

October 1, 2019



Home of the Braves Wellness Newsletter



Banks School District Wellness Committee

Banks School District Wellness Committee is off to a great start this year. We have updated the Wellness Policy of the District and have set our yearly goals. The purpose of the Committee is to make student and staff wellness a priority in the District. Check out our goals for this year and look for our newsletters and social media posts throughout the year.

2019-2020 Goals

- 1) Analyze the Wellness Center implementation at Banks Elementary School. Having other district staff and students visit the Wellness Center and gather ideas for a possible Wellness Center at each school in the district. We are now ready to expand from the elementary and visit South Meadow M.S. and Century H.S. in the Hillsboro School District.
- 2) Continue newsletter in print for students, parents, and community members. We will expand communication through social media (facebook and instagram). We will develop a calendar for the 2019-20 school year with monthly topics and through social media, send out information for parents and students weekly.
- 3) Physical and emotional wellness activities for staff. We will pursue grant opportunities to promote staff wellness throughout the district.
- 4) School cafeterias "Freshen up the look" throughout the district through a partnership with Sodexo. Elementary has been completed. Now the MS and HS need a "fresh" look.

The BSD Wellness Committee will continue to meet throughout the year. If you have any questions about the committee, please send me an email at jeffl@banks.k12.or.us

Sincerely,

Jeff Leo

BSD Superintendent

Consider a Flu Shot this season to stay healthy!!

As school is back in full swing and the weather is changing its tune, the season for sickness is also upon us. According to experts, last years' flu season was locally one of the deadliest on record. Consider getting a flu shot for you and your family this year to help protect you against this year's strain.

Many locations in our area offer free or low-cost flu shots. Please visit any of the following sites to find more information. Remember to double check with any applicable insurance policy regarding any vaccinations prior to receiving them.

Walgreens: https://www.walgreens.com/pharmacy/immunization/seasonal_flu.jsp?ban=flu19homepagebanner

Target: <https://www.cvs.com/immunizations/flu?target=true>

Fred Meyer: <https://www.fredmeyer.com/d/vaccinations>

Safeway: <https://www.safeway.com/ShopStores/Immunizations.page>

School Lunch Idea from Mr. Leo

Heading back to school is an exciting time of year for both students and parents. But with the start of school comes the packing of lunches. What's on the menu for today at the school cafeteria? What do we have for lunches this week? One of the biggest challenges is to make sure that our children are receiving healthy food for lunch. Eating at the cafeteria will guarantee that fruits, vegetables, and healthy options are available, but students don't always like what is being served, therefore packing their own lunch.

One of the things I like to pack for my own children is a spin-off of the popular "Lunchables". Every time I go to the store, I get the question, "Dad, can I get a Lunchable". This can get expensive and nachos isn't always the healthiest of lunches. I created my own version of the Lunchable, which I like to refer to as the "Dadable". I will buy lean ham or turkey, cheese that is not the typical processed version you get in a Lunchable, and some crackers. This is an inexpensive way to buy in bulk and be able to create not only a healthier version of the Lunchable, but to put a fun spin on packing lunches. So the next time your child asks for a Lunchable, create your own version of the "Movable" or "Dadable".

Here is another helpful website that has great ideas for student lunches: <https://www.modernhoney.com/back-to-school-kids-lunch-ideas/>.

Successful days start with better bedtimes

Adjusting to a new sleep schedule can be tricky, but a few days of preparation can make all the difference. Elizabeth Super, M.D., pediatrician and children's sleep specialist with the Pediatric Sleep Medicine Program at OHSU Doernbecher Children's Hospital, suggests tips to make sleep transitions easier. Start by establishing a routine for the new schedule. Bedtime and wake-time routines help anchor a child's day and reduce anxiety.

- In the evening: Keep things quiet, cool and dark. Dim lights 30 minutes before bedtime and restrict use of electronics or any other media in the bedroom environment. Consider blackout shades if natural or artificial light is affecting sleep.

- In the morning: Ease into the day by bringing in bright light either by turning on lights indoors or opening window coverings. Increasing light in the morning can help shift kids' internal body clocks. Children may be more tired or groggy than usual the first week of transition, but they will soon adjust to the new time.

Tips for limiting kids' screen time

- 1) Model Healthy Electronic Use
- 2) Educate Yourself on Electronics
- 3) Create "Technology-Free Zones"
- 4) Set Aside Times to Unplug
- 5) Use Parental Controls
- 6) Talk to Kids About the Dangers of Too Much Screen Time
- 7) Obtain Your Child's Passwords
- 8) Encourage Other Activities
- 9) Make Screen Time a Privilege
- 10) Don't Allow Screen Media in Your Child's Bedroom

Falling Back

When Daylight Saving Time ends November 3rd, bedtime will be an hour earlier. A slow shift to the sleep schedule will lessen the shock. Start gradually adjusting bed and wake times a week earlier to help your student adjust to the time change.

We do not have school on several Fridays in October, and four days in November. Maintaining regular sleep cycles on non-school days and weekends will also help students with energy levels and focus during regular school days.

Have a great Fall and thank you for taking the time to read our Fall Wellness Newsletter!