

Healthy News

Newsletter of
Healthy Schools Project &
Healthy Hawks



Have a Healthy Trip Back to School

By: Ann McGrath Davis, PhD, MPH

Email: adavis6@kumc.edu

It's hard to believe, but summer is almost over and school is about to start for the fall. Where did the time go? Hopefully you and your family have enjoyed the summer with some great seasonal fresh fruit and vegetables and some fun summer activities - like bike riding and swimming! Getting back to school can be a fun and exciting time, but it can also be hard for newly developed health habits. Children have to spend a lot of time sitting still at their desks, cutting down activity levels, and the eating options at school may not be as healthy as they are at home. Here are a few ideas to try to make this transition easier for you and your children.

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1. Consider taking your lunch. As you may know the meals offered for school lunch are required to meet national nutritional guidelines. However, this does not mean that they are as healthy as the meals we teach you about in our programs. Therefore, you may want to consider packing a lunch for your child to take with them. This way you can be sure it's full of fresh fruits and vegetables, low in fat and calories, and packed with nutrients.



2. Get enough sleep. Over the summer, kids get used to staying up later and sleeping in more than they normally do during the school year. Elementary school children need 10 to 12 hours of sleep per night, while teens need at least 9 hours per night. Sleep helps children to concentrate in school and live healthier when they are awake. In order to ensure your kids are get enough sleep set goals to: 1) get the whole family in bed on a consistent schedule each night, 2) establish a bedtime routine that involves quiet activities, such as reading or listening to soft music, and 3) encourage kids to exercise during the daytime or afternoon so they sleep soundly through the night. You can also be a positive role model by working to get enough sleep yourself!

3. School wellness policies. Schools are required to have wellness policy committees that meet regularly and develop policies that promote health for the school children. You may want to talk to your child's teacher or principal and volunteer to be a part of this committee. You can suggest they only offer healthy choices in the vending machines, cut out any RED foods offered in the school store, and don't use food as a reward for academic achievement.

4. Start a walking school bus. Have you ever heard of a walking school



bus? It's a program where kids (and a parent) get some activity before and after school by all walking to school together. You can find out more at <http://www.walkingschoolbus.org/>. This type of program is fun, free, and helps adults meet their activity requirements as well. If you get your walking school bus started, send us a picture. We'd love to include it in the Healthy News!

Recipe of the Month: Afternoon Snacks

By: Healthy Hawks Dietitian, Rebecca Batson, RD, LD

Email: rbatson@kumc.edu

After a long, busy day at work, kids of all ages often need a healthy after-school snack to help curb hunger until dinnertime. Here are a couple of fun and healthy snacks to try this school year.

Fruit with Dip

- 1 (3 oz) package of sugar free, fat free vanilla pudding
- 1 (8 oz) container of fat free sour cream
- $\frac{1}{2}$ cup fat free yogurt

Mix all ingredients and let chill for about 2 hours. Dip with your favorite fruits!



Monkey Bars

- 1 Tbsp butter
- 1 Tbsp brown sugar
- 1 c rolled oats
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{2}$ c whole-wheat flour

- $\frac{1}{2}$ c 100% apple juice
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{2}$ c warm water
- 1 ripe banana
- $\frac{1}{4}$ c raisins, or other dried fruit

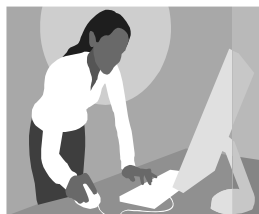
Heat oven to 350 degrees. Spray an 8-inch baking pan with cooking spray. In a medium bowl, beat the butter and sugar together till creamy. Add oats, cinnamon and flour, mix well. In a small bowl, combine the apple juice, vanilla extract and warm water. Add this to the dry ingredients to combine. Stir in the banana and raisins. Spread dough into prepared pan. Bake until golden brown, about 1 hour. Cool on wire rack and cut into 12 squares. Store in the refrigerator.

Nutrition: 78 calories, 1 g fat, 15 g carbohydrate, 2 g fiber, 2 g protein

Take a look at this Ultimate Healthy Hawk!
This cool hawk was designed
by Noah McGinnis
Noah graduated from Healthy Hawks in
July 2008.
Thanks Noah!



Noah McGinnis



WEBSITE HIGHLIGHT

By: Yasuko Landrum, Ph.D.
Email: ylandrum@kumc.edu



www.eatright.org

This is a website run by the American Dietetic Association. When you visit this site, please click the Food & Nutrition Information tab, and then click the Nutrition Fact Sheets. Of course, you can explore anywhere in this wonderful and informative site!

For Spanish handouts, please go to the *Food & Nutrition Information* section.

For Parents and teens: In the Nutrition Fact Sheet section, you can get in-depth information on the following topics:

- Fats, Oils, and Sweeteners
- Kids Nutrition Needs
- Nutrition for Everyone
- Vitamins, Minerals, and Functional Foods
- Weight Management

Each section has many great handouts worth reading. I particularly like the Fact Sheets such as “What’s a Mom To Do? Health Eating Tips for Families,” “Healthy Eating on the Run,” “The Balancing Act: Eat Well and Move It!,” and “25 Healthy Snacks for Kids.” You can talk about what you learn from this website with your kids or younger siblings!

For Kids: Do you like quizzes or games such as “Sudoku“ and “Word Search?” If so, visit: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_landing_14227_ENU_HTML.htm (Or click “National Nutrition Month Web Site,” and then click “Nutrition Quiz, Games, and Fad Diet Timeline”). There is an adult Sudoku, too!



Participant Highlight

Alexis

Alexis has been a great member of the Healthy Hawks team. She has now become a graduate of the Healthy Hawks group. We are all very proud of the work she has done while in group. We are even more proud cause she has continued to come back each week to swim and work out at the gym. We can't wait to see everything you will achieve now Alexis! Come by on Monday night to see how Alexis is doing because she will be there ready to have fun and work hard at staying healthy. Keep up the great work Alexis!



Family Exercise Activity Highlight!

By Cinnamon Smith
Email: csmith6@kumc.edu

Parks and Playgrounds

Sometimes when you think of exercise you think that it will not be fun and will take lots of time and energy just planning your activity. One way to burn calories with the family that does not take much planning or equipment is to use what is in your environment. When you have an extra 30 minutes or so take a trip to the neighborhood park or playground for some fun and some exercise too.

Going to a neighborhood park is an easy thing to do to have some family fun. Most of the playground equipment works out your body. The playground has monkey bars, balance beams and all kinds of other things that provide cardiovascular exercise which helps to build muscles and burn fat. Going across the monkey bars builds arm strength. Swinging on a swing works out both your legs and abs. Even the slide helps to burn calories when you go up the ladder. Do NOT make the mistake of thinking that the playground is only for kids. Adults can have just as much fun and get just as much exercise at the playground. There are also more organized exercises that you can do as well. Here are some examples:



1. **Playground Push-ups:** Place your hands about shoulder-width apart on a playground platform that is about waist high. Keep your feet on the ground several feet back. Then go ahead and bend your elbows while keeping your body nice and strait.
2. **Monkey Bar Pull Ups:** Grab on to the monkey bars and pull your body up as far as you can then slowly lower yourself back down to your starting position.
3. **Slide Lunges:** Stand in a lunge position with your back foot up on the bottom of the slide. Lower down, bending your front knee to about 90 degrees, being careful not to let your front knee jut out beyond your toes. Push back up to your starting position. Be sure to keep your body erect and to keep the movement going up and down rather than forward and back, which would place undue strain on the knee. After your first 30-60-second set, you'll need to switch legs and repeat on the other side

The weather is cooling off and the days are becoming perfect for spending time outside. It is hard not to have a good time at the park and the bonus of laughing and spending time with your family is wonderful. Did you know that just laughing for 15 min can burn 10-40 calories? So the more fun you have the better!

FOOD SCULPTURE CONTEST: LET'S PLAY WITH OUR FOOD?

By: Martha Gonzalez, Research Assistant

Email: mgonzalez@kumc.edu

How often do you get to play with your food? How about creating a food sculpture? Select your favorite healthy snacks & build a food sculpture with them. Then eat your artwork!

Here are some ideas of healthy foods items to use for your sculpture & eat as a fun and artsy snack:

Celery Sticks

Carrot Sticks

Low-Fat Cream Cheese

Peanut Butter

Nut Butters

Raisins

Pretzels

Peanuts

Apple Slices

Grapes

Bananas

Graham

Crackers

Animal

Crackers



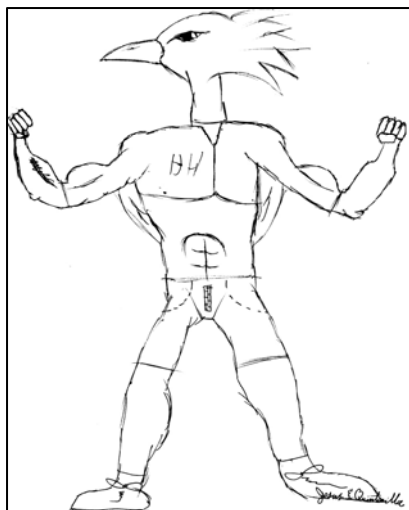
Check out the watermelon owl he looks fun to eat! For more fun healthy activities for the whole family check out the following website:

<http://www.ymca.net/>

CONTEST RULES:

If you would like to participate in this month's contest please:

- 1) Submit a photo of your creative food sculpture via email (mgonzalez@kumc.edu), post mail or you can drop it off at the Pediatrics Clinic at KU please make attention to: Martha Gonzalez, before Wednesday, September 10, 2008. So don't forget to take a picture & then you can eat it!
- 2) Please include your name, phone# & mailing address so we can contact you in case you win.
- 3) Our Healthy News Team will then be selecting the most creative from those that submitted photos.
- 4) If you are our winner look forward to hearing from our team and get a **FREE PRIZE!**



Check out this AWESOME Super Healthy Hawk!!

This is an original drawing by Jesus Cruz

Jesus graduated from Healthy Hawks in July 2008.

Thanks Jesus!

For more information about Healthy Schools & Healthy Hawks please call: 913-588-2452

Toll Free: 1-877-588-3775




Visit our website at

http://www2.kumc.edu/kids/healthy_hawks/

Please contact us if any of your contact information has changed so we can continue to send you our newsletters. If you would like to be taken off our mailing list please let us know.

THANK YOU & STAY HEALTHY!!

Calendar of Events:

-  **August**-Healthy Schools Project begins at Ingalls Elementary, Lowell Elementary & Peabody Burns Elementary - Welcome New Schools!
-  **Monday, 9/1/08-Labor Day**
-  **September 4-6** University of Kansas 10th Annual Conference on the Prevention and Treatment of Overweight and Obese Individuals

The University of Kansas
Medical Center
Department of Pediatrics
Mail Stop 4004, 3901 Rainbow Blvd.
Kansas City, KS 66160

