



Newman International Academy



BACK TO SCHOOL BACK TO STRONG

by District Nutrition & Wellness Coordinator
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Our academic year is well underway and we hope to provide you with some healthy tips to make 2020-2021 a SUCCESS for the whole family. Small changes to our diet and daily routines can offer BIG results. Each new habit formed can either improve our health or be a detriment to it. Our Newman Warriors and families are already "BACK TO SCHOOL" and now let's get "BACK TO STRONG."

5 TIPS FOR SUCCESS

EAT A HEALTHY BREAKFAST

Fuel the brain! A healthy breakfast will improve our students concentration and promote focused learning. Students who eat breakfast perform better on tests & miss fewer days of school. Avoid sugary cereals, and opt for whole grain options.

GO TO BED EARLY

6-12 year olds need 10-12 hours of sleep every night, 13-18 year olds 8-10, and adults need 7-9. Skimping on sleep can effect mental alertness, disrupt hormones & increase anxiety.

GET UP AND MOVE

Regular physical activity helps to improve mental clarity and work/school performance. Productivity increases with regular exercise. Make sure to get up and move every 1-2 hours.

INCLUDE MORE FRUITS & VEGGIES IN THE DIET

Eat the rainbow! Fruits and vegetables are full of essential vitamins and minerals, which are needed for our body to function optimally. They also provide antioxidants to boost our immune systems and fight off disease. The more colorful the diet the better!

Drink More Water

Make sure you are sipping water regularly. Aim for half your bodyweight in ounces & more if you are physically active. Water promotes healthy digestion & flushes toxins from the body.





THE VALUE OF SLEEP

According to multiple studies, students who skimp on sleep have a higher risk of getting sick and having behavioral problems. Focus and productivity decrease with less sleep, thus students who are not getting 8-12 hours of sleep each night (depending on age) risk poor performance in their studies and athletics, behavioral problems, and an increase risk for diabetes and obesity. The same is true for adults.

Adequate sleep is needed for our body to recover properly each night and for hormone production. Sleep fuels our bodies and our brains. During sleep our hormones are working to repair cells. Sleep helps to control our metabolism & weight, promotes stable moods & boosts our immune system.

If you or your child is not getting enough sleep try the following:

1. Stick to a consistent sleep schedule during the week & weekends. Go to bed at the same time each night & wake up at the same time each morning.
2. Shut off all electronic devices 1 hour before bed time & don't allow them in the room with your child when sleeping.
3. Avoid large meals & caffeine before bed time.
4. Make sure the room is quiet, dark & temperature set to optimal levels.
5. Get some exercise. Being physically active during the day can help you sleep better at night.

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The core of a healthy breakfast includes: whole grains (oatmeal, quinoa, whole grain breads & waffles), lean proteins (eggs, nuts, legumes & lean meats), fruits & vegetables and dairy (Greek yogurt, cottage cheese & whole milk). A bowl of oatmeal topped with chia seeds & fruit is a great option!

Eating a variety of fruits & vegetables will ensure proper nutrients are available in the body. Increase your intake of fruits & vegetables with smoothies and salads.

