
How to be Healthy 2021 style

Mrs. Neumann, School Nurse
Mrs. Christianson, SAC

What is [Healthy People 2030](#) (link is in blue)

According to the U.S. Census Bureau, adolescents ages 10-17 make up 22 % of the population.

Healthy People 2030 is a set of goals and objectives with a 10 year target written to guide national health promotion and disease prevention efforts to improve the health of all people in the United States.

Our goal: healthier kids learn better

Routines - Important for Development

Students should develop a schedule before school and after school.

This provides comfort when daily activities are predictable and familiar. It helps to develop relationships with the people they interact with and gain a sense of belonging and self- confidence.

The benefits include:

- Control of their environment
 - Feel safe, secure, and comfortable
 - Know what is happening now and what comes next
 - Know how to do an activity or task
 - Engage in Learning
-

Nutrition 101 Start Eating Breakfast

Why Breakfast? Breakfast is a great way to give the body the refueling it needs.

Breakfast kick starts the body's metabolism (the process by which the body converts the fuel in food to energy)

When the metabolism gets moving, the body starts burning calories.

What we eat is important too: whole grains, fiber, protein

Exercise

START WALKING!

**CDC Guidelines: Children and Adolescents (age 6-17 yrs)
should do 60 minutes or more of physical activity per day.**

**Benefits of exercise: improve heart and lung function,
reduce anxiety and depression, build strong bones and
muscle, control weight**

Facts about exercise

- Students who are physically active tend to have better grades, better school attendance, better classroom behaviors , better cognitive performance(memory).
- Maintain weight
- Good mood stabilizer

Centers for Disease Control and Prevention. The Association Between School-Based Physical Activity and Academic Performance.US Dept of Health and Human Services; 2010.

Why Water?

How much to drink?

The recommended daily amount of fluids is:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Hints to help you drink more water

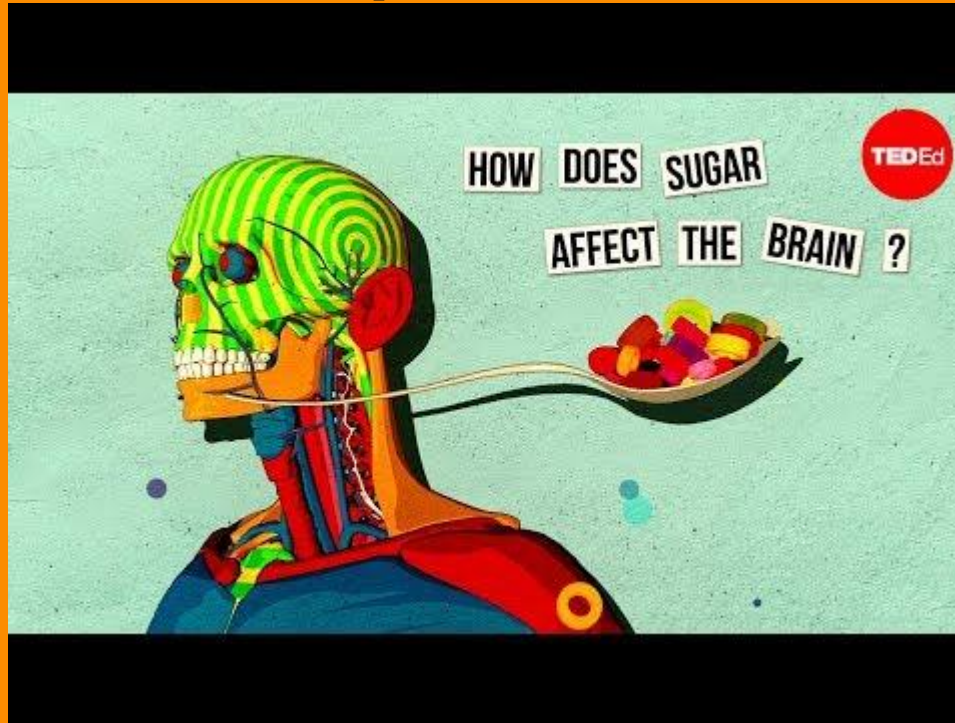
- Pack a water bottle whenever you go out.
 - In summer, put a frozen water bottle in your lunch box.
 - and drink warm water in winter. Water down juices, sports drinks
 - Use smaller glasses when drinking sugary drinks.
-

The Importance of Sleep

Sleep is food the brain.

- **Teens need about 8-10 hours of sleep each night to function best. Do you remember a time when you didn't sleep well- how did you feel?**
 - **If you don't: tired; cranky; unable to think clearly; hard time following directions; a school assignment that is normally easy feels impossible; feel clumsy while playing a sport or musical instrument.**
 - **Sleep can help your immune system- helps fight virus**
-

Proper Nutrition



Stay away from unprescribed drugs; including vaping



Electronic cigarettes, or e-cigarettes, deliver nicotine, flavorings and other chemicals to users in the form of a vapor. They're "designed to simulate the act of tobacco smoking" and "often promoted as safer alternatives to traditional cigarettes," writes the National Institute on Drug Abuse.

Vaping

VAPING. Don't Get Taken In.

Ads claim e-cigarettes emit only harmless water vapor. NOT true!

PROPYLENE GLYCOL

Commonly used in theatrical fog. It is considered safe when ingested, but little is known about long-term health effects when inhaled.

LEAD

Used in car batteries. It is highly toxic and has been banned from paint products. Lead poisoning stunts growth, causes nausea and vomiting and damages the brain.

ACETALDEHYDE

Carcinogen found in cigarette smoke. It irritates the skin, eyes, mucous membranes, throat, and respiratory tract.

FORMALDEHYDE

Embalmer use it to preserve dead bodies. It causes cancer and can damage your lungs, skin and digestive system.

TOLUENE

Commonly used ingredient in paint thinner. It is highly toxic. Exposure to even low levels can cause headache, nausea and wheezing.

CADMIUM

Commonly used in batteries. It causes damage to the liver, kidneys and brain and stays in the body for years.

ACETONE

Commonly used in nail polish remover. It can irritate the eyes and may depress the central nervous system.

ACROLEIN

Used as an herbicide to control weeds and algae. It is a toxic irritant for skin, eyes and nasal passages.

NICKEL

Commonly used in stainless steel, magnets and batteries. It causes cancer and can damage your lungs and immune system.

LIQUID NICOTINE

The most dangerous part of an e-cigarette might be the liquid nicotine. It is highly addictive and toxic. Even small amounts of liquid nicotine absorbed through the skin or swallowed can cause vomiting and seizures, and could be fatal for a child. The stuff contains aren't childproof. AND "e-juice" comes in candy flavors and bright colors that look like you're going to love it.

Though e-cigarette aerosol has lower levels of toxins than cigarette smoke, it still contains nicotine, ultrafine particles of toxic chemicals and some known carcinogens. When inhaled a heated propylene glycol or glycerine-based solution. Nobody knows how these affect your health long-term.

The products shown contain chemicals found in e-cigarettes. The products themselves are not added to e-cigarettes and are used for illustrative purposes only.



AMERICAN
CANCER SOCIETY

© 2014 American Cancer Society. All rights reserved.

Resources

[Bergen Resource Net - a source of information for families in Bergen County](#)

[SAC Resources for Parents](#)

[An article by Ms. Caines on Building Community](#)

[Parenting and Family Guide 2021](#)

Positive Self Talk

I fill my mind
with **positive**
and
nourishing
thoughts.

POSITIVEMOTIVATION.NET

- Daily Affirmation -
