



Health and Fitness News

From the T/E Elementary Physical Education Department



Hygiene

Good hygiene isn't just about keeping your child presentable, but an active means of preventing the spread of illnesses. It's as simple as this: A clean child is a healthy child. Proper hygiene is vital for school-age kids because most illnesses are contracted in school where little noses, mouths, and hands spread germs. When taught early on, proper hygiene can lead to a lifetime of cleanliness and good health. And as your child approaches puberty, the need to maintain good hygiene will become more obvious, when hormonal changes lead to stronger body odor and oilier skin and hair. Don't wait until then to teach the importance of proper hygiene. Start today with these basic strategies to help your child stay clean and healthy.

Good hygiene starts with:

- Washing hands throughout the day and especially before any meals
- Taking a daily bath or shower to remove daily body bacteria, oil and sweat
- Cleaning and grooming hair to prevent tangles, remove dead hair and skin cells
- Cleaning teeth and mouth. Brushing twice a day! Don't forget to floss, clean the tongue and try to use mouthwash
- Clipping nails rather than biting
- Washing and cleaning ears to remove built up oil and dirt
- Change clothes daily – especially undergarments and socks.
- Wear socks when wearing closed shoes – especially sneakers.

Fitness and Your Child

According to the National Association for Sports and Physical Education, school aged children should:

- Get 1 hour or more of moderate and vigorous physical activity on most or all days of the week
- Additionally, children should participate in several stretches of physical activity of 15 minutes or more each day
- Avoid periods of inactivity of 2 hours or more

While both physical education classes in school and participating in team sports are both beneficial for providing children with an opportunity to be active and socialize with other children, these should not replace daily exercise. Rather, physical education class and team sports games and practices should supplement an already active lifestyle.

Below are some suggestions to enhance your child's fitness by keeping your child moving at home:

- Make physical activity part of your daily routine – take a family walk after dinner or have children complete chores around the house.
- Free play – encourage your children to choose their own activities and play with friends or family. Children can burn lots of calories riding their bikes around a neighborhood or park, or playing tag.
- Incorporate the entire family – set aside time for everyone in the family to be active. If your child sees members of their family being active and having fun, they will be more likely to want to be active themselves. Plus, being active as a family will help you too!
- Limit inside and sedentary activities. Try putting a time limit on TV/computer/video game time. Encourage more activity during periods of free time.

Physical activity not only provides the means to a healthier body, but also promotes teamwork, cooperation, goal setting and teaches the value of practice. Remember, not all children will like organized sports, but it is important that all children find some way to be physically active. Encourage your child to try a variety of activities including team and individual sports and activities.

PE Family Homework:

- Take a nature hike – you can even bring the dog!
- Jump rope – you can jump with an individual rope or with a long rope and two people turning the rope.
- Go to a local playground or park.
- Practice throwing and catching a Frisbee.
- Play hockey or broomball in the driveway.
- Have a catch with a baseball or a football.
- Try something listed in the activity calendar.

Healthy ReciPE of Month

Chicken Tacos

- Ingredients: 1 lb. boneless chicken breasts, one Tomato, one Green Pepper, Onion, Salsa, Brown Rice, Whole Wheat Soft Taco Shells, 2% shredded cheddar cheese
- Bake chicken in buffalo wing sauce for 30 minutes @ 350 degrees.
- Prepare brown rice (skip the butter!)
- Dice tomato, green pepper and onion
- When chicken is finished, cut into long strips and combine with rice on soft taco shells. Add as much salsa, tomato, onion and green as you want and then sprinkle a little cheese on top! **Delicious & Healthy!!**

Resources :

- www.parents.com
- www.kidshealth.org
- <http://www.aahperd.org/naspe/>

