



NUTRITION NEWS

Abilene ISD

STUDENT NUTRITION
DEPARTMENT

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FRIENDLY REMINDER: SUMMER IS JUST AROUND THE CORNER!



It is no secret the vital roles sleep, exercise, and nutrition play in all developmental stages of life, but especially in children of adolescence as growth, puberty, and hormonal changes are happening regularly. Nutritional needs, as well as how much sleep and exercise needed, is all dependent upon age and individual/specific needs. All three of these contribute to children's overall health and well-being, as well as academic performance.

For future and anytime reference, please refer to the Abilene ISD Wellness Policy located on AISD webpage at abileneisd.org under 'Health Services.'



- Summer is Upon Us!
- Importance of Sleep, Exercise, and Nutrition for Children



- Tag Team Workout
- Kid Friendly Recipe of the Month
- Motivational Quote of the Month



Active Students = Better Learners

www.cdc.gov/healthyschools/PEandPA

EXERCISE

"The Physical Activity Guidelines for Americans recommend that adolescents aged 6-17 years do 60 minutes or more of moderate-to-vigorous physical activity daily."

There is a positive correlation between consistent participation in physical activity and better academic performance. "Students who are physically active tend to have better grades, school attendance, cognitive performance, and classroom behaviors."

Physical activity for children in the classroom setting, as well as before and after school, is highly recommended and should be encouraged by teachers and parents. Educating students on the overall benefits of exercise and introducing them to different activities and sports can help them find enjoyment in moving their bodies and stick to it in the long term.

SLEEP

| Age Group | Recommended Hours Sleep Per Day |
|-------------|---------------------------------|
| 6-12 years | 9-12 hours per 24 hours |
| 13-18 years | 8-10 hours per 24 hours |

The appropriate amount of sleep at night helps with focus and concentration during the day which leads to better academic performance. Children who do not get enough sleep are at higher risk for behavioral issues and health problems, like type 2 diabetes, obesity, and anxiety.

Studies conducted on students of middle school and high school age, showed that more than half, in both age groups, got less than the recommended amount of sleep for their age.

Some habits to incorporate at home for better sleep:

- In the early evening, start dimming lights and turning off tv's and electronics. Bright lights and blue lights are proven to increase cortisol levels, leading to disruptive and poor quality sleep.
- Set regular bedtimes and alarms, even into the weekend, to establish consistency and better circadian rhythms.

NUTRITION

Most children are in school for majority of their day, at least 6-7 hours, where they consume as much as half of their daily calories. School systems have a big responsibility when it comes to the food and nutrition provided. Nutrition education is vital in spreading accurate messages about good nutrition and helping kids understand and practice healthy eating habits. Teachers have the opportunity to play a big role in supporting and exemplifying consistent behaviors by being physically active, consuming and teaching about healthy foods and beverages, as well as educating themselves on all things health and wellness.

Nutrition at school is just as important as nutrition at home. Parents should model good nutrition practices around the clock and establish a healthy eating environment to help set the tone for short term and long term eating habits for their growing kiddos.

It is a sad reality, but most youth do not follow recommended eating guidelines or consume the recommended amount of water. In fact, "empty calories from added sugars and solid fats contribute to 40% of daily calories for adolescents aged 2-18 years." Half of these empty calories come from fruit drinks, pizza, whole milk, sodas, grain desserts, and dairy desserts. Whole foods, such as veggies and fruits, lean meats, healthy fats (unsaturated) need to make up a greater percentage to create and sustain healthier and happier kiddos.

TAG TEAM WORKOUT WITH YOUR LITTLE ONE!

Get active and creative with your youngin' and be that lively role model for them! 😊

Partner 1: Jog 1 lap

Partner 2: Wall sits

When partner 1 gets done jogging lap, you both switch

Partner 1: Jumping jacks

Partner 2: Sit ups

Both do these exercises for 30 seconds, then switch

Partner 1: Burpees

Partner 2: Jump rope

Both do these exercises for 30 seconds, then switch

Repeat the tag team exercises for 3 rounds! If your kiddo is into sports, then get creative and replace some of the exercises with dribbling a basketball or kicking a soccer ball, do whatever works and whatever is enjoyable!

Nutella and Banana Sushi



Ingredients:

- ✚ 2 tortillas
- ✚ 4 Tbsp. Nutella chocolate hazelnut spread
- ✚ 2 bananas
- ✚ 4 Strawberries

Involve your kiddos or grandbabies in this fun, easy to do snack!

Instructions:

- 1) Place tortillas on cutting board and spread with Nutella.
 - 2) Peel banana and lay on the edge of tortilla.
 - 3) Roll banana in tortilla.
 - 4) Slice into desired rounds and place on a plate.
 - 5) Slice strawberries and arrange on plate or on top of Nutella and banana rounds.
- ENJOY! 😊

"In order to show up for others, you first need to show up for yourself."

This institution is an equal opportunity provider.