



School Based Health Program Newsletter November 2016 ISSUE 1

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SBH would like to bring awareness to:

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight. Please go to www.diabetes.org for more information.

Key Points to Consider Regarding Your Children's Use of Technology

- Keep lines of communication open
- Create a list of Internet rules with your kids
- Set parental controls at the age-appropriate levels and use filtering and monitoring tools as a complement--not a replacement--for parental supervision.
- Supervise all Internet-enabled devices and keep computers in a public area of the home.
- Talk to your kids about what to do in the event they encounter explicit online material at home, school, a friend's house, the library or their mobile device.
- Encourage your kids to come to you if they encounter anything online that makes them feel uncomfortable or threatened. (Stay calm and don't blame your child; otherwise, they won't turn to you in the future for help when they need it.)
- Teach them not to interact with people they don't know offline, because an online predator or cyberbully can disguise him/herself.
- Check the history file on your computer, tablets, I pads, etc. to see which sites your child has accessed. Insist your child does not erase the history or delete texts.
- Teach your child the golden rule: do unto others as they would have done unto themselves.

As we parents are trying to keep up with the changing technological times, we need to stay aware of all of the changes and stay acutely aware of our children's access to such technology. Below is a sample cell phone contract that you may wish to share with your child to help ensure their safety, the safety of the device, and to help them get a good night's sleep:

Cell Phone Contract

It is a privilege, not a right, to have a cell phone. It can be taken away at any time for any reason.

These are the things I'm responsible for:

- *Answer the phone if my mom or dad calls.
- *I will text or call back right away if it's missed.
- *Follow all rules wherever I am (school, church, activities, etc.)
- *Let my parents know right away about any unknown texts, calls, social media.
- *Make sure that it is charged.
- *Keep it in good condition.
- *If I lose or break it, it is my responsibility to replace or fix it.
- *Hand over to my parents at any time, for any reason.
- *Let parents know my passwords.
- *Turn it in every night before bed.

These are the things I will not do:

- *Text, email, or say anything through this device that I wouldn't say in person.
- *Take inappropriate pictures of myself.
- *Be involved in inappropriate behavior.
- *Text or send mean emails to others.
- *Call or text anyone after 9pm.
- *Bring my phone to the dinner table.

Sign here

Hold the Salt

Cutting down on salt consumption can keep your youngster healthier today and in the long run help them make healthier choices. Consider these tips:

- Cook with little or no salt. Your family will get used to the taste without added salt – and won't miss it.
- Limit packaged and canned foods. They have particularly high sodium content because salt is added to extend shelf life. *Note:* Be cautious even of foods marked "low salt." They may have less salt than others, but still too much.
- Rinse canned beans and vegetables under running water to get rid of extra sodium.
- Keep salt off the dinner table. If it's not there, your child won't add salt to his/her food.
(Source- Nutrition Nuggets)

Try this experiment - Show your child another reason not to drink soda. Have him put water in one cup and soda in another and drop half an eggshell in each. (eggshells, like teeth contain calcium.) Let the cups sit for several days. He'll see the eggshell in the soda crack, decay and eventually dissolve.

Skip the Freebies – Eating Out? Ask the waiter not to bring bread and butter, rolls, or chips to the table. They can fill your youngster up with unnecessary calories and keep her from eating the meal that follows. Instead, consider ordering a small salad, a cup of broth-based soup, or a side of vegetables to start with.

Pumpkin Power

November is for pumpkins! Try these recipes with easy-to-use canned pumpkin, a terrific source of vitamin A and potassium. (Get solid-pack pumpkin, not pumpkin pie filling.)

Parfait – Mix 1 cup nonfat vanilla yogurt with 1 cup pumpkin. In a glass, layer the pumpkin-flavored yogurt with fat-free whipped topping and garnish with pumpkin seeds.

Hummus – In a food processor, combine two cups pumpkin with 2 tbsp. tahini, 1 garlic clove and 1 tsp. olive oil. Salt to taste, and serve with cut-up vegetables or warm pita.

