



Healthy Lifestyles

September 2013

Welcome back to school! This is the second year the Northside ISD Council of PTAs has the Healthy Lifestyles Chair position and I am happy to say that we already have 25 PTAs on board too! That is ten more than the end of last year so we know the position it is catching on and that people are interested in getting healthy! The Mission and Purposes of PTA are to not only help educate children but also to bring information and education to families. What better way to help do that than with a fun position like Healthy Lifestyles Chair. Thank you to those of you who are back for your second year! We had a great time last year and I am anxious to do it again. Throughout the year I will send a Healthy Lifestyles Newsletter to local chairs each month but in between those newsletters I will also send other information I run across. Feel free to use that information in your local events and/or newsletters. Please don't hesitate to contact me at any time with ideas, suggestions, or questions.

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Back to School Lunch Box Safety

Chill: Keep Lunches Cold

- Keeping food cold slows bacterial growth and keeps food safe.
- Harmful bacteria multiply rapidly in the "Danger Zone" — the temperatures between 40 and 140 °F.
- Keep perishable food refrigerated until time to leave home.
- Include a frozen gel pack or frozen juice box with perishable food in the insulated lunch bag or lunch box.
- Use an insulated soft-sided bag if possible. It's best for keeping food cold.
- Store perishable items in a refrigerator (if available) immediately upon arrival.

Keep Hot Lunches Hot

- Use an insulated container to keep hot food hot — 140 °F or above.
- Cook frozen convenience meals according to package instructions, including standing time if using a microwave.

Throw it out

If the lunchbox comes home with food in it, be sure to throw away any perishable items, because they will have been unrefrigerated for too long!



Food Safety Alert

Perishable food transported without an ice source will stay safe only 2 hours (1 hour if the temperature is above 90 °F).

www.befoodsafe.org
1-888-MPHotline
(1-888-674-6854)

City of San Antonio Calendar of Events

Each month the city publishes a calendar with events taking place during that month. To find something that you might be interested in you can locate the calendar at:

<http://www.sanantonio.gov/commpa/CityCalendar.aspx>

Healthy Lifestyle Chair Training

Our last fall training will be:

Friday, September 13th,
10:00 - 11:00 am at
Northside Activity Ctr (NAC)

There will be brochures on a variety of topics dealing with Healthy Lifestyles available at the trainings and you are welcome to take some for use at your school. I also have examples of display boards that have information about Healthy Lifestyles and will be giving away a blank board to each chairperson (1 per school) that you can use to make a display board for your PTA.



Did you know that San Antonio has a website dedicated to being fit? Go to www.fitcitysa.com and find out about healthy eating, physical activity and events in our city!

September is
PTA Family
Engagement
Month

PTA Vision

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PTA Mission

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Walk to School Day

October 9, 2013

History

Organized by the Partnership for a Walkable America, Walk to School Day in the USA began in 1997 as a one-day event aimed at building awareness for the need for walkable communities. In 2000, the event became international when the UK and Canada (both of which had already been promoting walking to school) and the USA joined together for the first International Walk to School Day. Growing interest in participation all over the world led the International Walk to School Committee to shift its promotion to International Walk to School Month for the entire month of October.

The success of Walk to School Day, as well as continued interest in bicycling to school, created a desire for a national event focused on bicycling to school. This goal became reality in 2012, when the first National Bike to School Day took place on May 9, in coordination with the League of American Bicyclists' National Bike Month.

Although Walk to School Day is focused more on walking and Bike to School Day is focused more on bicycling, both days welcome and encourage all forms of active transportation to school.

There are many reasons to celebrate—[safer](#) and more accessible streets, [healthier habits](#), and [cleaner air](#) to name just a few. Join in!

You can register your school for Walk to School Day at: [National Center for Safe Routes to School](http://NationalCenterforSafeRoutesToSchool.org)
730 Martin Luther King, Jr. Blvd
Suite 300 / Campus Box 3430
Chapel Hill, North Carolina 27599-3430
info@walkbiketoschool.org (to get more info)

BUT.... You do not have to register....you can just plan it with your PTA and school administrators!

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NISD Department of Child Nutrition

If you have visited the NISD website lately you have noticed that it received a new look last year. Have you ever looked at the Child Nutrition part of the website? If not, you may not know just how much great information is there. To get there sign on to www.nisd.net and click on "Departments" then on "Child Nutrition". You will see several menu choices in red on the left side:

Staff

Menus

2013 - 2014 Charge Policy

2013 - 2014 Pricing Letter

2012 - 2013 Health Inspections

Nutritional Information

Special Diet/Allergens

Nutrition Curriculum

Nutrition Policy

Wellness Policy

Menu Analysis

Nutrition Nuggets

Free/Reduced Lunch Applications

Catering Services

You can find all the nutrition information for every meal served in every school cafeteria plus much more. Check out the Nutrition Nuggets Newsletters in .pdf format which are available in English and Spanish and can be downloaded. This is all part of NISD's outreach program to families to keep you informed!



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DID YOU KNOW Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations.

Often activities for Red Ribbon Week are planned by the counseling department. Check with your counselors to see if they need help and are already planning an event before starting one on your own.



10 Tips Nutrition Education Series

The 10 Tips Nutrition Education Series at www.choosemyplate.gov provides consumers and professionals with easy-to-follow tips in a convenient, printable format. Educators can use them to support existing lessons, and consumers can choose one or more of these tip sheets to start making small changes toward healthier eating. These and many other printable items are also available in Spanish.



Walk with your kids to the bus stop and wait with them until it arrives.

School Bus Safety

www.safekids.org

Taking the bus for the first time is a big step for your child. Help your kids get a gold star in bus safety by following these tips.

The Hard Facts

School buses are the safest mode of motorized transportation for getting children to and from school, but injuries can occur if kids are not careful and aware when getting on and off the bus.

Top Tips

- ❖ Walk with your kids to the bus stop and wait with them until it arrives. Tell kids to stand at least three giant steps back from the curb as the bus approaches and board the bus one at a time.
- ❖ Teach kids to wait for the bus to come to a complete stop before getting off and never to walk behind the bus.
- ❖ If your child needs to cross the street after exiting the bus, he or she should take five giant steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach kids to look left, right and left again before crossing the street.
- ❖ Instruct younger kids to use handrails when boarding or exiting the bus. Be careful of straps or drawstrings that could get caught in the door. If your children drop something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up.
- ❖ Drivers should always follow the speed limit and slow down in school zones and near bus stops. Remember to stay alert and look for kids who may be trying to get to or from the school bus.
- ❖ Slow down and stop if you're driving near a school bus that is flashing yellow or red lights. This means the bus is either preparing to stop (yellow) or already stopped (red), and children are getting on or off.

Learn More

Want more tips about how to keep your kids safe on or around school buses? Read more from the [National Highway Traffic Safety Administration \(NHTSA\)](http://www.nhtsa.gov).

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How Much Physical Activity is Needed?

Physical activity is important for everyone, but how much you need depends on your age.

ADULTS (18 to 64 years)

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

CHILDREN AND ADOLESCENTS (6-17 years)



Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents

should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.

YOUNG CHILDREN (2-5 years)

There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally-appropriate, fun, and offer variety.

Physical activity is generally safe for everyone. The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:



- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.



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Reduce Screen Time!

Talk to Your Family

Explain to your kids that it's important to sit less and move more in order to stay at a healthy weight. Tell them they'll also have more energy, and it will help them develop and/or perfect new skills, such as riding a bike or shooting hoops, that could lead to more fun with friends. Tell them you'll do the same.

Set a Good Example

You need to be a good role model and limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, then they'll be more likely to do the same.

Log Screen Time vs. Active Time

Start tracking how much time your family spends in front of a screen, including things like TV- and DVD-watching, playing video games, and using the computer for something other than school or work. Then take a look at how much physical activity they get. That way you'll get a sense of what changes need to be made. Use the Screen Time Chart example in this article.

Make Screen Time = Active Time

When you do spend time in front of the screen, do something active. Stretch, do yoga and/or lift weights. Or, challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during TV commercial breaks.

Set Screen Time Limits

Create a house rule that limits screen time to two hours every day. More importantly, **enforce** the rule.

Create Screen-free Bedrooms

Don't put a TV or computer in your child's bedroom. Kids who have TVs in their room tend to watch about 1.5 hours more TV a day than those that don't. Plus, it keeps them in their room instead of spending time with the rest of the family.

Make Meal Time = Family Time

Turn off the TV during meals. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research shows that families who eat together tend to eat more nutritious meals. Make eating together a priority and schedule family meals at least two to three times a week.

How to fill in the Screen Time Chart

To fill in your family's screen time chart— For each day, write the hours spent for each type of screen. Then add the hours for each day. Write the total in the "Daily Total" column.

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Fill out the Screen Time Chart to see how much time your family spends in front of a screen. Keep one chart for each person.

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