



# HEALTH NEWS

Health Information For Students and Their Families

Welcome back to a new school year! Whether you're new to Y.A.L.E. or a returning family, we're thrilled to have you with us and look forward to navigating this exciting year together. Please remember to return all necessary forms, including the emergency contact form and any health-related documents. Having this information on file ensures that your child receives prompt attention and care if needed. Do not hesitate to contact your campus nurse if you need help locating a form or have other questions or concerns.

## Healthy Habits For The New School Year

### **Maintain a Regular Sleep Routine**

As the school year begins, it's crucial for students to follow a consistent sleep schedule. Summer often leads to later bedtimes, but gradually transitioning to an earlier bedtime—by 15 minutes each night—can help students adjust smoothly. Children should aim for 8-10 hours of sleep each night to support learning, memory, and overall well-being.

### **Plan Balanced Meals and stay hydrated**

Good nutrition is key to optimal brain function and physical health. Start the day with a balanced breakfast that includes protein, whole grains, and fruits or vegetables. Packing healthy snacks can help students resist less nutritious options. A varied diet ensures they get the vitamins and minerals they need for growth and cognitive development. Staying hydrated is equally important, so encourage students to choose water over sugary drinks like soda, which can lead to energy crashes and dental problems.

### **Make Physical Activity a Priority**

Regular exercise is not only vital for physical health but also boosts mood and cognitive function. Encourage students to be active for at least 60 minutes most days of the week, whether through participating in sports or playing outside after school. Physical activity can also enhance self-confidence, which positively impacts school performance.

### **Limit Screen Time**

With digital devices being so prevalent, it's important to set healthy screen time limits. Too much screen time, especially before bed, can disrupt sleep quality. Encourage students to take breaks from screens during study sessions and to engage in other activities like reading, hobbies, or spending time with friends and family. Excessive use of digital devices can hinder the development of patience and encourage impulsive behavior.

### **Remember to Have Fun!**

It's important for students to find balance in their lives. While academics are crucial, they should also make time for hobbies, loved ones, and activities that bring them joy. A balanced life contributes to overall happiness and success. By adopting these healthy habits, students can pave the way for a successful and enjoyable school year.

### **October is National Dental Hygiene Month**

Brush twice a day! Children can start brushing their own teeth from ages 6-8. Floss daily before bedtime.

Replace your toothbrush regularly, every 3 months.

Get regular cleanings, every 6 months

Eat a tooth-healthy diet, foods that are rich in calcium, phosphorus and vitamin D support healthy teeth and bones. Drink plenty of water throughout the day to help wash away food particles and bacteria.

Avoid sticky, starchy, sugary foods and limit sugar intake wherever you can. Skip the juice and soda and go for water or milk instead.

Start dental visits early. The American Academy of Pediatric Dentistry recommends that children see the dentist within 6 months of their first tooth eruption, or by 1 year of age, whichever comes first.

Consider a fluoride treatment, which can help prevent tooth decay and cavities.

Consider dental sealants that cover grooves and pits in the teeth, and prevent tooth decay.



### Did you know...

Chewing apples stimulates saliva production, which can help reduce tooth decay by lowering the levels of bacteria in the mouth. The fiber in apples also helps scrub the teeth, reducing plaque buildup and promoting fresh breath.

### An Apple a Day...

Back-to-school time always brings images of teachers with apples. Apples are a great snack for the school year as they are a good source of vitamin C, a powerful antioxidant that protects the cells in your body from free radical damage and potassium which is essential for heart health. They are also high in fiber and contain large amounts of phytochemicals. Adding apples to your child's diet is a great way to boost their nutrition. A medium-sized apple contains about 95 calories, making it a nutrient-dense snack and with about 4 grams of fiber it will keep them feeling full longer. Apples are indeed a versatile and nutrient-rich fruit that can be enjoyed in various ways. Here are some healthy snack ideas to incorporate apples into your student's diet.



- Apple slices with almond or peanut butter
- Add diced apple to their oatmeal or breakfast cereal
- Layer cheese and thinly sliced apples on whole-wheat crackers
- Baked apple with a sprinkle of cinnamon
- Hot Apple Cranberry Crisp
- Apple Cheddar Quesadillas
- Apple Sandwiches: Core and slice apples into rounds, then sandwich peanut butter and granola or raisins between two slices
- Apple Chips: Thinly slice apples, sprinkle with a bit of cinnamon, and bake until crispy for a healthy alternative to potato chips
- Apple and Yogurt Parfait: Layer diced apples with Greek yogurt and a sprinkle of granola for a delicious and protein-packed snack
- Apple and Turkey Wrap: Roll thin apple slices, turkey slices, and a slice of cheese in a whole-wheat tortilla
- Apple Smoothie: Blend an apple with spinach, banana, and honey

### Get Your Flu Shot Soon!



Updated 2024-2025 flu vaccines will all be trivalent and will protect against an H1N1, H3N2 and a B/Victoria lineage virus. The composition of this season's vaccine compared to last has been updated with a new influenza A(H3N2) virus. September and October remain the best times for most people to get vaccinated.

### Free COVID-19 Test Kits by Mail

#### Coming Soon!

U.S. households will be eligible to order 4 free COVID-19 tests at [COVIDTests.gov](https://www.covidtests.gov). These COVID-19 tests will detect current COVID-19 variants and can be used through the end of the year.



## Respiratory Virus Guidance Snapshot

### Core prevention strategies

#### Immunizations



#### Hygiene



#### Steps for Cleaner Air



#### Treatment



#### Stay Home and Prevent Spread\*



### Additional prevention strategies

#### Masks



#### Distancing



#### Tests



#### Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

\*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days