



# Healthy Lifestyles

October 2012

*Hello! Schools continue to contact me and tell me they have added a Healthy Lifestyles Chair to their board. At this time we have about ten schools who have added this position. I believe that the more they hear about the types of things we are doing, the more schools will want to include these kinds of programs at their campus. I have been sending you several different types of information. I would love to get some feedback on if you are finding this information useful, how you have presented it to your parents, faculty and kids, and what other programs you have found successful. If you have something you need help finding or are looking for ideas please let me know. Sharing our successes will help all our children and families.*

*I will be attending a meeting next week regarding the Mayor's Fitness Council and can then share information with you. You can look it up on the web at [www.sanantonio.gov/news/NewsMayorCouncil/nr2010fitnesscouncilfinal.asp](http://www.sanantonio.gov/news/NewsMayorCouncil/nr2010fitnesscouncilfinal.asp)*

*Donna Smith  
Healthy Lifestyles Chair  
Northside ISD Council of PTAs*

## **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.**

## **RED RIBBON WEEK**

<http://www.nfp.org/default.asp?PageNum=617>

### **WHAT IS RED RIBBON WEEK?**

It is an ideal way for people and communities to unite and take a visible stand against substance abuse. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, Oct 23rd - 31st.

### **WHY?**

The Red Ribbon Campaign was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA.

### **WHO?**

National Family Partnership is the sponsor of the National Red Ribbon Week Celebration. We are helping citizens across the state come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign.

### **WHY SUPPORT THE NATIONAL THEME?**

A theme unifies each year's campaign and helps to broadcast one message creating a tipping point to change behavior.

### **HOW?**

Plan a Red Ribbon celebration. Order and display Red Ribbon Materials with the National Red Ribbon Theme. Proceeds from the sale of Red Ribbon theme merchandise helps support prevention programs across America. Order for your family, students, staff, patients, employees and customers and encourage them to wear the red ribbon symbol during Red Ribbon Week, October 23rd - 31st.



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## “Button Batteries”

### Did You Know

- The coin-sized batteries children swallow come from many devices, **most often mini remote controls**. Other places you may find them are: singing greeting cards, watches, bathroom scales, and flameless candles.
- It takes **as little as two hours to cause severe burns** once a coin-sized lithium battery has been swallowed.
- Once burning begins, **damage can continue** even after the battery is removed.
- **Kids can still breathe** with the coin lithium battery in their throats. It may not be obvious at first that something is wrong.
- **Repairing the damage is painful** and can require **multiple surgeries**.
- The batteries can become lodged in the throat, burning the esophagus.
- In 2010 alone, more than 3,400 swallowing cases were reported in the U.S. 19 children sustained life-threatening or debilitating injuries and others died!

### Upcoming Events:

October

Family Health Month

October 3<sup>rd</sup> - National Walk to School Day

<http://www.walkbiketoschool.org/>

October 6<sup>th</sup> - Worldwide Day of Play

October 7-13<sup>th</sup> - Fire Prevention Wk

October 23-31<sup>st</sup> – **RED** Ribbon Wk

### Keeping Your Kids Safe

Electronic devices are part of daily life. It only takes a second for your toddler to get hold of one and put in his mouth. Here are a few easy tips for you to follow to protect your kids from button battery-related injuries.



### Top Tips for Battery Safety

- **SEARCH** your home, and any place your child goes, for gadgets that may contain coin lithium batteries.
- **SECURE** coin lithium battery-controlled devices out of sight and reach of children and keep loose batteries locked away.
- **SHARE** this life-saving information with caregivers, friends, family members and sitters.

### In Case of Emergency

Keeping these batteries out of reach and secured in devices is key, but if a child swallows a battery, parents and caregivers should follow these steps:

- Go to the emergency room immediately. Tell doctors and nurses that your child may have swallowed a battery. If possible, provide the medical team with the identification number found on the battery's package.
- Do not let the child eat or drink until a chest x-ray can determine if a battery is present.
- Do not induce vomiting.

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## Participate in the Presidential Active Lifestyle Award (PALA) Challenge

Brought to you by the President's Council on Fitness, Sports and Nutrition, the PALA Challenge (Presidential Active Lifestyle Award) helps kids and families build a healthy lifestyle.

Kids complete the PALA Challenge by being active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. (Adults can participate too!)

### How it works:

- Encourage your kids to visit **The Big Help Clubhouse** to take the PALA Challenge Action
- Download a **PALA Log** to track progress
- Complete the Challenge to receive digital rewards and a PALA certificate of accomplishment

<http://pro-social.nick.com/road-to-world-wide-day-of-play/>

## worldwide DAY OF PLAY

On October 6th, Nickelodeon will host the 9th annual Worldwide Day of Play, a whole day dedicated to living a healthy and active lifestyle. Nick will "go dark" on air to help kids get out and get active! See how you can get involved below.

## Websites for People with Food Allergies

In looking around for websites that deal with food allergies I came across several. Here are just a few:

<http://www.healthyalberta.com/HealthyEating//allergies.htm>

<http://www.healthy-eating.com/category/239>

<http://ezinearticles.com/?3-Steps-to-Healthy-Eating-Despite-Food-Allergies&id=1839212>

[http://www.keepkidshealthy.com/welcome/commonproblems/food\\_allergies.html](http://www.keepkidshealthy.com/welcome/commonproblems/food_allergies.html)

This website contains several printable items especially dealing with kids and was very user friendly:

<http://community.kidswithfoodallergies.org/>

<http://www.kidswithfoodallergies.org/resourcetopic.php?topic=freeguides>

<http://www.kidswithfoodallergies.org/KFABrochure.pdf>

## OTHER USEFUL WEBSITES

**National Heart Lung & Blood Institute**  
(Portion Distortion quiz )  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**Tobacco is Foul**  
(Facts: What's in cigarettes?)  
[www.ducktexas.org](http://www.ducktexas.org)

**Center for Disease Control and Prevention**  
(Strategies to increase physical Activity)  
[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

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[www.choosemyplate.gov](http://www.choosemyplate.gov)



The food pyramid that many of us remember has now been replaced with a plate which helps children relate to proportion size more easily.

If you travel out to [www.choosemyplate.gov](http://www.choosemyplate.gov) there is also an interactive game called Blast Off on the site.



Kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of their food choices. The game was designed specifically for children aged 6 to 11.

Take the HEB Healthy Community Challenge!



Join Texas PTA, ActiveLife and HEB in a competition to motivate communities to get healthy! Make sure to sign the PTA pledge, and get busy making your school and community a healthier place!

## Balanced ENERGY IN: Smart Food Shopping

Bringing balanced nutrition home to your family is easier when you know about the Nutrition Facts label and healthy choices. Be sure to read the **labels** as you shop and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie items.

### **Why the Nutrition Facts label is important**

- **Check servings and calories.** Look at the serving size and how many servings the package contains. If you consume one serving, the label clearly outlines the nutrients you get. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).
- **Make your calories count.** Look at the calories on the label and note where the calories are coming from (fat, protein, or carbohydrate). Compare them with the other nutrients, like vitamins and minerals, to decide whether the food is worth eating.
- **Don't sugar-coat it.** Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include *sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.*
- **Know your fats.** Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.
- **Reduce sodium (salt), increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day might reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt shaker. Also, look for foods high in potassium (tomatoes, bananas, potatoes, and orange juice), which counteracts some of sodium's effects on blood pressure.

Information from: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/smart-food-shopping.htm>

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