

HEALTH PROMOTING SCHOOLS

Start the School Year Strong with Healthy Habits!

HEALTH NOTE FACTS:

Healthy school communities promote wellness and strive to create environments that foster lifelong health and overall well-being. Did you know that healthy habits like healthy eating and physical activity lead to better academic results in children. When these habits are learned early in life it can lead to a lifetime of healthy living.

There are many ways both parents and schools can help children be healthy and able to learn. Eating breakfast is an important part of your child's day. Benefits of breakfast include: better memory, increased attention, improved academic performance, and better overall nutrition & health. Breakfast programs are offered to all students in ASD-W schools. Contact your child's school for details.

RESOURCE LINKS:

- [Healthy Eating for Parents and Children](#)
- [Healthy Nutrition](#)
- [Search Recipes - Canada's Food Guide](#)
- [Kid Friendly Meals - Heart and Stroke](#)
- [How to use Food Labels to make Healthier Choices - Canada's Food Guide](#)
- [Screen Use and Digital Media](#)
- [Sleep- Helping Your Children and Yourself sleep well](#)

Additional Tips:

Help Your Child Build Healthy Habits This Year:

Stay hydrated with water! Remind your child to drink water during the day. Every day, our bodies need water as we lose water when we are breathing, sweating and getting rid of waste.

Be active every day! Support your child in being active for at least 1 hour per day. Regular physical activity offers countless benefits. It boosts energy, reduces stress, and strengthens the body.

Reduce screen time. Help your child reduce screen time, especially around meals and bedtime. Phones and computers can be distracting and impact eating and sleeping habits. Try creating screen-free times - for example during dinner.

Prioritize getting enough sleep. Children ages 5-13 need 9-11 hours, and teens need 8-10 hours.

Make mealtimes social. Eat together as a family whenever possible. Shared meals create a chance to connect, encourage mindful eating, and expose children to a variety of foods. Involving kids in meal planning and preparation can also help build positive attitudes toward food.

Adapted from an APPLE Schools resource