



Healthy Lifestyles

March 2013

Hello everyone! I hope everyone is doing well and getting ready to enjoy spring break. This time of year is one of my favorites because I can start getting out into the yard and working on the landscaping, planting flowers and just enjoying the sunshine. This year I will try my hand at a few vegetables in the garden so that my granddaughter and I can work together on it whenever she is here visiting this summer.

Spring is also a great time of year to try out some new outdoor places like Enchanted Rock or many of the Texas State Parks. There are hiking trails at several parks in or around the San Antonio area and many parks offer camping. Every kid should get to camp out for the experience. It is a great family activity.

I would like to thank all of you for your wonderful contributions to the families at your schools. I have heard some great things about our Healthy Lifestyles programs around the district. Please send us pictures and information on the things you do so we can let everyone know about you!

*Donna Smith
Healthy Lifestyles Chair*

PTA Vision

Every child's potential is a reality.

PTA Mission

To make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

Playground Safety Tips

Ensure there is safe surfacing beneath and surrounding all playground equipment in order to minimize the risks of falling.

- Recommended surface materials include sand, pea gravel, wood chips, mulch and shredded rubber. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.
- Avoid playgrounds with asphalt, concrete, grass, dirt and soil surfaces under the equipment. A fall onto a shock absorbing surface is less likely to cause a serious injury than a fall onto a hard surface.
- Surfacing should be at least 12 inches deep and extend at least 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet.
- For swings, make sure that the surfacing extends, in the back and front, twice the height of the suspending bar, so if the top of the swing set is 10 feet high, the surfacing should extend 20 feet.

Make sure that all playgrounds are inspected and maintained by qualified personnel.

- Daily, monthly and annual maintenance schedules should be followed.
- Maintain separate play areas for children under age 5.
- Ensure that schools and childcare centers have age-appropriate, well-maintained playground equipment and that trained supervisors are present at all times when children are on the playground.
- If there are any hazards in a public or backyard playground, report or fix them immediately and do not allow children to use the equipment until it is safe.
- Report any playground safety hazards to the organization responsible for the site (e.g., school, park authority, city council).

Always supervise children using playground equipment. Stay where you can see and hear them.

- Prevent unsafe behaviors like pushing, shoving, crowding and inappropriate use of equipment.
- Ensure that children use age-appropriate playground equipment.
- Remove hood and neck drawstrings from all children's outerwear. Never allow children to wear helmets, necklaces, purses, scarves or clothing with drawstrings while on playgrounds.

Immunization Schedules

Information from <http://www.cdc.gov/vaccines/vpd-vac/vpd-vac-basics.htm>

NEW 2013 SCHEDULES



Easy-to-read Schedules for All Ages

Easy-to-read formats to print, tools to download, and ways to prepare for your office visit.

- [Infants and Children \(birth through 6 years old\)](#) Find easy-to-read formats to print, create an instant schedule for your child, determine missed or skipped vaccines, and prepare for your office visit...
- [Preteens & Teens \(7 through 18 years old\)](#) Print this friendly schedule, take a quick quiz, fill out the screening form before your child's doctor visit, or download a tool to determine vaccines needed...
- [Adults \(19 years and older\)](#) Print the easy-to-read adult schedule, take the quiz, or download a tool to determine vaccines needed...

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Why Immunize?

For Parents

Why immunize our children? Sometimes we are confused by the messages in the media. First we are assured that, thanks to vaccines, some diseases are almost gone from the U.S. But we are also warned to immunize our children, ourselves as adults, and the elderly.

Diseases are becoming rare due to vaccinations.

It's true, some diseases (like polio and diphtheria) are becoming very rare in the U.S. Of course, they are becoming rare largely because we have been vaccinating against them. But it is still reasonable to ask whether it's really worthwhile to keep vaccinating.

It's much like bailing out a boat with a slow leak. When we started bailing, the boat was filled with water. But we have been bailing fast and hard, and now it is almost dry. We could say, "Good. The boat is dry now, so we can throw away the bucket and relax." But the leak hasn't stopped. Before long we'd notice a little water seeping in, and soon it might be back up to the same level as when we started.

Keep immunizing until disease is eliminated.

Unless we can "stop the leak" (eliminate the disease), it is important to keep immunizing. Even if there are only a few cases of disease today, if we take away the protection given by vaccination, more and more people will be infected and will spread disease to others. Soon we will undo the progress we have made over the years.

Japan reduced pertussis vaccinations, and an epidemic occurred.

In 1974, Japan had a successful pertussis (whooping cough) vaccination program, with nearly 80% of Japanese children vaccinated. That year only 393 cases of pertussis were reported in the entire country, and there were no deaths from pertussis. But then rumors began to spread that pertussis vaccination was no longer needed and that the vaccine was not safe, and by 1976 only 10% of infants were getting vaccinated. In 1979 Japan suffered a major pertussis epidemic, with more than 13,000 cases of whooping cough and 41 deaths. In 1981 the government began vaccinating with acellular pertussis vaccine, and the number of pertussis cases dropped again.

What if we stopped vaccinating?

So [what would happen if we stopped vaccinating](#) here? Diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today. More children would get sick and more would die.

We vaccinate to protect our future.

We don't vaccinate just to protect our children. We also vaccinate to protect our grandchildren and their grandchildren. With one disease, smallpox, we "stopped the leak" in the boat by eradicating the disease. Our children don't have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and meningitis won't infect, cripple, or kill children. Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.

Healthy Lifestyles

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Basic Healthy Shopping Skills

Keys for making your shopping the most healthful:

- Know Your Store!
- Bring a List!
- Use the Facts!

KNOW YOUR STORE

Grocery stores have thousands of products, with most food items grouped together to make your decision-making easier. Many grocery stores have sections where foods are shelved much like the food groups of MyPlate.

The MyPlate food groups put foods with similar nutritional value together. These groups are:

- Fruits
- Vegetables
- Grains
- Milk (calcium-rich foods)
- Meat and Beans (protein-rich foods)

Where are these food groups in your store?

Food Group	Typical Store Location(s)	Best Choices
Fruits	Produce Aisle Canned Goods Freezer Aisle Salad Bar	Variety! Fresh, Frozen, Canned and Dried Fruits.
Vegetables	Produce Aisle Canned Goods Freezer Aisle Salad Bar Pasta, Rice & Bean Aisle	Variety! Fresh, Frozen and Canned (especially dark green and orange). Dry Beans and Peas.
Grains	Bakery Bread Aisle Pasta & Rice Aisle(s) Cereal Aisle	Whole Grains for at least half of choices.
Milk, Yogurt and Cheese	Dairy Case Refrigerated Aisle	Non-Fat and Low-Fat Milk, Yogurt, Low-Fat and Fat-Free Cheeses
Meat and Beans, Fish, Poultry, Eggs, Soy, & Nuts (protein foods)	Deli Meat & Poultry Case Seafood Counter Egg Case Canned Goods Salad Bar	Lean Meats, Skinless Poultry, Fish, Legumes (dried beans and peas), Nuts.

[Continued next page](#)

You can go camping, even if you don't own a tent?



Admit it. Camping looks like fun. You'd like to try it, but you have questions. The Texas Outdoor Family (TOF) program is designed to teach you and your family the basic outdoor skills you need to enjoy a great overnight camping experience. TOF workshops are hosted at state parks where your family receives hands-on experience learning basic outdoor skills. You will learn everything you need to create great memories enjoying the outdoors with your family. www.tpwd.state.tx.us/outdoor-learning/texas-outdoor-family/

If you are already a seasoned camper, there are 27 state parks and natural areas within 100 miles of San Antonio, www.tpwd.state.tx.us.

GET OUTSIDE, GET ACTIVE & ENJOY YOUR FAMILY!



Studies show that kids who play and learn outside:

- 1 Are healthier physically and mentally.
- 2 Do better in school.
- 3 Have higher self-esteem.
- 4 Have good self-discipline.
- 5 Feel more capable and confident.
- 6 Are good problem-solvers.
- 7 Are more cooperative with others.
- 8 Are more creative.
- 9 Feel connected to nature.
- 10 Are tomorrow's conservation leaders.

[Learn more at lifesbetteroutside.org](http://lifesbetteroutside.org)

This year Texas Parks and Wildlife is celebrating 50 years of making life better outside in Texas! Join the fun - share a story or photo about one of your most memorable Texas outdoor moments. You could be selected to star in our next video! Go to LifesBetterOutside.org

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Basic Healthy Shopping Skills (continued)

BRING A LIST

And stick to it! Healthy decisions start at home. Planning ahead can improve your health while saving you time and money. Before shopping, decide which foods you need, and the quantity that will last until your next shopping trip.

Consider creating a shopping list based on the MyPlate food groups to include a variety of healthy food choices. Think about your menu ideas when adding items to your list. Write your list to match the groups to the layout of your store.

Have everyone in your family make suggestions for the shopping list. Kids (and adults too!) are more willing to try new foods when they help to pick them.

USE THE FACTS

The Nutrition Facts that is! The Nutrition Facts panel on the food label is your guide to making healthy choices. Using the Nutrition Facts panel is important when shopping to be able to compare foods before you buy. What are the facts? When reading the Nutrition Facts panel consider this:

Keep these low:	Look for more of these:
Saturated fats Trans fats Cholesterol Sodium	Fiber Vitamins A, C & E Calcium, potassium, magnesium & iron

** Use the %Daily Value (DV) column when possible: 5%DV or less is low, 20%DV or more is high.

Developed by Colette Pester and Dr. Lora Wilder, RD, 2005



Mayor's Fitness Council
City of San Antonio

For information on healthy eating, physical activity events and more, go to www.fitcitysa.com



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Food Safety Quiz

Test your knowledge of food safety. Match the words in the first column with the correct definition in the second column. Answers are at the bottom of the page.

1. Two Hour Rule	a. The transfer of harmful bacteria from one food to another. Harmful bacteria can also be transferred to food from another source, such as hands.
2. Personal Hygiene	b. Defrost foods in the refrigerator, microwave, or under running water. Never defrost food on the kitchen counter.
3. Perishable Food	c. Keeping work areas free from dirt or bacteria.
4. Cross-Contamination	d. Foods that can become unsafe or spoil quickly if not refrigerated or frozen.
5. Contaminated Food	e. Cleanliness, keeping yourself clean.
6. Danger Zone	f. Perishable food should not be left at room temperature longer than two hours.
7. Foodborne illness	g. Food that contains harmful microbes.
8. The Thaw Law	h. Cooking food to a safe internal temperature.
9. Sanitation	i. Sickness caused by eating contaminated food, sometimes called food poisoning.
10. Thorough Cooking	j. The range of temperatures at which most bacteria multiply rapidly--between 40° and 140° Fahrenheit.

Answers: 1f, 2e, 3d, 4a, 5g, 6j, 7i, 8b, 9c, 10h

5k Foam Fest- San Antonio 2013



2066 County Rd. 405
Floresville, Texas
Saturday, April 6, 2013

<http://5kfoamfest.com/locations/SanAntonio.php>