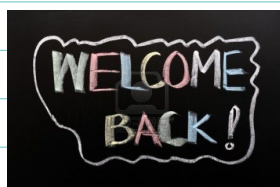


# HEALTHY LIFESTYLES NEWSLETTER



Welcome Back to everyone that was a Healthy Lifestyle Chair last year, and a big hello and welcome to those that have taken on a new role with their school as the Healthy Lifestyle Chair. My goal this year is to provide you with enough information that you can use at your school to make a positive healthy difference. So, back to some basis!!! For those that were HL Chair last year, this might be a repeat of information, but a refresher course never hurts.

September 2015  
Volume 1, Issue 1

**Who is the Healthy Lifestyles Chair?** Healthy Lifestyles Chair establishes a committee that provides access to training and resources and addresses the critical nutrition and physical activity needs of Texas children and their families.

**Duties:**

- Create a Healthy Lifestyles Team. Include your Principal, Local PTA President, PE Department, Cafeteria Manager, Garden Director and parents
- Attend your District's SHAC meetings and know your District's Wellness Policy (found on school website.)
- Join your school's Campus Improvement Committee to provide a school health perspective.
- Assess your school's needs via surveys and SHAC meetings, plus feedback from school faculty, staff and administration, local PTA leaders, parents and students.
- Learn about Coordinated School Health—visit the [CDC website](#)
- Create opportunities for parent engagement and education that fit your local needs, utilizing local assets (parents, businesses, local non-profits) as well as State and National PTA resources ([Ready, Set, Achieve!](#))
- Be a positive force of collaboration, information and support in your school

**Nancy Cuellar**  
**Healthy Lifestyles Chair,**  
**NISD Council of PTA 2015-2016**

**ncuellar@nisdpta.org**

**Do you have a school story to share, if so, please contact me as I would love to include your school in the newsletter, and share with others.**

**As always, I am here should you have any questions.**

As we begin our new school year, plan some goals and accomplishments to strive for this year. Feel free to send me any thoughts and/or comments so that I may share with the other HL Chairs.



# ACTION FOR HEALTHY KIDS

Texas PTA and Action for Healthy Kids wants to help support your Healthy Lifestyles program!

If your PTA has been wanting to do a wellness project but needed some funds to get started, now is your chance. With funding provided by RGK Foundation, Texas PTA and Action for Healthy Kids are offering ten schools who have a designated Healthy Lifestyles Chair/Wellness person an opportunity to receive \$1,500 to use towards a nutrition or physical activity initiative on your campus. Have you considered a school garden? Are you wanting to support recess with some new equipment? Maybe your school would like to have a family fitness event!

Deadline for applications is Sept. 30th. Grants will be awarded in October.



Make a Goal!!

Go here for more information:

<http://www.actionforhealthykids.org/in-your-state/texas/welcome>

**Did you know** that the Texas Agrilife Extension Agency has a variety of healthy recipes that provide helpful pictures or videos and nutrition information?

When a meal does not have a nutrition label, it can get a little tricky. But using websites, such as [www.dinnertonight.org](http://www.dinnertonight.org), to help educate you about the nutritional information in a meal are great tools that make it easier on you!



Northside Nic NISD Child Nutrition Services introduce Northside Nic. Nic is on a mission to teach students how to eat right and exercise. Our Elementary Schools have Nic's Message over serving lines to get the word out on "Good Nutrition". Nic is a very friendly and curious monkey who likes eating right; exercising everyday and studying hard. He encourages his friends to eat 3 meals a day and enjoy nutritious meals served in the cafeteria.

For more information about Nic's Performances Contact NISD Child Nutrition Services, 210-397-4501.



## TAKE THE PLEDGE

Take the Power Your Lunchbox Pledge to pack a healthier lunchbox for the 2015 school year! You could win an iPad and iPad mini to help in recipe planning, just by taking the pledge. Each pledge means will be donated by our partners to Feeding America® food banks. Once you take the pledge, keep an eye on your in-box for coupons from our partners and fun printable lunchbox notes!



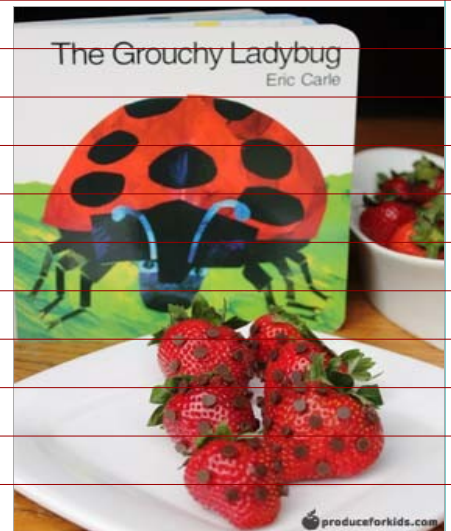
<http://poweryourlunchbox.com/>

### Ingredients:

- 1 Tbsp mini chocolate chips
- 8 strawberries

### Instructions

- Insert mini chocolate chips into strawberry in a scattered pattern



## HEALTH & SAFETY



**It is important for children to come to school emotionally and physically healthy. Studies show that children's physical well-being has a significant effect on their learning and long-term success. When children are well-rested, well-nourished, and physically fit they are more ready to learn.**

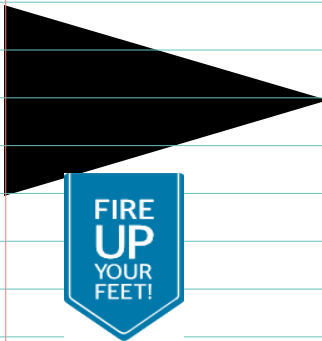


## September National Observances:



- National Childhood Obesity Awareness Month
- National Preparedness Month
- National Fruits and Vegetables Month
- Texas Obesity Awareness Week (9/7-9/11)

September is National Preparedness Month, but what does it mean to be prepared? Does your family have a plan for a tornado or hurricane? Do you know what the school's plan is for a power outage? Talk with school personnel about creating a bulletin board to highlight the need for emergency plans. Teachers could post student work of home emergency plans created in class or the PTA can provide tips and strategies for establishing emergency plans (check out <http://www.ready.gov/september> for more information on National Preparedness Month). Don't forget to check out the other National Observances. Encourage your kids to "eat the rainbow" during National Fruit and Veggies Month or see if the school is having a Coordinated School Health "kick-off" event during Texas Obesity Awareness Week.



### TRY THIS.....

Since September is National Fruit and Veggies month, try a Grape and Avocado Grilled Cheese Sandwich. You may never have thought to put some fruits and veggies in a grilled cheese sandwich, but go ahead, try it...you might like it!

### FIRE UP YOUR FEET



National PTA partnered with Safe Routes to School National Partnership and Kaiser Permanente for Fire Up Your Feet—a physical activity program that encourages families to get more physical activity while raising money for their PTA or school. There are two main components to the Fire Up Your Feet program: fundraising and the activity challenge.

## Check out your teen's job.

A job can be very rewarding for teens, because they gain hands-on experience, extra income, and new skills. However, sometimes job requirements may go beyond what a teen can handle. In 2009, 359 workers less than 24 years of age died from work-related injuries, including 27 deaths of youths less than 18 years of age. From 2003 to 2010, 843 workers ages 16 to 24 died in motor vehicle crashes at work. It is likely that approximately 160,000 youths sustain work-related injuries and illnesses each year. Take an active role in your child's employment, and know the laws. Be alert for signs of fatigue or stress as your child tries to balance the demands of work, school, home, and other activities.