



Monthly Wellness Newsletter | September 2018

Keeping Kids Healthy at School

September signifies the end of summer, the beginning of school and an opportunity to promote healthy habits, even when kids are away from home.

Prevent Illness

As children of all ages pile onto buses and into classrooms, germs can spread quickly. While it is impossible to completely prevent the spreading of germs, teaching your kids a few healthy habits can prevent illness as the days grow colder and flu season begins.

- Teach kids to wash their hands after using the restroom, anytime they get dirty and before eating snacks and lunch.
- Encourage kids to sneeze into their arm instead of their hands to prevent germs spreading to door knobs, tables or even other children.
- Try to prevent kids from biting their nails, sucking their thumbs or rubbing their eyes and nose to limit the germs that come in contact with their mouths.
- Remind kids not to share food, drinks, silverware or lip balm and to use hand sanitizer after touching other students' hands.
- Allow kids to stay home and rest when they are sick, especially if they have a cough or a fever. This not only prevents your child from getting sick, but other parents and teachers will be thankful.



Feed Them Well

School lunches are traditionally synonymous with peanut butter and jelly sandwiches and trays of underwhelming meals paired with small cartons of chocolate milk. In addition to saving you money, prepping school lunches from home guarantees your child will have a nutritious meal each day. Incorporating some simple guidelines into weekly lunch prep can minimize the time you spend planning and increase the quality of the food your child eats each day.

- Prep lunches on Sunday afternoons to avoid getting caught up in busy weekday schedules filled with work, after school activities and homework.
- Make sure meals have plenty of protein along with fruits and veggies.
- Choose filling snacks such as pretzels, cheese and nuts when possible. These items are quick and easy to eat favorites among many kids.
- Prep foods so they are easy to eat. Cut sandwiches in half, peel fruit and chop vegetables in small pieces to allow kids to eat their meals easily while socializing with friends.
- Add fun surprises like stickers into young kids' lunches and allow older kids to have some say in their lunch plans.

Promote Healthy Habits at Home

Kids sit for most of their day at school, so

encouraging movement and good habits at home promotes overall health at every age. Setting guidelines for healthy living at home is just as important as providing the tools kids need to stay healthy at school.

- Encourage kids to drink plenty of water, especially before, during and after physical activity.
- Limit sugar intake by minimizing access to soda, candy, high-calorie juices, chips and desserts.
- Play outside with young kids whenever possible and get older kids involved in sports and physical activities.
- Enforce set bedtimes to be sure kids get enough rest.
- Teach kids to share stories about their experiences at school to encourage open communication and ultimately promote positive mental health.

The school year may be busy and taxing on parents, but it can still be a healthy and happy experience for kids. From teaching children about healthy eating through meal prep and nutritious lunch options, to encouraging physical activity, parents can set kids up for success for the entire year with just a bit of planning.

**To learn more about health and wellness or to reach a
Wellness Expert, contact eni by calling:
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