

## May 6

### Importance of sleep

When you wake up in the morning do you pop out of bed ready for the day or do your parents have to drag you out of bed? If you're one of those who need a lot of time to wake up, you



may not be getting enough sleep. When you don't have enough sleep you may feel crabby, have a hard time remembering things and learning, or just not feel well. Kids need about 10 hours of sleep every night. To help get more sleep try some of these tips:

- Keep to quieter activities in the evening like reading a book, finishing homework or playing a board game.
- Before your bedtime, give yourself about 15-30 minutes to get ready for bed and maybe read or listen to some quiet music. Don't watch TV to fall asleep.
- If you have been tired, try going to sleep a half hour earlier to see if it helps you feel more awake in the morning.



## May 13

### Staying Healthy

It's so important to treat our bodies well. It's the only one we get! Here are a few ways to take care of ourselves and stay healthy:

- Water, water, water...hydrate your body with plenty of water. You'll need more when it's hot outside or you are exercising.
- Make healthy food choices. Pick foods that are whole grain and low in fat and sugar. Don't forget those fruits and veggies.
- Move it! Be active for at least one hour every day.
- Wash, wash, wash your hands frequently, always before you eat and after using the bathroom.
- Get enough zzz's. Sleep for necessary to rest your body. Listen to what it's telling you and you'll feel and think better.
- And finally...don't put anything into your body that could harm you. Treat your body right!



## **May 20**

### Fast Food Choices

We've heard it many times, "Fast food isn't good for you." Sometimes though we can't avoid it and our parents do take us out to McDonalds or Burger King. Well there are some healthier food choices at these restaurants. Salads are a great option. A chicken sandwich is another great pick especially if it is grilled. For your drink choose water or low-fat milk over pop or a shake. Many places offer fruit or yogurt, which makes great desserts. The next time you do eat at a fast food restaurant, think of these healthier choices.

**May 27**

Bike, Board and Rollerblade Safety

Elem:

Now that we are outside enjoying the warm weather and pulling out our roller blades, skateboards and bikes, it's important to remember some safe practices.



-**Always** wear a helmet to protect your head and brain. Your brain is what makes everything work in your body.

-Don't forget other protective equipment like wrists guards and elbow and knee pads. They help cushion your bones when you fall.

-Follow all the traffic safety rules, such as looking both ways before crossing the street, obeying stop signs and watching for cars coming out of driveways.

-If riding on the street, stay to the right side of the road.