

## OCTOBER OBSERVANCES

- National Farm to School Month
- Breast Cancer Awareness Month
- National Bullying Prevention Awareness Month
- National Fire Prevention Week (10/4-10/10)
- Child Health Day (10/5)
- National Walk to School Day (10/7)
- National School Lunch Week (10/12-10/16)
- National Red Ribbon Week (10/23-10/31)

### No Bullying



October is National Bullying Prevention Awareness Month. To educate yourself and help in the prevention of bullying on our campuses, go to the NISD's Parent 411 web-site at [parent411.nisd.net](http://parent411.nisd.net).



The Dietary Guidelines for Americans, put forth by the U.S. Department of Agriculture (USDA), provide science-based advice for individuals over the age of two to promote health and reduce the risk of major chronic diseases. The current Dietary Guidelines, encourage most Americans to eat fewer calories, be more physically active, and make wiser food choices. See <http://www.letsmove.gov/eat-healthy>



## Healthy Lifestyles October Newsletter

### JUST A THOUGHT...

Instead of giving away chocolate bars and candy, pick up healthier pre-packaged options this Halloween. Replace chocolate bars with granola bars and fruit chews with dried fruit packs. Also consider adding single serving bagged pretzels, juice boxes and cheese sticks to your treat bowl, but keep them low-calorie, low-fat versions.

### WHAT IS A FOOD ALLERGY

A *food allergy* occurs when the body has a specific and reproducible immune response to certain foods.<sup>3</sup> The body's immune response can be severe and life threatening, such as anaphylaxis. Although the immune system normally protects people from germs, in people with food allergies, the immune system mistakenly responds to food as if it were harmful.

#### Symptoms Communicated by Children with Food Allergies<sup>4</sup>

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat; there's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.
- It feels like a bump is on the back of my tongue (throat).

The symptoms and severity of allergic reactions to food can be different between individuals, and can also be different for one person over time. Anaphylaxis is a sudden and severe allergic reaction that may cause death.<sup>5</sup> Not all allergic reactions will develop into anaphylaxis.



### KUDOS

Kudos to Brennan High School for their informative newsletter last month.

**KEEP UP THE GREAT WORK!!!!**

# OCTOBER EVENTS

- 2015-10-10 [Leukemia & Lymphoma Society Light the Night](#) Walk - La Vil-
- 2015-10-10 [Hootenanny on the Hill 10K/5K/3K/1K](#)  
Kyle, TX
- 2015-10-10 [Neon Sizzle 5K Run/Walk](#)  
San Antonio, TX
- 2015-10-10 [Fourth Annual Navarro Panther Cross Country Meet](#)  
Seguin, TX
- 2015-10-10 [Southside ISD Cross Country Meet](#)  
San Antonio, TX
- 2015-10-12 [Bandera Bulldog Pre-District Invitational Cross Country](#)  
Bandera, TX
- 2015-10-16 [District 25-6A Cross Country Meet](#)  
Seguin, TX
- 2015-10-17 [Cartwheels and Capes](#)  
Buda, TX
- 2015-10-17 [ROADEO RUSH 5K](#)  
San Antonio, TX
- 2015-10-17 [District 26-AAAA Cross Country Meet](#)  
Seguin, TX
- 2015-10-17 [Grey's 5K - For Little Texans](#)  
New Braunfels, TX
- 2015-10-17 [Uganda Run It 5K](#)  
San Marcos, TX
- 2015-10-17 [Tap-Tober 5k Beer Run](#)  
San Antonio, TX
- 2015-10-17 [Seguin Police Moonlight Run 5K Run/Walk](#)  
Seguin, TX

C. Fiber

## SAFETY

Students deserve a safe environment in which to live, learn and grow. Unfortunately, the threat of violence is a presence in many communities and has grown in a number of schools across the country.

Staying involved with students' lives and schools can help prevent conflicts or other problems from escalating to violence and help protect your child from becoming a victim. Parents, school officials and community members working together can help prevent and reduce violence and make students' schools and communities safer for all.

[What PTAs Can Do](#)

Checklist to Help Prevent Violence in Schools: 10 things parents can do to prevent violence in your school community.

FAQ: Advocating for School Safety. Advice for Local and State PTAs.

Discussing Hate and Violence With Your Children: Tips for talking about hate, violence and other sensitive issues with your children.

## QUIZ

Which of these nutrients can you get from eating Whole fruit that is not usually found in juice

- A. Vitamins
- B. Minerals
- C. Fiber
- D. Sugar

Find the answer somewhere on this page.

### **DID YOU KNOW.....**

Seasonal affective disorder (SAD), or what is now called major depressive disorder recurrent with seasonal pattern, is a form of depression that affects both adults and children. Unlike depressive episodes that can happen at any time of the year, SAD is one that returns each year, usually during the fall and winter months, said Dr. Adelle Cadieux, a child psychologist at Helen DeVos Children's Hospital in Grand Rapids, Mich. For more information see:

<http://www.foxnews.com/health/2015/10/04/kids-with-seasonal-affective-disorder-depression-go-largely-undiagnosed/>

Team Spirit.....Remember send me news about your school so I can include in the newsletter, and get your school recognized.

