

Fuel for School

Did you know that healthy habits such as good nutrition and sleep are linked to academic success? According to experts the brain can't work unless it has enough fuel. Not consuming enough calories can reduce cognitive function. Eating a balanced breakfast will help increase a student's ability to concentrate in the classroom.

- Start the day with fruits, proteins and whole grains
- Avoid sugary cereals which cause a brief sugar high, then a crash which will make a child feel sleepy
- Eat healthy snacks such as yogurt, fruits, and veggies
- Avoid sodas which lack nutritional value and lead to obesity and tooth decay



At home after dinner, homework and afternoon activities are done, it is important for children to get enough sleep. Kids ages 6-18 should get at least nine hours of sleep every night. Lack of sleep can lead to problems with attention and memory in the classroom, affect impulse control and mood regulation, and lead to anxiety and even depression. Sleeping in on the weekends is not the solution because it interferes with a child's ability to get to sleep on Sunday night before school starts. A consistent bedtime seven days a week works best. Here are some tips that will help your child get a good night's sleep:

- Exercise daily
- Don't go to bed hungry
- Avoid food and drinks with caffeine (ice tea, chocolate, chocolate milk, cola)
- Have a little quiet time before bedtime like reading, or taking a bath
- Avoid watching TV or playing videos games before going to bed

Fever is Not the Enemy!



Fear of fever is very common among parents. Unless it reaches 107 or higher (which is very rare) It is not dangerous. It is simply a sign of infection. How high a fever reaches does not necessarily indicate the presence of a serious bacterial infection. In fact most fevers in children are due to viruses, and usually only last 3-5 days. If your child has a fever, the important questions to ask are:

- How is my child acting? and
- How is my child drinking.

It is important that a child is able to drink, and that he is arousable, consolable, and interactive.

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Fever Facts:

- An elevated temperature is not considered to be a fever until it is 100.4 degrees or higher.
- A fever is the body's way of fighting off infection.
- Antipyretics (fever reducers) such as Tylenol and Motrin will not treat the infection but will make your child feel more comfortable.
- Contact your Doctor if the fever is >104, lasts > 5 days, or if your child has a chronic illness such as Sickle Cell Anemia
- Only 2-5% of children under the age of 5 will experience a fever related seizure. If your child experiences a seizure, place her on her side, do not put anything in her mouth and call the doctor. If the seizure lasts greater than 5 minutes call 911.



Winter Health and Safety

It's that time of year again so don't forget to bundle up and stay safe this winter. Here are a few reminders to keep you and your family safe:

- Keep warm by wearing layers of clothing
- Wear mittens instead of gloves to keep your fingers warm
- Cover your ears with a warm hat or earmuffs
- Wear socks that will keep your feet and toes warm and dry.
- Prevent Carbon Monoxide poisoning - install a Carbon monoxide detector in your home and never heat your home with a gas range/grill, or oven.
- Wear helmets when you go sledding
- Sprinkle cat litter or sand on icy patches outside your home



immune system working. Find an indoor sport or exercise class, take the stairs, or bundle up and take a walk outside with a friend.

- Drink plenty of fluids. Even though it's cold outside you still need 6-8 glasses of fluids per day.
- Consume foods that are high in vitamin D to help with calcium absorption and help boost the immune system. Oily fish like salmon, mackerel, and sardines and Vitamin D fortified milk and yogurt are good sources of Vitamin D
- Watch portion sizes - make sure you fill ½ of your plate with vegetables and fruits. Choose healthy low calorie snacks such as popcorn, veggies, and fruits. Try our Healthy Spinach Dip Recipe (see below).
- Keep moving. Exercise helps keep the

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Chef's Corner (Recipes from our Entrepreneurs)



Our Scholar's hard at work.

Healthy Spinach Dip

Source: <https://healthyeater.com/spinach-dip>

Makes 4 cups

Ingredients: 1 packet of Knorr Vegetable Recipe Mix (or any vegetable dry soup packet)
16 oz non-fat Greek yogurt
½ cup reduced fat real mayo
10 oz of frozen spinach
4 chopped carrots (chopped in small pieces or shredded)
4 green onions chopped

Combine Dry soup mix, Greek yogurt and mayo. Cook the spinach in the skillet. Add carrots and green onions, and spinach to yogurt mix. Mix well. Refrigerate for 2 hours. Serve with whole grain pita bread, baked tortilla chips or crackers. Also makes a great veggie dip

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