

A message from NUTRITIONAL DEVELOPMENT SERVICES

3/2/2022

Greetings from NDS!

## Today's Wellness Wednesday topic is National School Breakfast Week

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Fortunately, NDS offers nutritious school breakfasts, complete with fruit and low-fat or fat-free milk, to ensure students are fueled for learning every school day. School breakfast is offered by NDS at no cost to all schools, so every day is a great day for families to give school breakfast a try.

The NSBW campaign theme, "Take Off with School Breakfast," reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Studies show that students who eat school breakfast are more likely to:

Reach higher levels of achievement in reading and math

- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

Coloring and activity sheets for NSBW can be [found here](#). Click here for a [fun poster](#) to hang in your school cafeteria!

Share your school's celebrations on NDS school meals social media:

[Facebook.com/NdsSchoolLunchProgram](https://www.facebook.com/NdsSchoolLunchProgram)

[Instagram.com/schoolmealsnds](https://www.instagram.com/schoolmealsnds)

[Twitter.com/SchoolMealsNDS](https://twitter.com/SchoolMealsNDS)

A message from NUTRITIONAL DEVELOPMENT SERVICES

3/9/2022

Greetings from NDS!

Happy Wellness Wednesday.

## **March Harvest of the Month: Dairy**

PA Harvest of the Month highlights dairy during the month of March. Did you know that the state of Pennsylvania ranks 7th in the nation in total milk production? Within the state alone, there are about 500,000 cows that produce more than 10.2 billion pounds of milk annually.

Dairy products include milk and food products made from milk such as cheese and yogurt. Cheese is produced by coagulation of the protein in milk (it requires 10 pounds of milk to make a single pound of cheese), and yogurt is produced by bacterial fermentation of milk. Yogurt provides probiotics (good bacteria) that help maintain digestive health.

Calcium, potassium, vitamin D, and protein are all nutrients provided by dairy products. Calcium is important for developing bones and teeth and maintaining bone mass across the lifespan. Dairy products are the primary source of calcium in American diets. Potassium helps to maintain a healthy blood pressure, cell growth, and normal water levels in the body. Vitamin D helps to maintain proper levels of both phosphorus and calcium in the body, therefore also helping to develop and maintain bones. Protein is an important building block of muscles, skin, bones, and blood.

For more information on dairy including receiving, storing, and serving milk, as well as recipes, click [here](#).

A message from NUTRITIONAL DEVELOPMENT SERVICES

3/16/2022

Today's Wellness Wednesday email features a lesson plan from *Fuel Up to Play 60* that connects:

## Healthy Food, Healthy Mind, Healthy Body

Students learn about the connection between mood and food.



Healthy Food, Healthy Mind, Healthy Body —  
now available in the FUTP 60 Learning Plan.

CHECK IT OUT



The latest learning unit in the FUTP 60 Learning Plan is now available!

**Healthy Food, Healthy Mind, Healthy Body** teaches students about **the science behind nutrients** — how nutrients influence the health of our bodies and minds, and the **connection between mood and food**.

The unit consists of engaging activities built around three lessons:

[Lesson One — Mood and Food](#)

[Lesson Two — Nourishing the Mind](#)

[Lesson Three — Connecting the Body and Mind](#)

Activities include the [Mood and Food Game](#), which asks students to consider various foods, then work to identify their emotions and bodily sensations as they consider the food.

Lessons culminate with [Journaling and Reflection](#), and with students creating their own [Relaxation Plan](#) to apply what they've learned. Students can also find more mind and body wellness activities on the [Student Zone App!](#)

Happy learning!

The Fuel Up to Play 60 Team

CHECK IT OUT



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A message from NUTRITIONAL DEVELOPMENT SERVICES

3/23/2022

*This week's Wellness Wednesday topic is brought to you from MassGeneral Hospital for Children and focus on the relationship between:*

## Physical Activity & Mental Health in Children

### *Is physical activity good for my child's mental health?*

Yes. Research suggests **physical activity** (any activity that gets your body moving, including exercise) has positive effects on children's mental and physical wellness, including children who have mental or behavioral health issues. Physical activity can be by yourself or with friends and family.

### *What are the benefits of physical activity?*

#### **Mental and behavioral health benefits**

- Improved mood, concentration and attention
- Less anxiety and depression, especially if children take part in team-based sports
- Better classroom behavior and academic achievement
- Higher self-esteem and self-confidence
- Stronger sense of self
- In high school and college students, lower chances of suicidal thoughts or suicidal attempts

#### **Physical benefits**

- Better lung, heart and brain health
- Stronger muscle
- Healthier **body composition** (the balance between a person's muscle and body fat)
- Better ability for the body to handle and adapt to stress
- Higher levels of **endorphins** (feel good chemicals) in the brain

#### **Other benefits**

- Lower levels of alcohol, tobacco and marijuana use among high school students



- In children with ADHD, improved attention, learning, memory and processing speed, and improved social, motor, behavioral and emotional skills
- In children with ADHD, less hyperactivity and **impulsivity** (impulsive behavior, or when a person does not stop to think about the consequences of their behavior before engaging)

### *How much physical activity should my child get to notice the benefits?*

Try to make physical activity a part of your child's everyday life for about an hour (60 minutes) each day. This can be all at once or you can split up the time throughout the day. This should include 3-5 days a week of **moderate to vigorous aerobic activity** (physical activities that raise your heart rate and make you sweat and breathe heavier).



**The most important thing is that your child has fun! If your child is not having fun, ask what they would rather do instead.**

### *Did you know...?*

The effect of physical activity on depression symptoms are similar to the effects of antidepressants or **cognitive behavioral therapy** (talk therapy that explore the relationship among thoughts, feelings and behaviors).

### *What are some ideas for physical activity?*

Remember - physical activity is any activity that gets your body moving! Physical activity can be by yourself or with friends and family. It includes all types of physical activity, like walking, dance, exercise, sports or playing outside in the yard or at a park.

#### **Younger children**

- Make up games to play in your driveway or yard, like hopscotch or basketball.
- Go for a walk or bike ride. Bring the family dog if you have one!
- Play tag with friends or family
- Play in the yard or at a local park.
- Have a hula hoop competition.
- Pick an animal and pretend to move like them.

#### **Older children and teens**

- Join a local or school sports team.

- Take dance classes at a dance studio, school or online.
- Follow along with YouTube® workout or dance videos.
- Go for a walk, run, jog or bike ride.

### *Have fun with it!*

Whatever type of physical activity your child does, encourage them to have fun! Set a good example for your child by engaging in your favorite physical activities as well.

*Rev. 1/2021. MassGeneral Hospital for Children and Massachusetts General Hospital do not endorse any of the brands listed on this handout. This handout is intended to provide health information so that you can be better informed. It is not a substitute for medical advice and should not be used to treatment of any medical conditions.*

**Source (which includes videos on this topic):** <https://www.massgeneral.org/children/physical-activity/mental-health>

A message from NUTRITIONAL DEVELOPMENT SERVICES

3/30/2022

Greetings from NDS!

Today's Wellness Wednesday topic focuses on

## Healthy Fundraising

Budget planning for the 22-23 School Year is in full swing. Now is the time to think about incorporating fundraising events that promote healthy eating and physical/mental wellness.

Promote family health and well-being. Fundraising events and activities that don't involve selling food to eat on the spot provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living to students and families. Traditional fundraisers often focus on selling low-nutrition foods, which put student health and performance in jeopardy. Why not promote healthy eating or physical activity and raise money for your school at the same time?

Source: Action for Healthy Kids

NDS does not promote individual businesses. But there are plenty of resources online with ideas. Check out these to start the discussion at your next planning meeting.

[Healthy Fundraising Tip Sheet](#) (Action for Healthy Kids)

[A Fresh Look at Healthy Fundraisers for Schools](#) (Peaceful Playgrounds)

[Fundraising Ideas Fact Sheet](#) (Centers for Science in the Public Interest)

[Healthy Fundraising Solutions](#) (Alliance for a Healthier Generation)