



Stan & Fran's Health Hints








September 2009



WELCOME BACK TO SCHOOL!

Tips for Parents

-  Ask your child how they feel about going to school and reassure them that it is okay to feel nervous. If you are concerned that your child's worries are beyond the normal back to school jitters, speak with their teacher, doctor or school counsellor.
-  Ensure that you child gets turned around from their summer sleeping habits. School aged children need 10-12 hours sleep a day.
-  Encourage unstructured playtime outside of school.
-  Make sure your child gets all the recommended immunizations. They are one of the most important ways to protect children against serious diseases.
-  Ensure they eat breakfast to "fuel" their brain for the day.



Does Your Child have a Serious Medical Condition?



It is important to let the school know if your child has a serious medical condition such as diabetes, epilepsy, life-threatening allergy, severe asthma, blood clotting disorder or serious heart condition. You need to fill out the school Medical Alert Form and provide any prescribed medications that may need to be given (such as EpiPens).

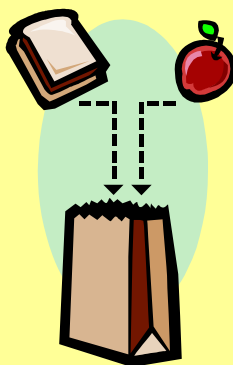
Immunizations for School-Aged Children

Immunizations are offered to children in Kindergarten (age 4 to 6 years of age), Grade 6 and Grade 9. Further information will be coming home to parents. For more information, speak to a public health nurse or your family doctor, or check out our website at http://www.interiorhealth.ca/school_immunize.aspx.



Lunch Bag Blues? Tips for Preparing Interesting, Healthy Lunches:

- Set time aside after school or dinner to make lunches for the next day.
- Try to include foods from each of the four food groups in Canada's Food Guide. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- Kids love to eat what they create and pack.
- Let your child pick from a list of healthy choices that you can have handy in the fridge. Use this list to plan your grocery shopping.
- When preparing dinner, cut up some extra veggies or make extra servings to be used the following day.
- Cut sandwiches the way your child likes – two rectangles, four triangles or four squares. Try special shapes on special days – like a heart on Valentine's day.
- Try whole grain pancakes or waffles with fruit and yogurt, pasta salad with milk and fruit, banana bran muffin with cheese, or whole wheat wraps or pitas with a variety of fillings.



For more great ideas see "Lunches to Go": http://www.bced.gov.bc.ca/health/lunches_to_go.pdf