

NDS WELLNESS NEWSLETTER

February 2019

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Nutrient Standards

Welcome to the February 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 a student's well-being, growth, development, and readiness to learn. This month's issue includes tips on hosting a healthy classroom Valentine's Day party, tips for American Heart Month, and heart healthy suggestions to use at home. We hope you are ready to continue focusing on wellness and nutrient standards this month!

--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.

Healthy Valentine's Day School Parties

Valentine's Day doesn't have to be all about candy and sweets. If you're planning a Valentine's Day celebration, take the opportunity to promote a healthy lifestyle!

Healthy Snacks and Treats

Fruit and Vegetable Bouquet- Use heart and flower-shaped cookie cutters to cut fresh fruits and vegetables. Place them on a skewer and arrange them into a bouquet. Tie together with red or pink ribbon. Serve fruit and vegetable bouquet with low-fat yogurt, hummus, salsa, or low-fat ranch dressing



Heart Sandwich- Heart shaped sandwiches are fun for everyone! Simply use heart-shaped cookie cutters to create mini loved-filled sandwiches. Use strawberry fruit spread for a festive touch!



Berry Yogurt- Add fresh or dried strawberries to plain or low-fat strawberry yogurt for a healthy valentine's snack.



Cherry Mocktails- Mix water with 100% cherry juice and freeze to create ice cubes. Add ice cubes and frozen berries to a cup. Pour water or sparkling water into the cup over the frozen fruit and ice cubes to create a fun valentine's colored drink.



Fruit Lollipops- Cut watermelon, cantaloupe, apples or pineapple into heart shapes using cookie cutters. Place onto popsicle sticks and freeze for a sweet treat.



Healthy Activities for a Healthy Heart

Cupid Says...: Played liked "Simon Says", students complete exercises or other physical activities as called out by the leader. Student's only complete actions when the leader calls out "Cupid Says".



Feel the Beat: Teach students how to measure their heart rates. Have them measure their heart rates at rest and after they complete exercises such as running or jumping jacks. Boosting their heart rate is important for encouraging a healthy heart.

Healthy Heart Bean Bag Toss: Create an exercise game board using poster board.

Paste or draw 5-10 pictures of physical activities such as jumping, stretching, or even push-ups on the board. Toss a bean bag on the board and do 10 reps of the exercise on which the bag lands.



Valentine's Day Flash Cards- Invite students to create cards with directions for their favorite exercise or activity. They may draw pictures to illustrate their words. Allow students to take turns sharing their cards with a partner or a small group. They can have fun acting out the activities.

Valentine's Day "Red Tasting" Party

Are you looking for a healthy Valentine's Day classroom party idea? Host a "Red Tasting Party" and allow students to sample a variety of red fruits and veggies!

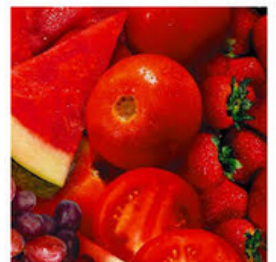


Fill a muffin tin or cupcake liner with each of the different red foods and let the kids sample the red buffet! You can also use plates and bowls and allow students to choose their own samples using toothpicks or tongs.

Try pomegranate seeds, dried cranberries, red grapes, apples, red pepper slices, watermelon, red pears, blood oranges, strawberries, cherries, raspberries, and tomatoes. Each child can be assigned a special red food to bring in!



Create an Educational Spin:



Try tasting foods one by one as a class and talk about the flavor, texture, aroma, and color. You can also make a big chart together and have each child graph their favorite food from the buffet to learn about nutritional benefits.

For more information of classroom tastings visit

<http://www.actionforhealthykids.org/game-on/find-challenges/classroom-challenges/1210-host-a-taste-test>

American Heart Month

February is American Heart Month. Heart disease can often be prevented when people make healthy choices and manage health conditions. Make sure to promote heart health this month!

- Feature healthy eating and physical activity tips in your school newsletter or on your school's website and social media, and connect it back to heart health.
- Teach lessons about heart health and ways to keep a healthy heart and body.
- Incorporate daily classroom physical activity breaks.
- Teach students, staff, and families how to manage stress. Offer a stress management workshop or meditation or yoga class.
- Conduct a taste test and cooking demonstrations using heart-healthy recipes.



Heart Healthy Lesson Plans:

Elementary School (American Heart Association)

<https://www.heart.org/en/professional/educator#.WJ416PkrI2z>

Middle School (American Heart Association)

https://www.heart.org/en/professional/educator/school-programs#.WJ42A_krI2w

Kindergarten- 7th grade (Heart And Stroke Foundation)

<https://www.heartandstroke.ca/get-healthy/healthy-kids/heart-healthy-lesson-plans>

Heart Healthy Tips for Families

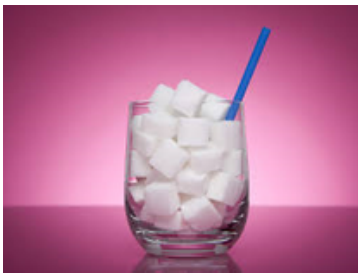
Did you know that not only adults, but kids, are at risk for heart disease? One in three kids have borderline or high cholesterol. Try following these heart-healthy habits to help protect your family's health.

Include Fiber:



Fiber is important for a heart-healthy diet because it can help lower the risk of heart disease and high blood pressure. Veggies, fruits, whole-wheat bread, brown rice, oatmeal, beans, and nuts are all packed with fiber!

Swap Out Sugary Drinks:



The American Heart Association recommends limiting added sugar consumption for children ages 2 to 19 to 6 teaspoons per day. Increased sugar intake can lead to overweight and obesity. Swap out drinks such as soda, sweet tea, and fruit drinks for water or plain, low-fat or fat-free milk.

Avoid Trans Fat:

Total Fat	3.5g
Saturated Fat	2g
Trans Fat	0g
Polyunsaturated Fat	1g
Cholesterol	0mg

Trans fats raise bad cholesterol (LDL) while lowering good cholesterol (HDL). Make sure to check nutrition labels for trans fats and try reaching for foods that are trans fat free.

Reduce Salt:



Salt can raise blood pressure and harm blood vessels. Choose options with food labels that say "no salt added" or "low sodium". Try seasoning foods with herbs and spices instead of salt. Swap salty snacks such as pretzels and chips for veggies and fruit