



Healthy Vikings Newsletter

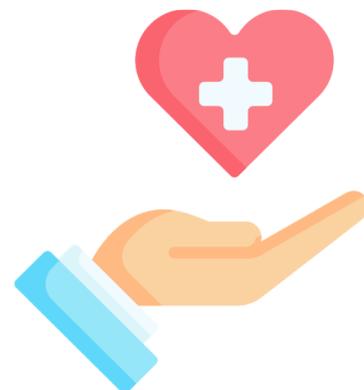
October 2024

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...



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)

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.

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

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

Energy Drinks.. How much is too much?

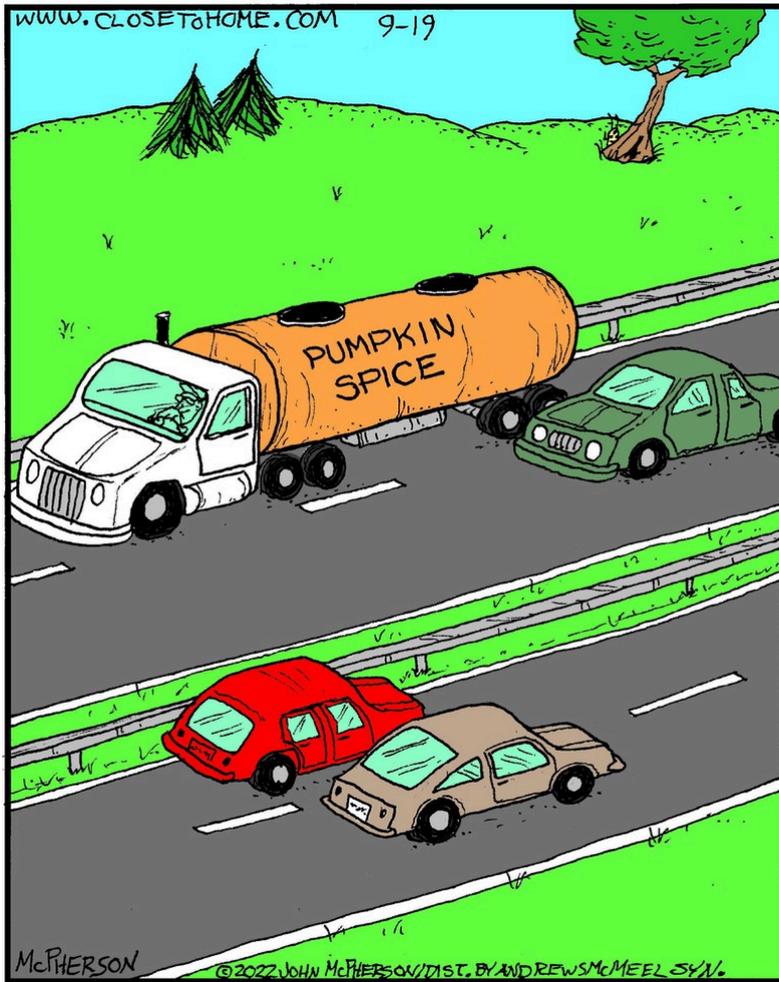


Caffeine... Sugars....

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>

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