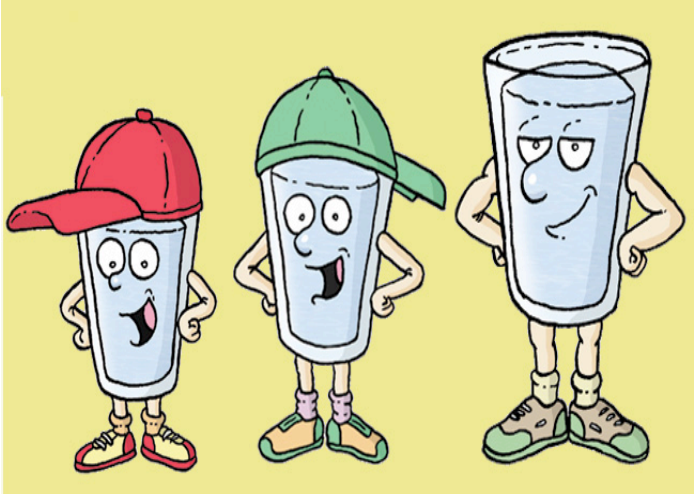
Nutrition & Health News

JR Lowell Elementary School Parent and Child Wellness Newsletter
June 2009 Volume II, Issue 3



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Water, Water, Water

Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working. Your body doesn't get water only from drinking water. Any fluid you drink will contain water, but water and milk are the best choices. Lots of foods such as fruits and vegetables contain water, too. Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising. When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing.

Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.

Did you know. . . .

. . .75% of the human brain is water and 75% of a living tree is water?

. . .a person can live about a month without food but only about a week with out water?

. . .a dairy cow must drink 4 gallons of water to produce 1 gallon of milk?

. . .39,090 gallons of water is used in the manufacturing of one car, including tires?

From the Nurse's Desk……

By Mrs. Taverna

Summer Safety Tips

HEAT STRESS IN EXERCISING CHILDREN

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

PLAYGROUND SAFETY

Source: http://www.aap.org/advocacy/archives/maytra.htm
Source: http://www.aap.org/family/playgrd.htm

- The playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches. The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Equipment should be carefully maintained. Open "s" hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.
- Make sure metal slides are cool to prevent children's legs from getting burned.
- Parents should never purchase a home trampoline or allow children to use home trampolines.
- Parents should supervise children on play equipment to make sure they are safe.

BICYCLE SAFETY

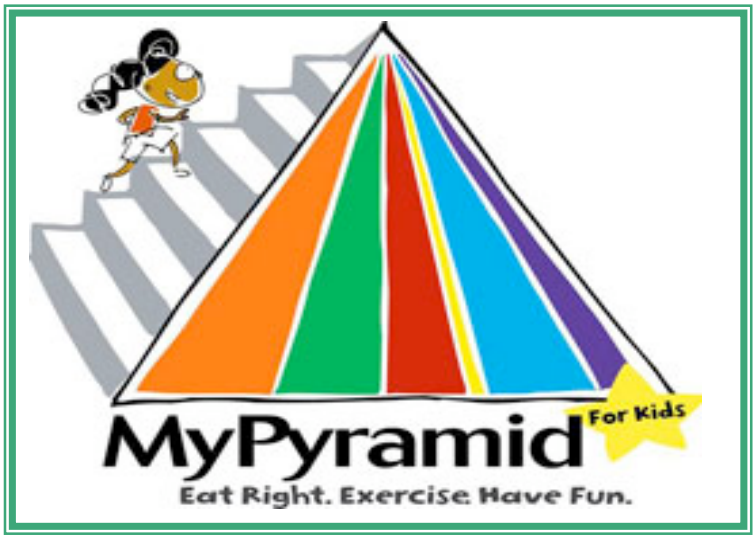
Source: http://www.aap.org/family/bicycle.htm
Source: http://www.aap.org/family/tbikmyth.htm

- Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one. For more information on finding the proper fit, go to http://www.aap.org/family/bicycle.htm#choosing
- Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

2.

Ways to Keep Your Child Well-Hydrated

- Keep cool water handy for children. Keep a pitcher of iced water and cups handy where children are playing, so they can help themselves. Lead by example — children really do WATCH what parents do! Equip your children with a water bottle when they head out for their activities.
- **Encourage plenty of "wet foods." Certain foods have a high water content and can provide a great source of hydration during the summer. Oranges, watermelon, celery, lettuce, sherbet, juice pops, asparagus, grapefruit, grapes, cucumbers, are a good start.**
- Limit sodas and sugary foods. Dilute juices with 1/2 water to help provide more water and less sugar calories.
- **Encourage children to drink a glass of water with their meals and snacks. Especially encourage drinking a glass before embarking on a sports activity and every 15 to 20 minutes throughout that activity.**



Physical Activity of the Month

Lowell Physical Education teachers Ms. Donohue and Ms. Pagliuca present some physical activities to experience:

Milo and the Calf Story: Milo lived a long time ago in Greece on a farm. One day, Milo picked up a newborn calf. The animal liked this, so each day Milo would go out and lift the calf. Years went by and guess what happened to Milo? As the calf grew to become a cow, Milo became stronger. In fact, he became the strongest man in his town. As the weight became heavier, Milo gained strength. This is how all of us gain strength- by working a muscle hard and then resting.

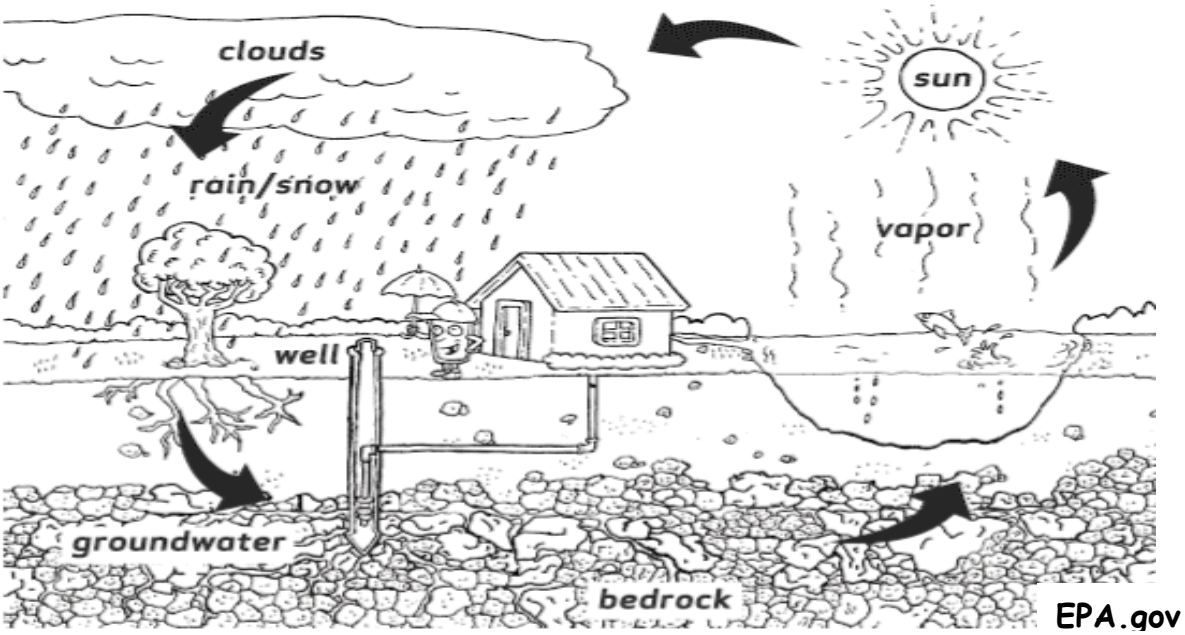
Work + Rest = Strength

If you have a small hill nearby, you could attempt to lift a friend by carrying the friend piggy back style up a hill. Although, you can do this on a flat surface, uphill is a tougher challenge and actually safer in case someone falls off. Don't carry your friend down the hill.

Push-up Challenges:

1. Modified push-up: a person does the push-up from the knees instead of the toes.
2. Hands placed wide apart- especially good for the chest muscles.
3. Hands placed very close together- especially good for the triceps.
4. Fingertip push-up: extra benefit to the forearm and hand muscles.
5. Fist push-ups.
6. Marine push-up- From a prone position, push hard and clap hands together before catching the body with arms in an extended position.
7. Seal push-up- Same as Marine push-up, but click heels and clap hands.
8. Popsicle push-up- a group effort. This is a little tricky to get into and requires group cooperation, but it's quite an accomplishment if completed. Each person places his or her feet on the back of one person and also has another person's feet on his or her back.

Thirstin's Water Cycle Adventure



Food Safety for Summertime Travel

Plan Ahead...

If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on hand before starting to pack food. If you take perishable foods along (for example, meat, poultry, eggs, and salads) for eating on the road or to cook at your vacation spot, plan to keep everything on ice in your cooler

Pack Safely...

Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while it is still frozen; in that way it stays colder longer. Also, a full cooler will maintain its cold temperatures longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.

If the cooler is only partially filled, pack the remaining space with more ice. For long trips to the shore or the mountains, take along two coolers — one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later in the vacation. Limit the times the cooler is opened. Open and close the lid quickly.

When at the Beach.....

Take along only the amount of food that can be eaten to avoid having leftovers. If grilling, make sure local ordinances allow it. Bring the cooler! Partially bury it in the sand, cover with blankets, and shade with a beach umbrella.

Bring along disposable moist towelettes for cleaning hands.

If dining along the boardwalk, make sure the food stands frequented look clean, and that hot foods are served hot and cold foods cold. Don't eat anything that has been sitting out in the hot sun for more than 2 hours (1 hour when the temperature is above 90 °F) — a real invitation for food borne illness and a spoiled vacation.

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Please direct any questions /comments regarding the newsletter to:

Maria B. McDermott at mmcdermott1@watertown.k12.ma.us .

This issue and past issues are now available on the Lowell School website under News and Events!

References

Kansas State University Research and Extension, USDA (United States Department of Agriculture) Dietary Guidelines, www.kidsgrowth.com USDA's MyPyramid, Understanding Nutrition, , The Children's Health Fund, Alliance for a Healthier Generation,, Helpguide.org, Riley Children's Hospital (image), American Academy of Pediatrics, www.foodsafety.gov, www.fedmktg.com (image), www.kidshealth.com. U.S EPA, www.epa.gov (image)