



Wellness Matters

Healthy students, healthy families, healthy schools



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From Health Education

Hiking and Letterboxing

Do you enjoy the outdoors? Are you looking for a great family activity that all ages can enjoy? Hiking is a great escape and great exercise. Learn more by going to <http://www.adirondacks.com/hiking.html> for information on the 46 high peaks. The same sight offers information on shorter, more manageable hikes, some flat terrain, others hills and some even more challenging. Sites all over New York State are listed.

If you want to try something new, you might want to consider letterboxing. Letterboxing combines hiking, orienteering, map reading, puzzle solving and elements of a scavenger hunt in a unique activity. There are more than 22,000 letterboxes hidden in the U.S. for you to explore. Anyone, including you, can hide a letter box for others to find.

All you need to letter box is a log book or journal to record your adventures, a personal stamp, an ink pad, pen, trail map/directions/ clues and a basic compass.



For more information on letterboxing or to find sites in your area go to <http://www.letterboxing.org/>

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A Message from Our Nurses...

Televisions in Kids' Bedrooms – What Impact on Wellness??

Studies are showing that TV's in children's bedrooms are linked with health concerns such as overweight, increased risk for smoking, sleep problems as well as lower scores on school tests. It is estimated that 50-70% of children have televisions in their bedrooms. Aside from the obvious consequence of increased TV viewing time leading to less physical activity, lack of parental awareness of what is being watched is also worrisome. More TV viewing time is often associated with more snacking as well. What seems like a really fun idea – a TV in your bedroom, can have significant negative effects on the overall health of our youngest population.

Source: **New York Times Health**
March 4, 2008



A Message from Family and Consumer Science Quick and Simple Nutritional Stress Reducers

It's June and that means stress. At the end of the school year all of us face a long list of things to do with very little time to relax. As stress mounts we often short change our diets. Here is a quick and simple list of stress reducers involving the food we eat.

Foods to Eat:

Potatoes, cantaloupe, strawberries, raw cabbage and citrus fruit combat stress. These are the easiest and safest home remedies for stress. These are full of antioxidant that is good for reducing stress and building your immune system.

Include more turkey in your diet for its selenium content, which raise serotonin levels- a calming hormone. Try turkey in sandwiches, soups, and salads or as a snack.

Magnesium helps a lot to manage stress level. Green vegetables like spinach, almonds, and seeds are the best sources of magnesium. It also helps with muscle spasms.

Eat more food with folic acid, a B-vitamin that enhances your mood.

Increase foods that contain vitamin B-12, which boosts your energy when blowing your top causes you to run out of steam.

Foods to Avoid:

Caffeinated beverages: By all means, skip the morning latte. Caffeine, found in beverages like coffee, tea, and sodas and in chocolate, can cause anxiety and raise stress hormone levels.

Trans-fatty acids: Steer clear of trans-fatty acids found in baked goods such as cakes, pies, cookies and other boxed foods which compromise the immune system and increase your risk of heart disease. Read food labels and avoid foods that contain hydrogenated vegetable oil.

Sugar: Skip sugar, which causes spikes in blood sugar levels, increasing insulin production and eventually causes blood sugar levels to plummet. This process robs your adrenal glands of their ability to do their job-, which is regulate your stress hormones and protect the body against stress and helps the thyroid gland regulate weight.



From Athletics and Physical Education... Summer Fitness and Fun!

The National Association for Sport and Physical Education website provides many fitness ideas and activities for parents and teachers. Visit www.naspeinfo.org/observePE to learn more about physical activity and physical education.

Summer fitness calendars are available with activities for children through teens. Elementary age children might

enjoy these inexpensive activities during the summer months!

- Make a family bike caravan and go on a long ride together. Bring a picnic!
- Hot weather? Go bowling for some cool afternoon exercise and fun!
- Have fun running around your yard or the park trying to catch fireflies!
- Take a walk at the bike paths in early evening.
- Play flashlight tag at dusk in your yard or neighborhood!
- Take a family outing to the batting cage for some baseball fun!
- Build an obstacle course in your yard, and get moving!



Protect your skin from the sun and have fun!



The weather is finally fine for hiking, swimming, biking and other

outdoor activities. Don't forget to protect you and your family's skin with a protective sunscreen. Apply SPF 30+ at least 20 minutes before you go out and reapply often and after swimming. Keep in mind that the sun is strongest between 10:00 AM and 4:00 PM. Don't forget hats and UV protection sunglasses! When adults lead by example and follow the sun safety habits, children will learn and follow, minimizing their risks for sun damaged skin.



Learn about the **UV Index** and check your local level by visiting the Environmental Protection Agency website at <http://www.epa.gov/sunwise/uvcalc.html>

From Health Education...Get your Zzz's

For many Americans, getting a full night's sleep is only a dream. According to a study conducted by the National Sleep Foundation, our busy schedules battle with nature when it comes to sleep! Many Americans go through the day without a night of quality sleep. When it comes to sleep, quality and quantity matter.

When we sleep well, our muscles repair, hormones are released regulating growth, immune function and appetite. Memory is even affected by sleep! Each of these occur through cycles of different sleep states, REM (rapid eye movement) and NREM (non-rapid eye movement). When rested, we wake refreshed, alert for our daily activities. Visit the National

Sleep Foundation website for helpful sleep tips valuable for all ages and stages. <http://www.sleepfoundation.org>

Summer Fitness Center

Monday– Thursday 3-7 PM

Reminder! If you are heading to the fitness center for your first visit, call 382-1237 to schedule your center introduction with a trainer.

Recipe Exchange-Share your ideas for healthy family recipes

Calcium is important for healthy bones and teeth, and research shows that there are more good reasons to eat calcium-rich foods.

- You may decrease your risk of developing colon cancer
- You can lower your blood pressure by eating low-fat dairy foods together with fresh fruits and vegetables.
- Calcium plays an important role in nervous system functioning, blood clotting, and even muscles contracting!

Boost your low-fat dairy servings by including 2-3 servings of these foods daily. Each counts as one serving of dairy, an equal exchange for one cup of milk. Enjoy dairy-rich foods in your favorite flavors!

- 1 cup pudding made with low-fat milk
- 1 cup frozen yogurt
- 1 1/2 cups light ice cream
- 1 cup low-fat cottage cheese
- 1 cup light yogurt or 2 snack-size yogurts



Consume calcium sources throughout your day instead of all at one time. Your body can absorb about 500 mg of calcium at one time.

Make a nutritious **fruit parfait dessert** by layering light yogurt with fresh fruit (blueberries and strawberries in July for a Patriotic Parfait!) and low-fat granola or crushed graham crackers crumbs.

**Look for your favorite light dairy foods without artificial sweeteners.*

Healthy Oatmeal Pancakes

- 6 egg whites
- 1 cup dry oatmeal
- 1 cup low-fat cottage cheese
- 2 teaspoons sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

In a blender or food processor, blend all ingredients until

smooth. Heat a griddle or non-stick pan over medium-low heat. Spray with cooking spray.

Pour 1/4 cup of batter onto griddle for each pancake. When bubbles appear, flip and cook until golden. Add fruit if you wish

Makes about 10-12 pancakes. Number of Servings: 3-4

****15% of daily calcium needs per serving!**

Share your healthy recipes and tips in **Wellness Matters** by sending them to ptam-mar@sgcsd.net or mail your info to Janet Rathjens, High School **Look for new recipes and tips in every newsletter!**