

4 Smart Tips

BACK TO SCHOOL

It's that time! Kids are heading back to school. Here are some simple things you can do to keep your child healthy this school year.



1 KEEP KIDS ACTIVE

After spending all day in a classroom, try to give kids some outdoor time after school. Regular exercise is linked to learning!



2 PACK HEALTHY LUNCHES

Aim for a "food rainbow" every day with foods of different colors and textures. A good midday meal can keep kids strong and helps them pay attention.



3 GET ENOUGH SLEEP

Every half hour of sleep counts! Sleep refreshes our brains and a solid bedtime routine can help keep immune systems strong.

4 WASH HANDS

Hand washing is the simplest way to stay healthy. Encourage your kids to wash their hands throughout the day and as soon as they get home.



YOU ARE GOOD TO GO!

Have a great school year!

Wishing you joy and good health,
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