



Healthy Vikings Newsletter

November 2024

Helping our students and families stay healthy!

Welcome to our Healthy Vikings Newsletter! Be on the lookout throughout the year for posts that will help you with...

- Healthy meal ideas
- Fighting colds & flu
- Ways to build fitness
- Concussion recovery
- Allergies to environment and foods
- Parenting for different ages and stages
- Dealing with Asthma
- Understanding Diabetes

and much, much more...



Recipe of the Month - Apple-Extravaganza

Kid Friendly Recipes with Chop-Chop

Cooking with your kids builds memories that last a lifetime!

<https://happykidskitchen.com/healthy-apple-recipes-to-cook-with-kids/>



Serving Meals "Family Style"



It's more than just everyone sitting at a table....

Passing the food around the table can be a great way to help children learn portion control and see what recommended portion sizes look like. Thanksgiving gatherings are the perfect time to try start it in your family!

From *My Little Eater's* dietician,

"Children love to learn and they thrive on doing new activities and achieving new things. Allowing your child to serve themselves aids in their need to be independent.

When pre-plating food for a toddler you risk sending the message: "This is what I've chosen for you and how much I've chosen for you and you have little choice in the matter." which can cause more resistance and tension during meal time.

- Pass one bowl at a time around the table to each person - littler ones may need a little help
- Use slightly smaller serving spoons for little ones to help them get just the amount they want
- Turn off TV and cell phones to help promote conversations and connections.

Raising a Resilient Child

A great approach to helping your child find their inner strengths.

<https://afineparent.com/strong-kids/how-to-deal-with-failure.html>

- Rescue Dogs, not Children
- Talk through scenarios
- Value Unstructured Play
- Watch out for Too Great Expectations
- Nudge them past it
- Normalize Failures
- Teach Grit
- Fail by Example
- Walk the Tightrope
- Have Fun



Fall Forward - Sunday, November 3rd

Daylight Savings End

Pros and Cons of Daylight Savings: Everyone has a favorite...

Pros

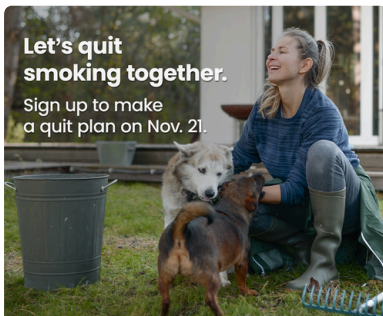
- helps prevent car accidents because more people are out and about in the daylight
- encourages people to be more active ie, shopping, working outdoors, or walking
- can be convenient for people who work early or late shifts
- crime reduction: A study found that serious crime decreased by 7% after the switch



Cons

- can disrupt sleep cycles, which can lead to health risks
- can exacerbate mood disorders, depression, anxiety, and substance abuse
- may be linked to an increased risk of heart attacks
- change to their schedules can be difficult to manage
- energy consumption benefits are questionable or negligible.

Great American Smoke-Out



November 21st - A great day to quit!

Who do you know who needs help to quit smoking...

"The key to quitting smoking is to never doubt your decision to quit." Allen Carr.

Help to quit with the app Empowered to Quit

World Kindness Day November 13th



10 Random Acts of Kindness

<https://www.edenprojectcommunities.com/blog/10-random-acts-of-kindness-to-brighten-someones-day>

Pick one out and Email us at the bottom with the one you choose and tell us about it...

Laughter is the best medicine



“Why the silence?”



Regina Carmichael, RN

Your School Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

Contact