

CSHN News

School to Home Connection

Volume 1: GETTING STARTED

Total Health

EPISD Coordinated School Health • El Paso Independent School District

Dear Families,

We are excited to continue our "Coordinated School Health" approach to teaching health. Throughout the year, your child(ren) will be learning about various health topics. To reinforce what your child(ren) is learning, we encourage you to review these newsletters together and complete some of the activities. The first topic is Total Health. We look forward to working with you in leading the way to a healthier generation of students!

HEALTH GOAL: Take care of your overall health

OBJECTIVE: Understand ways to care for your body and mind

VOCABULARY:

Good health - take care of body and mind

Total health - take care of body, mind, relationship

Mental - mind

Social - getting along

Physical - body

Family Fun

Playing board games together with the family is a great way to teach your child about the concept of rules, following rules, winning and losing.

Not only do they allow you to spend quality time together as a family, but research is showing that board games will also greatly improve your child's academic skills. Turning off the television and engaging your child in a simple board game just a few times a week can greatly improve their comfort in math!

Here are a few popular board games to try at home: Chess, checkers, Monopoly, Scrabble, Clue, The Game of Life, Chutes and Ladders, Trivial Pursuit, Battleship, Connect 4, Pictionary.



PARENT TIP

Is there a way to get a quick energy boost after a long tired day?

After a long tired day a quick and easy way to get a second wind, is to run ice-cold water over the insides of your wrist for 30 seconds. Since the wrists are key circulation points, this will trigger a cooling effect that's felt throughout the body within seconds. What's more, the shock of chilly water on your skin will prompt the release of noradrenalin, and hormone that's proven to enhance focus, energy and alertness for lasting pep.

Recipe Corner

Quick, easy and delicious recipes for you to try together!

Frozen Yogurt Fruit Cups

Yield: 18 servings
Serving Size: 1/18 of recipe

Ingredients:

3 bananas, mashed
24 ounces yogurt, non-fat strawberry flavored (or plain)
10 ounces strawberries, frozen, thawed, undrained
1 can (8 ounces) crushed pineapple, undrained

Preparation:

1. Line muffin tin(s) cups with paper baking cups (18 total).
2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
4. Remove frozen cups and store in a plastic bag in the freezer.
5. Before serving, remove paper cups.

Nutrient Totals Per Serving:

Calories 50
Total Fat 0 g
Saturated Fat 0 g
Sodium 25 mg
Protein 2 g

Source: SNAP-Ed Connection

GO GREEN TIP

Water the lawn only during your designated times. There is a reason for “not watering” during the heat of the day. **Evaporation!**



Let's Move!

CLOTHESPIN TAG



Keep your clothespin to win!

This game is for 5 or more players and should be played outside or in an open area.

To play, you need one clothespin for each player.

Clip a clothespin to the back of your shirt. On the word "Go!," try to steal the other players' clothespins without letting anyone get your clothespin.

When your clothespin is taken or falls off, you're out.

The last player with a clothespin wins.



Game Corner

F X B T T O N C Y L P H O W T
 R M Z Z G J S D A X L S H J W
 T O O L M Q Y C T M U E H P J
 H I F H T P S V O M Z T L C A
 M H T I T X F M E N T A L O B
 D M G S F L N O B V Z W T V H
 I V E O G B A W I O Y G K Y D
 U L S C T K Q E Z H V V Z X P
 J K Y I T W D U H L G B K U R
 O H Z A Y C J A D L B X G C I
 U P U L T I H T K W A H Y O O
 G P H Y S I C A L C X T B V O
 S P G W L H P E H R P A O S S
 G D R V C B B I F B S X V T Q
 G O O D H E A L T H W A N I B



Healthy Helpful Links

Check out these sites for even more fun with healthy living!

http://kidshealth.org/kid/stay_healthy/ - Find out how to take care of your body, eat healthy, and stay fit!

<http://www.healthychoices4life.com/> - Making healthy choices one step at a time.

<http://www.cdc.gov/parents/children/> - Guide your child in leading a healthier life.

