

How to keep our school healthy



School is a place where your children spend a majority of their day. It is a place where they learn many things, where they grow, develop socially and become more independent. Sadly, the reality is that it is also a place where they pick up germs and illnesses that they bring home with them. By teaching your children healthy habits, as parents you can help make school and health a priority this school year and every school year after. I will be sharing some tips with you on how to keep your children healthy.

1. It is always important to teach your children proper hand washing techniques. This is one of the most important ways we can help prevent the spread of germs and illnesses in the classroom and anywhere else. It is especially important for them to wash their hands after using the restroom, blowing their nose and before eating.



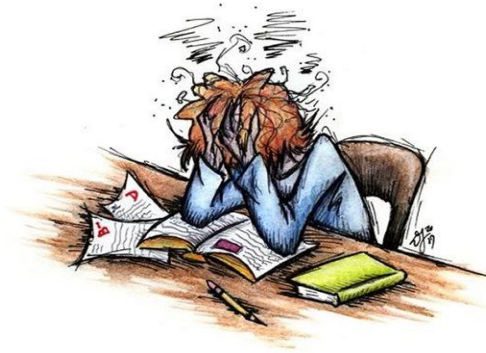
2. Keeping your children and family's immune system strong is another way to stay healthy and be able to fight off any illness. Getting enough sleep, eating healthy foods, managing stress as best as possible, exercising, making time to laugh with your family, and once again always emphasize the importance of washing your hands to help prevent colds, flu and other infections



3. You should set good sleeping habits at an early age. Making sure your child gets enough sleep every night is a crucial part of keeping your child healthy. Sleep is very important not only for your child's physical and emotional health, but it can also play an important role in how well they do in school. Getting enough sleep will help your child stay more focused while at school and while doing class work.



4. Always be on the lookout for any signs of stress or anxiety. Children go through a lot of stress with homework, tests, and social life everyday. Research has shown that stress can have a negative impact on children's health, just like it can have one on adults health. Find out how you as a parent can spot signs of stress in your child and ways to manage their anxiety. Some signs of anxiety are: mood changes, difficulty concentrating, refusal to go to school, and getting in trouble at school often.



5. Give your child a healthy brain-boosting breakfast at home if they are not eating at school. Breakfast really is a child's most important meal of the day. A balanced breakfast of low-fat proteins (eggs, seafood, lean meats, beans nuts) and complex carbs (whole grains, fruits and vegetables) has been shown to be important for a child's brain function and also in maintaining a steady level of energy throughout the day.



6. Allow your children to help with their lunch box planning. Make healthy lunches more fun and inviting with ideas of yummy main dishes and side dishes. Dress up meals with colorful combinations and shapes. For example cut their sandwiches with fun cookie cutters such as animals or hearts. Write your child a simple note such as, “Have a wonderful day at school” or “Learn all you can today at school.” Small gestures like this might not seem like a lot but they mean the world to children.



7. Choose the right and proper fitting backpack for your children. School backpacks nowadays are heavier than ever. When your child uses the wrong fitting backpack or wears their backpack incorrectly it can lead to back problems for them. Make sure you help prevent these back problems by choosing well fitting backpacks for them as well as showing them how to properly wear them. A backpack that is too small and well as a backpack that it too large, can both cause back problems for children.



8. Head lice among school-aged children is a very common problem. Learning about head lice prevention, treatment and symptoms is a great way to help stop the spread of lice in children at school. Some preventative measures are to advise your child not to share hats, sweaters, jackets, hair bands or combs with anyone. Also avoid head-to-head (hair-to-hair) contact during play and other activities at school, home, and anywhere else. Do not share blankets, pillows or stuffed animals. Some symptoms of head lice are intense itching, visibly seeing lice in the hair, clothes, bedding or body, tickling movement on the head, and possible rash on head or neck from extreme scratching.

