

HEALTHY LIVING

With the school year starting back up kids are going to be more prone to illnesses than they were during the summer months. As all parents know the exposure to germs increases when large groups of children are put together. There are however, a few back to school health tips that parents can follow to reduce their child's risk of becoming ill or spreading illnesses.

Make sure your child is up to date on all shots:

Review your child's shot records and make sure that he/she is up to date on all shots before heading back.

Hand Washing:

Before your child goes back to school makes sure he/she understands the importance of proper hand washing.

Sanitize hard surfaces in your home:

Your child will be exposed to all sorts of germs and viruses while at school. These germs and viruses can hitch a ride back home with your child therefore it ideal that you sanitize hard surfaces that your child will come in contact with.

Maintain a well balanced diet:

Children should be getting a well balanced diet every day. By getting a well balanced diet a person's immune system works at top performance and therefore aids in fighting off germs and viruses that a person is exposed to.

Get plenty of sleep:

Make sure your child is getting an adequate amount of sleep at night to help aid in their over all health as well. People who are sleep deprived are more likely to perform poorly at tasks and more likely to suffer from frequent illnesses.

Be consistent:

Children need consistency to retain what they are being taught. Be consistent in reminding your child why he/she needs to wash their hands, not share combs/brushes, eat a well balanced diet and get plenty of sleep.

Eventually these things will become habits for your child where you no longer have to remind him/her.

Peanut Butter Cup Milkshake

Ingredients

- ½ cup light chocolate pudding snack
- 2 teaspoons reduced-fat peanut butter
- 3 no-calorie sweetener packets
- 5 to 8 ice cubes or 1 cup crushed ice
- optional: fat free reddy-wip

per serving (entire recipe): 188 calories, 6.5g fat, 324mg sodium, 29g carbs, 2g fiber, 9g sugars, 7g protein

points plus value: 5

DATES TO REMEMBER

- August 31, 2012 – Fair Day (No School)
- September 3, 2012 – Labor Day (No School)

Any questions regarding the Weight Watchers Classes please contact Melody Chambers M-F 8am – 4pm at 663-8039 or melody.chambers@scottcounty.net



Scott County Coordinated School Health

www.scottcounty.net / Link: Coordinated School Health

