



Healthy Kids Club®
A program of UHealth

Healthy Kids Connection

September 2021

Healthy Kids Connection is a monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

It's back to school time!

Reach out to your kids' teachers. Attending back to school night, parent-teacher conferences or just a friendly phone call, gives you the chance to find out about class activities, expectations for the year and the best way to communicate with the teacher.



Time things right. Stay on top of everyone's school, activity and work schedules with a [free online calendar](#) or smartphone app.

Pack smart. Make sure your child's backpack never weighs more than 10 to 15 percent of his body weight; heavy packs can strain developing muscles and joints ([see article here](#).)

Commit to volunteering. With help from parents like you, your school can offer many more programs and services for your kids. Join your school's PTA/PTO and ask about volunteer opportunities in the school community and your children's classrooms. Does your school have fundraisers? Suggest a walkathon/run fun as a healthy alternative to traditional fundraisers.

Make sure your kids are getting their 5210+ EVERY DAY. Establish healthy at-home routines for school days, such as consistent waking times and getting-ready patterns. Set bedtimes that allow elementary-age kids to get 9-12 hours of sleep per night. Keep plenty of healthy fruits and vegetables in the house, limit recreational screen time and sugary drinks and make sure your family is getting at least 1 hour of physical activity every day!



Food resources in schools

Thanks to an extension of the U.S. Department of Agriculture's school district reimbursement program, schools will once again offer free meals to any enrolled student during the 2021-22 school year.

Even though meals are currently free for all students, the Meal Benefits application is still available and strongly encouraged for ALL families to apply for as it is used to determine other funding such as:



- *P-EBT BENEFITS.*
- *Waived Test Fees.*
- *Waived Athletic Fees.*
- *School Funding*

[Click here](#) to access the application.

Healthy Kids Club program updates

The 22nd annual Healthy Kids Run Series is wrapping up.



The 22nd annual Healthy Kids Run Series looked a little different this year! Due to social distancing and health/safety considerations, Healthy Kids Club provided participants with 4



one-mile course maps that they could complete anytime during the designated month (May through August,) on their own.

If you are registered, you should have received regular email updates.



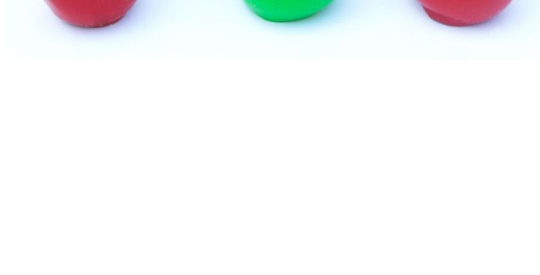
Fit Families Summer Challenge 2021

The Fit Families Summer Challenge was a success. Almost 1200 families registered for the discounted activities and had fun staying active and trying new things. Families that completed 25 or more activities from the Challenge Checklist earned t-shirts and an entry into a prize drawing.

Kids' corner

Fun back to school crafts

Click on the image below to learn how to make stress balls.



Click on the image below to make these fun dry erase lunchbox notes.



Celebrate back to school with these ideas and recipes!

Kid-Cute-Rie Boards

Click on the image below to get the recipe

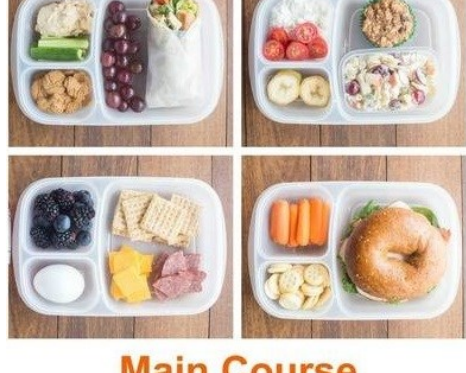


Easy dips for fruits and veggies- the perfect after school snack!

Click on the image below to get the recipe



Back to school lunch ideas



Main Course

Wraps, Baked Potato, Pasta, Bagels, Muffins, Quesadilla, Sandwiches, Waffles, Grilled Chicken, Leftovers, Tacos, Pizza, Soup, Cheese/Crackers, Rolls + Tuna

Fruits & Veggies

Cucumbers, Carrots, Celery, Bell Peppers, Pickles, Snap Peas, Coleslaw, Cherry Tomatoes, Edamame, Avocado, Peaches, Apples, Oranges, Bananas, Berries, Applesauce, Grapes, Dried Fruit

Snacks & Treats

Nuts, Trail Mix, Granola Bar, Fruit Leather, String Cheese, Hummus, Rice crackers, Cheese Crackers, Fruit Snacks, Hard Boiled Egg, Popcorn, Yogurt, Fig Bar, Rice Cakes, Chex Mix

Other ideas to get your 5210+ EVERY DAY.

Click on each image for detailed instructions.

H₂O to go

Use magazine holders to organize water bottles for easy grab and go.



No sew sleeping mask

Make sure to get your Zzzs with these cute sleep masks.



Screen time vs. Lean time

SCREEN TIME

VS

LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE GROUP > 8-10 11-14 15-18

CHILDREN AGES 8-10 SPEND ABOUT

6 hours a day

IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY 4 OF THESE ARE SPENT WATCHING TELEVISION

INSTEAD THEY COULD...

Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog

and...

dance to their favorite songs

and...

jump rope

and...

ride their bike

How can parents help?

1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

FOR MORE INFORMATION, VISIT [MakingHealthEasier.org/GetMoving](#)

Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: laurie.zenner@uhealth.org

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