have P.E. every day in their middle school, so we give the kids a chance to be social and active at the same time. A lot of the kids will run or walk on the track together. The main thing is for them to keep moving, rather than just sitting there passing

time. The majority of the kids really enjoy this. The Scottie Dads were needed to help give the kids more of a male presence at the school and be an example to the kids. We have a limited number of male teachers, and even though our female teachers are great, we talked to a lot of kids who really liked having a dad there. We give the kids exposure to community members who aren’t required to be there, but who care enough about the kids to be there. I guess the kids see me there and see me as somewhat of a disciplinarian. But I also want to be an involved example to them as someone who was in the Marine Corps, as someone who works out every day, and as someone who cares about his kid and the other kids at the school.”



# Wendy

*and her family*

When Wendy’s three daughters were young, she and her husband made the decision that Wendy would quit her job and stay at home as a full-time parent. This gave her time to get really involved in the girls’ school and participate in organizations like PTA. Wendy took advantage of the opportunities she was given to share healthy tips and ideas with other parents and helped the P.E. teacher launch some creative campaigns at school. — *Susan Dell*

“Part of what I did for the PTA was to write the newsletter. I thought this was a great way to educate families about healthy habits. I looked on the Internet and at the school library for important information to share with families, then included it in each newsletter. I worked with the P.E. teacher to develop games and activities that would teach the children about the benefits of healthy foods and exercise and try to get them to incorporate those things at home. I also created a challenge for the kids to try a different healthy food each week. In P.E. class, the students would identify the foods they had tried. It became a great way for them to encourage each other to try new foods. As I reflect on my work encouraging healthy lifestyles, I see that my girls have different attitudes about this that are related to their ages. In elementary school, it is cool for a parent

to be involved. In middle school, I have found that they feel as if it is not cool for a parent to be involved, and kids seem to be very interested in junk food. In high school, it is once again OK to be involved, as long as they do not feel as if you are spying on them. They also become more independent in food and drink choices. Other kids seem to have more influence on their choices. The attitudes again evolve in college when they are on their own as far as food choices go. This is where I believe that you will see the benefits of encouraging a healthy lifestyle early on. Once in college, they can begin to see the consequences of less exercise and poor food choices. I feel as if this is the time that attitudes and mindfulness toward a healthy lifestyle become more relevant. I’m glad my oldest daughter has the tools in which to make better choices.”

# Ashlyn

and her family

Ashlyn has been so successful at leading a healthy lifestyle, she now visits schools around New Orleans and shares her story. When she speaks to other kids, she shares the things that made her want to get healthy, stay healthy, and live a healthy lifestyle. She tries to drive home the point that, in the end, living a healthier life is what everyone should want to do. Ashlyn's using her voice and the school system to educate other kids for free. – *Susan Dell*

"I was talking with the school board because I wanted to find a way to introduce healthier habits at the schools. We came up with the idea of having a health rally.

We invited different speakers to come in and talk to the youth. We chose a school and had students from every school in Jefferson Parish attend. We gave them healthy snacks, we taught exercises, and we had booths that focused on different healthy habits. We also taught games that they could do to help them stay active. It was a really big hit, and it has turned into an annual event.

The school board is very into promoting health. They are dedicated to incorporating healthy activities and healthy habits at the school.

Teachers are also great with it. My P.E. coach took the programs we started and

ran with them. We've been working together to educate the teachers about healthy living and coming up with activities that they can do together within the school. They now have yoga and other activities that they can do after school, so the teachers – our role models – can be healthier and more active, too.

We've seen a lot of great changes in the past few years. We've changed the vending machines. Our school started serving salads at lunch and offering different physical activities for the students to do when they finish eating. One day we'll have yoga, one day we'll have circuit training, and one day we'll have another different group activity. I'm really proud of our school and the work our school board and teachers have done to help our students be healthier. We all needed it!"



# 4

## EASY STEPS TO be well this month

- 1 Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) and **enroll your school** in the Alliance for a Healthier Generation's Healthy Schools Program.
- 2 Talk to your child's P.E. or health teacher about ways you can **volunteer at the school** and **help kids learn healthy habits**.
- 3 Go to your local **farmers market** or grocery store and let children pick out new foods to try.
- 4 **Pack a fruit or vegetable** in your child's lunch or for a snack.

#### Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.



## Resources



PUBLICATION

*Free for All: Fixing School Food in America*  
Janet Poppendieck



MOBILE APP

School Snacks



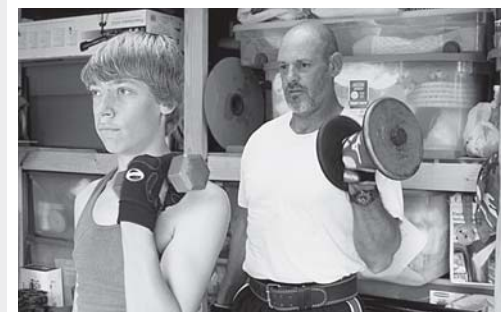
ORGANIZATION

YMCA  
[www.ymca.net](http://www.ymca.net)



COMMUNITY

Your child's school



# Vaya a la **escuela**

A lo largo de los años, se ha demostrado en investigaciones que los programas basados en las escuelas que ayudan a que los niños tengan “Combustible para el Rendimiento, y Entrenamiento para la Vida” pueden influir significativamente en el ambiente, comportamiento y capacidad de éxito de los niños.

Por ejemplo, la estrategia de Estrategia Coordinada para la Salud Infantil o CATCH, programa basado en las escuelas creado en Texas, es un modelo excelente para la salud escolar coordinada. La clave de su éxito está en su enfoque integral. Combina la educación nutricional, opciones de alimentos saludables, un programa de educación física y un programa familiar para asegurarse de que los hábitos saludables continúen en casa.

CATCH ha llegado a 2,500 escuelas primarias y a 1 millón de niños en Texas. En investigaciones, se demuestra que CATCH puede ayudar a disminuir las tasas de obesidad y a aumentar el tiempo en que los niños realizan actividad física intensa durante la clase de educación física. Desde que comenzó, CATCH se ha expandido a otros grados escolares, más allá de la escuela primaria.

A lo largo de los años, hemos encontrado que las estrategias de las escuelas para reducir la obesidad infantil son muy eficaces, y más padres deberían saber acerca de ellas y encontrar una forma de participar en ellas o apoyarlas. Por ejemplo, el Programa de Escuelas Saludables de la Alianza para una Generación más Sana trabaja en 14,000 escuelas de todos los EE. UU. y ayuda a las escuelas, sin costo para ellas, en la adopción de políticas y prácticas que hacen de la alimentación saludable y la actividad física la norma, no la excepción, en las instalaciones escolares. En una evaluación reciente del programa, más de 80 por ciento de las escuelas lograron mejorías positivas en cuanto a ayudar a que los estudiantes coman mejor y se muevan más. Así pues, sin duda alguna el modelo funciona.

Eche un vistazo a tres historias de personas que ya hacen esas cosas y piense en sus propias maneras de hacer que su familia esté saludable. — *Susan Dell*

¿Sabía usted que...?

Uno de cada tres niños nacidos en el año 2000 probablemente sufrirá diabetes tipo 2. La tasa es todavía más alta en niños no caucásicos; casi uno de cada dos latinos y dos de cada cinco afroamericanos.  
*Centros para el Control y Prevención de Enfermedades*

Se proporciona educación física apenas en el 3.8 por ciento de las escuelas primarias, 7.9 por ciento de las escuelas secundarias y 2.1 por ciento de las escuelas preparatorias.  
*Centros para el Control y Prevención de Enfermedades*

# David

## y su familia

Unos cuantos años atrás, David decidió unirse a un grupo de papás que realizaban trabajo voluntario en la escuela secundaria de su hijo Jesse. La escuela quería recurrir a hombres voluntarios que pudieran ser modelos de conducta para los niños y ayudaran a supervisar el almuerzo. Los estudiantes tenían acceso al patio de recreo y a actividades que podían realizar después del almuerzo, aunque no hubiera maestros disponibles para supervisarlos. El grupo de papás, al que se llamó “Los Papás Escoceses”, ha tenido impacto positivo en todos los estudiantes y ha ayudado a que los jóvenes de la escuela secundaria Lamar estén activos. — *Susan Dell*

“Los ‘Papás Escoceses’ es un grupo de hombres que van a la escuela de mi hijo y realizan trabajo voluntario de supervisión del almuerzo y del período de receso después de que los muchachos comen. Me ofrecí como voluntario con otros siete papás. Tuvimos que pasar por Aliados en la Educación y recibimos capacitación de la escuela.

Cuando los muchachos terminan de comer un buen almuerzo saludable, salen a jugar. Contamos con balones de baloncesto, voleibol y fútbol soccer, Frisbee, y otros juegos para que los muchachos jueguen juntos, de modo que puedan estar activos durante la jornada escolar. No tienen maestro de educación física todos los días en la secundaria, de modo que brindamos a los muchachos la oportunidad de socializar y estar activos al mismo tiempo.

Muchos de los muchachos corren o caminan juntos en la pista. Lo principal es que se mantengan en movimiento, en vez de simplemente

estar sentados mientras pasa el tiempo. La mayoría de ellos realmente lo disfruta.

El grupo de los ‘Papás Escoceses’ era realmente necesario para brindar a los muchachos una presencia masculina en la escuela y ser un ejemplo para ellos. Es limitado el número de profesores de sexo masculino, y aunque nuestras maestras son excelentes, hablamos con muchos de los muchachos y realmente querían la presencia de los papás. Los muchachos están expuestos a miembros de la comunidad que no están obligados a estar presentes en la escuela, pero que se preocupan lo suficiente por los muchachos que estudian en ella.

Creo que los muchachos me ven como una especie de persona que impone la disciplina. Sin embargo, también quiero ser un ejemplo para ellos, como ex miembro de los Marines, como alguien que hace ejercicio todos los días y como alguien que se preocupa por su hijo y los demás muchachos de la escuela”.



MES 11:  
Vaya a la escuela

# Wendy

## y su familia

Cuando las tres hijas de Wendy eran pequeñas, Wendy y su esposo tomaron la decisión de que ella renunciaría a su trabajo y se quedaría en casa como mamá de tiempo completo. Esto le brindó tiempo para participar realmente en la escuela de las niñas y en organizaciones como la asociación de padres y maestros (PTA). Wendy aprovechó las oportunidades que tuvo para compartir ideas y consejos saludables con otros padres y ayudó a que el profesor de educación física lanzara algunas campañas creativas en la escuela. — *Susan Dell*

“Una parte de lo que hice por la PTA fue redactar el boletín. Creo que es una excelente forma de educar a las familias acerca de hábitos saludables. Busco en la Internet y la biblioteca de la escuela información importante para compartir con las familias y luego la incluyo en cada boletín.

Colaboré con el profesor de educación física en el desarrollo de juegos y actividades para enseñar los beneficios de los alimentos saludables y el ejercicio a los niños y para tratar de lograr que incorporen ambos en casa. También creé un desafío para los muchachos, consistente en probar un nuevo alimento saludable cada semana. En la clase de educación física, los estudiantes mencionan los alimentos que han probado. Se convirtió en una forma excelente de alentarlos mutuamente para probar nuevos alimentos.

Cuando reflexiono en mi trabajo para alentar estilos de vida saludables, veo que mis hijas tienen actitudes distintas al respecto, mismas que se relacionan con su edad.

En la primaria, es genial que un padre se involucre. En la secundaria, he observado que

sienten que no es tan genial que un padre se involucre y que los muchachos parecen estar muy interesados en la comida chatarra. En la preparatoria, de nuevo está bien involucrarse, siempre y cuando no sientan como si una estuviera espiando. También se han vuelto más independientes en la elección de alimentos y bebidas. Otros muchachos parecen influir más en sus decisiones.

Las actitudes evolucionan una vez más en la educación superior, cuando están por su propia cuenta en lo que se refiere a la elección de alimentos. Es en esta etapa en la que creo que se verán los beneficios de alentar un estilo de vida saludable desde edad temprana. Una vez que llegan a dicha etapa, es posible que empiecen a ver las consecuencias de realizar menos ejercicio y tomar decisiones de alimentación inadecuadas. Siento como si fuera la etapa en que las actitudes y pensar en un estilo de vida saludable se vuelven más relevantes. Estoy contenta de que mi hija mayor tenga las herramientas necesarias para tomar mejores decisiones”.



# Ashlyn

y su familia

Ashlyn ha tenido tanto éxito en llevar un estilo de vida saludable que ahora visita escuelas en toda Nueva Orleans y comparte su historia. Cuando habla a otros niños, comparte lo que ha hecho que ella desee mantenerse sana y llevar un estilo de vida saludable. Intenta que se lleven a casa la idea de que, a final de cuentas, vivir saludablemente es lo que todo mundo debe hacer. Ashlyn está usando su voz y el sistema escolar para educar gratuitamente a otros niños. – Susan Dell

“Hablé con el Consejo de la escuela porque quería encontrar una forma de introducir hábitos más saludables en las escuelas. Se nos ocurrió la idea de tener una reunión de salud.

Invitamos a diversos oradores para que hablaran a los jóvenes. Seleccionamos una escuela e hicimos que asistieran estudiantes de todas las escuelas de la Parroquia Jefferson. Les dimos refrigerios saludables, les enseñamos ejercicios y tuvimos exhibidores que se enfocaban en diversos hábitos saludables. También les enseñamos juegos que les ayudarían a mantenerse activos. Realmente tuvo mucho éxito y se ha convertido en un evento anual.

El Consejo de la escuela es muy adepto a promover la salud. Están dedicados a incorporar actividades y hábitos saludables en la escuela.

Los maestros también son muy entusiastas al respecto. Mi entrenador de educación física tomó los programas con los que empe-

zamos y corrió con ellos. Hemos estado colaborando para educar a los maestros acerca de la vida saludable y plantear actividades que pueden realizar juntos en la escuela. Ahora tienen yoga y otras actividades que pueden realizar después de clases, de modo que los maestros, nuestros modelos de conducta, también pueden estar más sanos y más activos.

Hemos visto muchos cambios sensacionales en los últimos años. Cambiamos las máquinas expendedoras. Nuestra escuela empezó a servir ensaladas en el almuerzo y a ofrecer diferentes actividades físicas a los estudiantes cuando terminan de comer. Un día tenemos yoga, otro tenemos ejercicio en circuito y un día más tenemos una actividad de grupo distinta. Realmente estoy orgullosa de nuestra escuela y del trabajo que han hecho el consejo y los maestros de la escuela para ayudar a que nuestros estudiantes estén más sanos. ¡Todos lo necesitábamos!”

# 4

## PASOS FÁCILES de este mes para estar bien

- 1 Visite [www.healthiergeneration.org](http://www.healthiergeneration.org) e inscriba a su escuela en el Programa de Escuelas Saludables de la Alianza para una Generación más Sana.
- 2 Hable con el profesor de educación física o de salud de su hijo acerca de formas en que **puede trabajar como voluntario en la escuela y ayudar a que los muchachos aprendan hábitos.**
- 3 Vaya al **mercado de productores** o tienda de abarrotes de su localidad y permita que sus hijos seleccionen nuevos alimentos para probarlos.
- 4 **Incluya una fruta o verdura** en el almuerzo de su hijo o como refrigerio.

### Consejos importantes:

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos para iniciar cada mes.



## Recursos



*Free for All: Fixing School Food in America*  
Janet Poppendieck



School Snacks

APLICACIÓN  
MÓVIL



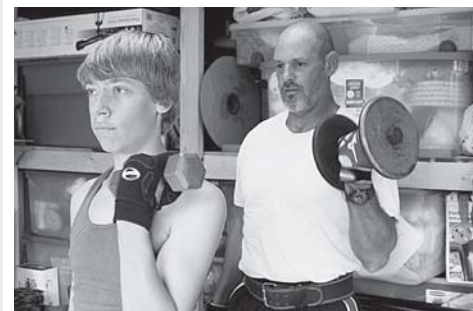
YMCA  
[www.ymca.net](http://www.ymca.net)

ORGANIZACIÓN



La escuela de sus hijos






COMUNIDAD



# NOVEMBER

## Get Moving Today!






## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?</p>	<p>Move in opposites – fast/slow, up/down, near/far, big/small.</p> 	<p>Practice rolling your body across the floor. Make your body like a pencil and roll, then make your body like a ball and roll.</p>	<p>Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger – can you still jump over? How big can you make it?</p>	<p>Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.</p>	<p>Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does.</p> 	<p>Jumping stones: Put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.</p>
<p>Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?</p>	<p>Can you try to move for two minutes without stopping? What happens to your heart when you do this?</p>	<p>Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.</p>	<p>Get a laundry basket and practice throwing things into it – try tossing far away and try tossing when you are really close.</p> 	<p>Use your body to pretend. Can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?</p>	<p>Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</p>	<p>Play I spy. One person says "I spy _____". And when the other person sees it you both run to it. Next time try skipping or galloping.</p>
<p>Color Find and Move. Have someone name a color, and then your job is to move to something that is that color. Move in all different ways.</p>	<p>Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.</p>	<p>Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.</p>	<p>Walking with style. Go on a backwards walk. Now try a sideways walk. How about a spinning walk.</p>	<p>Go to each space in your home and practice hopping on one foot and then the other. Run to a new space and hop again.</p>	<p>Indoor Zoo: Move like an animal through your home. Each time you get to a new space change to a new animal.</p>	<p>How many parts of your body can you bend? Give it a try!</p> 
<p>Go on a shape walk. As you walk, pump your arms and get that heart beating. How many different shapes can you find?</p>	<p>Walk, jog, run – start out by walking one lap around your home. Now jog one lap and then finally run one lap. Which one was harder?</p>	<p>Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.</p>	<p>Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.</p>	<p>Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Your turn to create a movement to try!</p>	<p>Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</p>	<p>Toss a t-shirt in the air, let it land on your head. Toss it again, let it land on your shoulder, your elbow, your tummy or your foot.</p>
<p>Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.</p>	<p>Work on walking tall and proud. Can you balance a paper plate on your head as you walk around your home?</p>	<p>Do some outdoor chores as a family. Reach, pull, push and bend.</p> 	<p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>	<p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>	<p>Balance fun. Try putting four parts of your body on the ground and balancing. How about four other parts? Now try balancing on three parts or even five parts.</p>	<p>What were your favorite November Activities? Do them again!</p>

# NOVIEMBRE

## "A Moverse Hoy"!

## CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Crea un círculo grande afuera. Practica moviéndote en relación al círculo. ¿Puedes moverte al rededor? ¿Puedes entrar y salir del círculo? ¿Puedes correr a través del círculo?</p>	<p>Muévete al contrario – rápido/despacio, arriba/abajo, cerca/lejos, grande/pequeño.</p> 	<p>Salta sobre el lago. Enrolla una toalla y ponla en el suelo. ¿Puedes saltar sobre ella? Estira la toalla para hacerla más larga. ¿Puedes saltar sobre ella?</p>	<p>Practica tus habilidades de saltar. Dobra tus rodillas, empuja contra el piso, y extiéndete hacia el cielo. ¿Que alto puedes saltar? ¿Que lejos puedes saltar?</p>	<p>Pon de pie algunos de tus peluches. Haz una bola de un par de calcetines. Practica lanzando la bola de calcetines hacia los animales. Da un paso hacia los animales mientras lanzas la bola.</p>	<p>Toca música y toma turnos creando un movimiento. Juega copiando los movimientos que haces con otra persona.</p> 	<p>Piedras de Saltar – esparce unas toallas pequeñas o pañuelos en el suelo. ¿Puedes saltar de uno a otro? Trata de andar por toda la habitación sin tocar el suelo.</p>
<p>Sal y anda a caminar. Busca diferentes formas. ¿Puedes encontrar un círculo, un cuadrado, y un triángulo?</p>	<p>¿Puedes tratar de moverte por dos minutos sin parar? ¿Que le pasa a tu corazón cuando haces esto?</p>	<p>Trata de patinar con platos de papel. Pon tus pies en los platos y resbala al rededor de la habitación, o pon tus manos en los platos y empuja al rededor de la habitación.</p>	<p>Usa una canasta de ropa y práctica tirando objetos dentro de ella – trata de tirar de lejos y de cerca.</p> 	<p>Usa tu cuerpo para pretender. ¿Puedes moverte como espageti? ¿Que tal como puré de manzana? ¿Que tal como un cubo de hielo que se está derritiendo? ¿Puedes pensar de otra cosa?</p>	<p>Sal afuera y practica tus habilidades de patear. Patea la pelota lo más lejos que puedas, persíguela, y pateala otra vez.</p>	<p>Jueguen Yo Espió. Una persona dice "Yo espío _____". Cuando la otra persona lo ve ambos corren hacia el objeto. La próxima vez traten de saltar o galopar hacia el objeto.</p>
<p>Encuentra el Color y Muévete. Píde a alguien que nombre un color y tu trabajo es moverte hacia algo de ese color. Muévete en diferentes maneras.</p>	<p>Trabaja en tus habilidades de agarrar. Usa una pelota suave o una bola hecha de calcetines. Tírala arriba y agárrala. Mantiene tu ojo en la bola mientras viaja por el aire.</p>	<p>Practiquen moviéndose en relación a uno a otro. Muévanse de lado a lado. Muévanse de adelante hacia atrás. Muévanse de abajo hacia encima.</p>	<p>Caminando con estilo. Camina hacia atrás. Ahora trata caminando de un lado. Que tal caminando dando vueltas.</p>	<p>Anda por cada espacio de tu hogar y practica saltando con solo un pie y luego el otro. Corre a un nuevo espacio y salta de un pie nuevamente.</p>	<p>Zoológico Cubierto – muévete como un animal por tu hogar. Cambia a otro animal cada vez que llegues a un nuevo espacio.</p>	<p>¿Cuántas partes del cuerpo puedes doblar? ¡Inténtalo!</p> 
<p>Ve de una caminata de formas. Mientras caminas – mueve los brazos para que tu corazón lata más. ¿Cuántas formas diferentes puedes encontrar?</p>	<p>Camina, trota, corre – comienza caminando una vuelta alrededor de tu hogar. Ahora trota una vuelta y finalmente corre una vuelta. ¿Cuál fue más difícil?</p>	<p>Pon música y trata de mantenerte en movimiento durante toda una canción. Nota que pasa con la manera en que estas respirando.</p>	<p>Dibuja una forma en un pedazo de papel y luego trata de poner tu cuerpo en esa misma forma. Mantiene tu cuerpo quieto al copiar la forma.</p>	<p>¿Puedes dar vueltas en tu trasero? ¿Puedes saltar hacia el cielo? ¡Te toca crear un movimiento para intentar!</p>	<p>Practica tus habilidades de saltar. Dobra tus rodillas, empuja contra el piso, y alcanza hacia el cielo. ¿Qué alto puedes saltar? ¿Qué lejos puedes saltar?</p>	<p>Tira una camiseta al aire, deja que aterrice en tu cabeza. Tírala nuevamente – deja que aterrice en tu hombro, tu codo, tu estomago o tu pie.</p>
<p>Crea una serie de cartas que tengan un número escrito en cada una. Mete las cartas en un balde. Saca una carta, lee el número y toma ese número de pasos juntos.</p>	<p>Practica caminando alto y orgulloso. ¿Puedes balancear un plato de papel en tu cabeza mientras caminas alrededor de tu hogar?</p>	<p>Haz algunos quehaceres afuera con la familia. Alcanza, jala, empuja y dobla.</p> 	<p>Haz que los músculos de tus manos trabajen, arruga papel en bolas pequeñas. Hazlo con la mano izquierda y luego con la derecha. Guarda las bolas para mañana.</p>	<p>Usa las bolas de papel para practicar tus habilidades de lanzar. Da un paso y lánzalas a través la habitación. Camina como cangrejo hacia las bolas y lánzalas de nuevo.</p>	<p>Diversión de balance. Trata de poner cuatro partes de tu cuerpo en el suelo y balancéate. ¿Qué tal otras cuatro partes? Ahora trata de balancearte en tres partes o hasta cinco partes.</p>	<p>¿Cuáles fueron tus actividades favoritas de noviembre? ¡Hazlas nuevamente!</p>