

NDS WELLNESS NEWSLETTER

January 2019

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Nutrient Standards

Welcome to the January issue of the NDS Wellness Connection for the 2018-2019 school year! NDS recognizes that student wellness, proper nutrition, and regular physical activity are important to student's well-being, growth, development, and readiness to learn. This month we will continue to focus on the Nutrient Standards section of the policy. We hope you are ready to continue focusing on wellness this month through healthy celebrations!

--NDS Staff

For more information visit: [NDS Wellness Program](#)

The Archdiocesan Wellness Policy promotes a healthy school environment through student wellness, proper nutrition, and regular physical activity.

Interested in becoming a part of the wellness advisory council?

Contact Jean Falk, RD at jfalk@ndsarch.org

Questions, Comments, Suggestions

Email: info@ndsarch.org

Phone: 215.895.3470.

Making SMART Resolutions

Children often need some guidance in creating New Year's Resolutions.

As a teacher, parent, or role model, you can help guide children in creating age appropriate resolutions. It is important to allow kids to come up with their own resolutions so they can take ownership of their goals and learn to plan. Try using the "SMART" approach:



Specific- Be specific when making a resolution. For example, "I will eat a vegetable at dinner four days a week" or "I will have a fruit or vegetable as my afternoon snack."

Measurable- Once there is a specific goal, figure out a way to track progress. Keeping a journal or calendar to mark success helps keep goals on track.

Achievable- When setting a goal, it should be ambitious but also attainable.

Realistic- The resolution needs to be something the child wants to do, and that is relevant to their life.

Timely- The resolution should include a reasonable time frame and can include goals along the way. Reaching a milestone is often very motivating and keeps you working towards a goal!

New Year Resolution Ideas

Enjoy Breakfast Everyday: Start the morning with a healthy breakfast! Those who eat protein and healthy carbohydrates with fiber in the morning have more energy and are more productive!



Reach for Healthy Snacks: Try healthier snack options such as cut-up fruit and vegetables with low-fat dips and high-fiber crackers with peanut butter or low-fat cheese.



Start Experimenting: Try a new fruit or vegetable at least once a week! Try different varieties and different cooking techniques to see what tastes the best!



Stay Hydrated- Opt for water or low-fat milk in instead of soda and sugary drinks.



Grow Strong with Fruits and Vegetables-

Try to eat two servings of fruit and two servings of vegetables every day. Try adding fruit and vegetables to every meal to reach your goal!



Healthy Snack Ideas

Snacks often play a big role in a child's diet, so it is important that snacks are healthy and provide nutrients!

See below for simple healthy snack ideas that kids will love!

Tuna Salad

Make tuna salad using canned tuna in water and low-fat mayo. Top whole-grain crackers with tuna salad. Take it a step further and add shredded carrots or diced peppers.



Rice Cakes

Great alternative to bagels or crackers! Try topping them with nut butter and/or dried fruit for a simple, whole-grain, protein-rich snack.



Whole Grain Toast with Ricotta Cheese

Mix ricotta cheese with a bit of honey and spread on a slice of whole-grain toast. Top with fresh fruit such as raspberries and a little ground cinnamon.



Yogurt Parfaits

Layer vanilla or plain Greek yogurt with frozen berries and sprinkle with granola. It's an easy snack that is full of calcium, protein, vitamins, and antioxidants.

For more ideas visit

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids/healthy-snack-ideas-for-kids>

Be a Good Role Model

Working with children on a daily basis provides you a unique opportunity to influence positive health behaviors. You can do many things to help children develop healthy eating habits. See below for ideas on how you can be a positive role model for healthy eating!



- **Eat healthy foods together. Let children see you enjoying fruits, vegetables and whole grains during meals and snack time.**
- **Be willing to try new foods. If children see a trusted adult eating unfamiliar food, they are more likely to taste it also!**
- **Make positive comments about healthy eating and encourage children to taste all foods, especially new and unfamiliar ones!**
- **Be consistent with your message by only eating what you're telling children to eat.**
- **Allow children to observe you choosing healthy foods over less nutritious alternatives such as sweets and high-fat snacks.**
- **Take advantage of teachable moments during meals and snack time. Discuss where the foods you're eating come from and why they're good for both adults and kids.**

HEALTHY
EATING