

WELCOME TO SCHOOL YEAR 2007-08 FROM J.F.KENNEDY SCHOOL NURSE

Dear JFK School families,

September 2007

I welcome back all our JFK students and their families and I look forward to meeting all the new members of our school community. When there is a strong and positive Home-School Connection the entire learning environment is more successful. The start of a new school year is a great time to establish and reinforce healthy practices that will enhance your child's academic experience.

As you may have been hearing through the media- childhood obesity is a national health problem. Research is showing us that the decrease in physical exercise combined with poor nutrition is leading us to a generation of overweight children. There are significant health conditions that accompany this trend. Across the country, more children are being diagnosed with Type 2 diabetes, high blood pressure, and high cholesterol levels.

On many levels we are trying to manage this rising health problem. We have federal and state health department mandates for pediatric nutrition and physical education. The Middletown School Department has a Health and Nutrition Policy and a School Nutrition Advisory Council. At JFK we support this in our classrooms with nutrition information to our children and their families.

We all need to eat food everyday; so it is important that we make healthy choices. I like teaching the concept of "everyday foods" vs. "sometime foods". This model, along with portion control, can help all of us maintain a healthier diet. If the **majority** of the time we eat fruits, vegetables, whole grains, low fat dairy, and lean meats then the **occasional** sugary/fatty treat won't be so bad.

In addition to nutritious foods at mealtime, growing children also benefit from healthy snacks. All of our students should bring a mid-morning snack to school everyday. Some good choices are: fresh fruit, dried fruit, cut up veggies, sliced cheese, yogurt, whole grain crackers, a ½ sandwich, mini bagel with cream cheese, low sugar cereal, or popcorn. Water is the perfect thirst quencher any time of day.

Physical activity plays a vital role in all of our lives. Aim for at least 30 minutes of active movement 5 days a week for every member of your family. There is a direct link between TV and being overweight. So turn off the TV, video games, and computers and move your body. Not only will you look and feel better, you will sleep better too. Sleep plays a critical role in our health. Children especially need a bedtime routine that is calming, predictable, and allows for 8-10 hours of restful sleep.

Please call me at school, 847-5937, if you have any questions or concerns about your child's health and wellbeing.



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Mrs. Rosa, RN, school nurse-teacher

HEALTH INFORMATION UPDATE

Please fill out and return to school:

STUDENT- _____

TEACHER- _____

Health condition/concerns- _____ allergies- _____

Current medication at home- _____, at school- _____

I would like the nurse to call me- _____ Parent name- _____ phone- _____