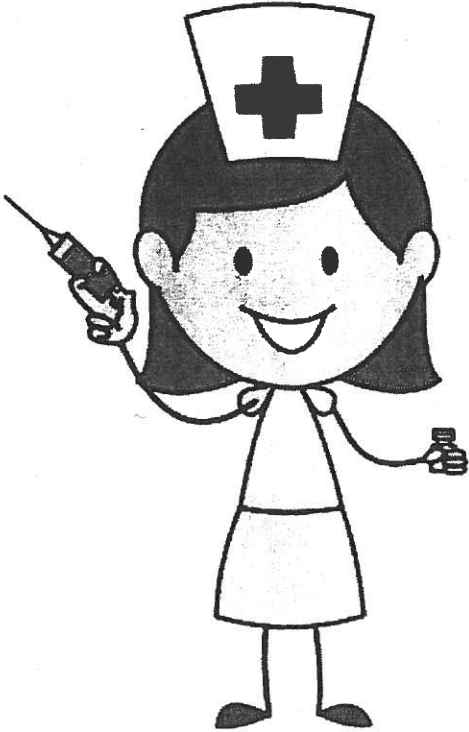


A Word from the School Nurse



10 Steps to Your Healthiest School Year Ever!

1. Start off strong with a healthy breakfast. A good breakfast provides energy and will help keep you alert and attentive in class. Remember: Your school performance is directly related to what you eat.
2. Drink plenty of water. Water is the best fluid to stay hydrated without the added sugar found in some juice and soft drinks
3. Don't forget to wash your hands often. Keep hands away from your face, mouth and nose where germs can enter your body.
4. Boost your immune system. Get plenty of sleep, talk to your doctor about taking a multiple vitamin, and eat colorful fruits and vegetables every day. Think variety and rainbow colors!
5. Eat a nutritious lunch. Choose foods from all the food groups. Different food groups supply our bodies with energy to think, move, and grow.
6. Cut back on sugar and salty snacks. Limit sodas, sport drinks, candy, chips and ice cream
7. Enhance your brain performance. Exercise, play memory games, do crossword puzzles, and eat brain foods like berries, cold water fish and nuts. Enjoy a home cooked meal together at least four nights a week.
8. Get at least 60 minutes of exercise every day. Go for a daily walk with a friend, a parent, or your pet. Exercise helps our bodies to be strong, flexible, and resilient.
9. Do your class work every day, it's important to be prepared!
10. Turn off the TV and video games at least one hour prior to bedtime. Take time to relax, take a bath or shower, brush your teeth.

*Although We can Not be together Right Now
Let's try and Stay Healthy Together!
Love, Nurse Tina*