



# Healthy Vikings Newsletter

October 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...



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## Recipe of the Month – Fun Halloween Treats



## How To Make The Perfect Kid-Friendly Halloween Snack Board

Before sending your kids out trick-or-treating, treat them to a fun, spooky and delicious Halloween snack board to help fill them up before their bags (and bellies) are filled with candy!

🔗 [healthyfamilyproject.com](https://www.healthyfamilyproject.com)

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## October 23-27 is Red Ribbon Week

The days of youthful experimenting with drugs are over... It only takes one simple mistake to end a life. There are things you can do to keep your child safer:

- Watch One Pill Can Kill video together each year. Let it start important conversations with your child <https://www.youtube.com/watch?v=pt-h122IKcM>
- Know where your child is when not at home
- Let your child know they can call for a ride home any time, no questions asked
- Watch your credit cards charges for online purchases that you don't recognize

Can you spot the fakes?

### Authentic Pills



### Fake Pills



The images of legitimate and fake pills are examples and do not represent the many variations of fake pills.

**Never trust your own eyes to determine if a pill is legitimate.**

The only safe medications are ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist.

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## DIY Fun Backyard Nija course for your littles



<https://www.familiesmagazine.com.au/kids-obstacle-course/>

Why exercise ?

- Exercise makes you feel happier
- It builds stronger bones and muscles
- It helps improve brain health and better memory
- They'll get better sleep
- They will maintain a healthier weight

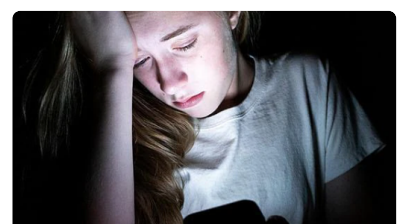
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## October - Bullying Prevention Month

### Cyberbullying - How to help

<https://www.stopbullying.gov/cyberbullying/what-is-it>

- Cyberbullying tactics
- Prevention
- Social Media and Apps



- Cyberbullying and Gaming
- Digital Awareness for parents
- Establishing Rules
- How to Deal with "Haters"

<https://www.youtube.com/watch?v=FMnSg49PDUg> - One mother's story

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## Energy Drinks.. How much is too much?



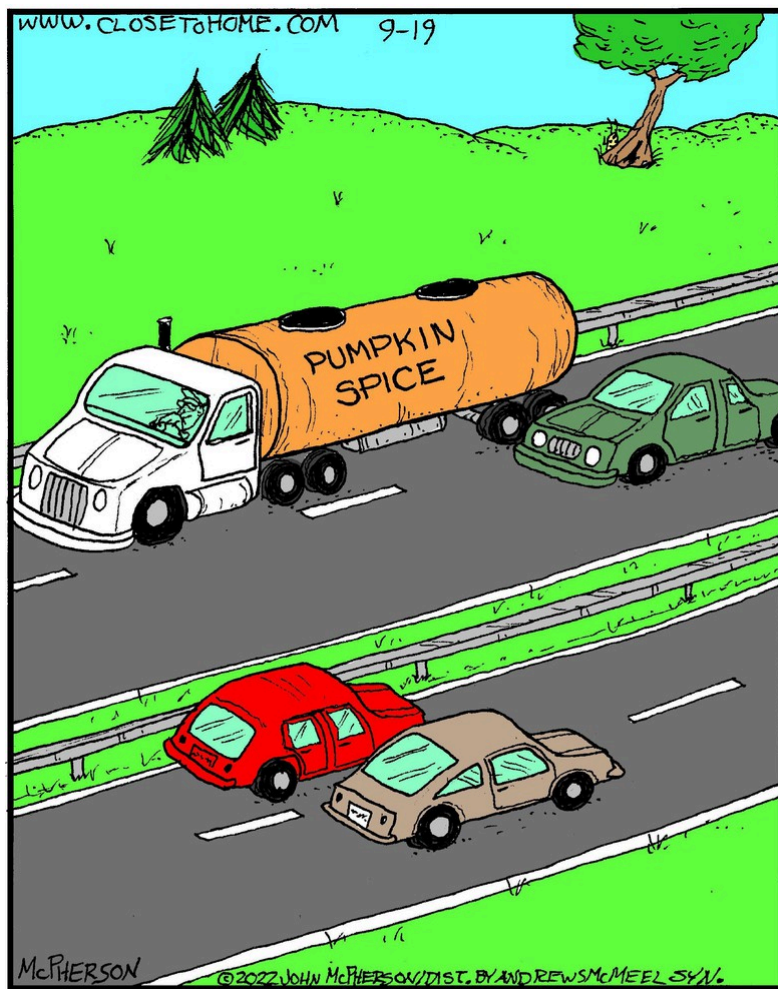
### Caffeine... Sugars....

Way too much caffeine... so much unhealthy sugar.  
How many times a day does your family reach for these?

<https://publications.aap.org/aapnews/news/27276/Children-should-avoid-drinks-with-sugar-caffeine?autologincheck=redirected>

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## Laughter is the best medicine



**An early sign of fall.**

CartoonStock.com



**Regina Carmichael, RN**

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

**Contact**