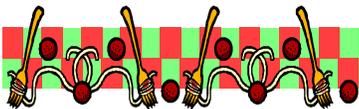


Don't Forget!

1. All 7th through 12th graders must have an updated Tdap booster shot **before** they can attend school in August.
2. This is a **NEW** California law for immunization requirements.
3. Don't wait, get your child's Tdap booster soon from their doctor.

Easy Meals Kids Can Help Make

Homemade Pizza
Spaghetti and Meatballs
Beef Stew
Soup and Sandwiches
Tacos/Burritos
Oven fried Chicken
Lasagna
Salad
Most Desserts
Mashed Potatoes
Chili and Cornbread
Fruit Salad
Eggs and Pancakes
Muffins



Inside this issue:

Don't Forget!	1
Let's Cook Together	1
10 Healthy Tips	1
Easy Meals	1
Spring Family Activities	2
STAR Testing Tips	2
Got Sleep?	2

Healthy Tips for Life

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Let's Cook Together

Pick up the kids from school, help them with homework, get their backpacks ready for school tomorrow, oh no it's dinner time, guess I'll just go pick something up or make a quick dinner, clean up, bath time for kids, get them in bed, whew, do it all again tomorrow evening. How many of your days sound like this? Some parents may get home from work just in time to figure out dinner.

Our kids, no matter what age, can help us cook dinner. Cooking builds self esteem, confidence, and independence skills. It also teaches your children to measure, follow direction, count, and understand the chemistry

of food. The added bonus is that you get to spend time with your children. It also give you as a parent a chance to talk and hear what your child has to share. Now that is priceless. Give your kids a task that matches their abilities and ages. Younger kids can stir, shake, pour, and open packages, spread, mix and knead. Older child may be able to also cut (with supervision and proper knife safety training), measure, grate, and place food in oven.

Remember safety comes first in the kitchen:

Always wash hands!

Pull back long hair. Supervise your kids. Always use a clean utensil when tasting food. Keep raw and cooked food separate. Cook food to proper temperature. Clean up any spills.

Both kids and parents will reap the benefits over time. You will be teaching your children life skills that will help them be successful as they grow. As your children get older they may be able to cook the entire dinner for you! How nice would that be to have dinner ready when you get home from a long day at work?

10 Tips to Healthy Eating & Physical Activity

1. Start your day with breakfast
2. Get moving
3. Snack smart
4. Work up a sweat
5. Balance your food choices. Don't eat too much of one thing
6. Get fit with family and friends
7. Eat more fruits, whole grains, and vegetables
8. Join in physical activities at school
9. Pay attention to your portions of food on the plate
10. Make healthy eating and physical activities fun. Try new things





Got Sleep?

Got Bored Kids?

Check out this new website for kids activities in Modesto. Find local events, reviews, tips, kids classes, story times, and thousands more things to do.

Modesto.findandgoseek.net



Spring Family Activities

As we begin to see warmer weather there are more activities for families to do together. Here are a few places to go & things to do with the family.

- ◇ Modesto Farmers Market begins April 2nd, located on 16th St.
- ◇ Day trip to Daffodil Hill in Volcano, Ca. , just east of Sacramento. Usually open from Mid-March to end of April. Thousands of blooming daffodils!
- ◇ Earth Day at Graceda Park on April 16th from 10-5pm. Many kids activities.
- ◇ Visit a Museum: Castle Air Museum in Atwater, McHenry Mansion, Great Valley Natural History Museum in Modesto, and Stockton Children's Museum

Getting the right amount of sleep is good for your health. But how do you know if you are getting enough sleep? As your children grow they require different amounts of sleep. Children from 5-12 years need 10-11 hours sleep per night. Teenagers should have 8-10 hours sleep and adults need anywhere from 6-9 hours per night. If you are not getting the recommended amount of sleep you could have difficulty

paying attention at work or school, be prone to illnesses, be cranky, increase stress, and generally not look as healthy. Proper amount of sleep and quality of sleep can have a major impact over your overall quality of life. When we sleep our body goes to work repairing muscles and tissue, releasing growth hormones in children, helping memory, restoring energy, and balancing our appetite. Yes, that means

when we get enough sleep we are not as hungry and that in turn can help us manage our weight.

Here are some tips for a healthy sleep:

1. Have a consistent and relaxing bedtime and wake up routine.
2. Make sure your sleep environment including mattress, is comfortable and dark.
3. Do not eat less than 2 hours before bedtime and avoid caffeine at night.

(Information from National Sleep Foundation) www.sleepfoundation.org

STAR Testing Tips

STAR testing is coming up for your kids in the next couple months. Here are some tips for you to help your student prepare for the test:

- ⇒ Be a little early to school
- ⇒ Have a positive attitude
- ⇒ The night before do a quick review and go to bed early. Your child needs 8 hours sleep.
- ⇒ Eat a healthy breakfast and pack a healthy snack
- ⇒ Relax and take a deep breath
- ⇒ Be prepared. Have the supplies you need out and ready to go
- ⇒ If you get stuck on a question, skip it. Don't forget to go back later and answer it
- ⇒ When you are done, check your test and make sure you did not forget any questions
- ⇒ Dress comfortably



Children Are Like Kites *Author Unknown*

You spend years trying to get them off the ground. You run with them until you are both breathless. They crash ... they hit the roof ... you patch, comfort and assure them that someday they will fly.

Finally, they are airborne. They need more string, and you keep letting it out. They tug, and with each twist of the twine, there is sadness that goes with joy.

The kite becomes more distant, and you know it won't be long before that beautiful creature will snap the lifeline that binds you together and will soar as meant to soar ... free and alone.



Resources for Parents

The Parent Resource Center offers child and teen parenting classes, assistance connecting to community resources, mental health services, GED prep classes, and childcare during class time. All of this is offered to anyone free of charge. Call 549-8193