

Keeping Your Child Healthy and in School Learning

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Parents' Roles in Student Health & Learning Readiness

- Promote wellness & safety
- Prevent childhood diseases
- Respond to identified learning barriers
- Maximize child's learning capacity



What Parents Can Do

✓ Obtain child's biannual physical exams between 1st and 8th grade years



✓ Be an informed & engaged in your child's daily nutrition, activity & care



Promote Healthy Daily Habits

- ❑ 9 to 10 Hours of sleep
- ❑ 5 Fruits & veggies servings
- ❑ 3 Servings of milk
- ❑ 2 Hours of screen time*
- ❑ 1 Hour of exercise
- ❑ 0 Sugary beverages



[American Academy of Pediatrics](#) (2011); [Northern VA Healthy Kids Coalition](#) (2013)

American Academy of Pediatrics Advises...

- Increase sleep time to improve alertness and behavioral regulation
- Limit total non-educational screen time to no more than 2 hours/day
- Avoid TVs, computers & Internet in a child's bedroom
- Monitor screen viewing with child

American Academy of Pediatrics: <http://pediatrics.aappublications.org/content/130/5/e1155>



Bright Futures.



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Protecting You and Your Environment

Children's Health Information

healthyfuturesva.com is your source for up-to-date children's health information. View videos and text about children's health topics or explore what happens during a child's health care visit to a medical professional.

[Enter Here for Children's Health Information](#)



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Healthy futures are bright futures.

Children's Health Information for Parents and Caregivers

Healthy Futures is a web-based version of Bright Futures.

Access Children's Health Information in Text and Videos

- Watch parents, health professionals and community members discuss their experiences with children's health, and

Tap Reliable Resources and Be Informed

Bright Futures at Georgetown University

Highlights:

- What to Expect & When To Seek Help Developmental Tools
- Well-Child Care Distance Learning Curriculum NEWLY UPDATED 2011
- Promoting Healthy Mental Development Distance Learning project (coming soon)



The Bright Futures Education Center and the The Bright Futures Pediatric Implementation Project at the American Academy of Pediatrics

Highlights:

- Bright Futures Guidelines, 3rd Edition and Bright Futures Pocket Guide
- Bright Futures in Practice: Nutrition (3rd ed.)



Bright Futures for FAMILIES

Highlights:

- Pocket Guide: Raising Healthy Infants, Children and Adolescents released in Spanish
- New edition of Bright Futures: Family Matters released

Bright Futures A Public Health Approach to Mental Health

Highlights:

- Cross-agency training curriculum to introduce a public health approach to mental health

Pediatrics in Practice

Highlights:

- Re-designed website launched to include: Learning, Teaching, and Practice Centers
- Pediatrics in Practice: A Health Promotion Curriculum for Child Health Professionals available to order



BRIGHT FUTURES IN PRACTICE: ORAL HEALTH

Highlights:

- Bright Futures in Practice: Oral Health available online and to order
- Online Bright Futures Oral Health Toolkit released

Bright Futures in the States

Highlights:

- The AAP maintains a list of states that have used Bright Futures as a guide in developing policies and programs



Maximizing Resources for Results:

Extending Bright Futures through
Community-based Nutrition Planning

Highlights:

- Purchase the videocassette of the training or download the PDF of the training manual

Evaluation of the Bright Futures Initiative conducted by Health Systems Research, an Altarum company

Highlights:

- Health Systems Research has become Altarum, and is continuing to provide objective health systems research and solutions



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Vaccines prevent millions of infections and save thousands of lives each year. [Learn more about us](#) or choose the immunization schedule below that applies to you.

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[PDF Schedule](#)

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[PDF Schedule](#)

[Adults](#)

[PDF Schedule](#)

[Travelers](#)

[Schedule\(s\)](#)



News & Events

Special Events

CDC's Epidemiology & Prevention of Vaccine-Preventable Diseases Course

Fredericksburg Expo & Conference Center

2371 Carl D. Silver Parkway



Provide Nutritious Foods That Energize Young Scholars & Athletes

- Research shows that a healthy breakfast and lunch directly improve learning outcomes
- Balanced nutrition supports student learning throughout the whole day



What's An Age Appropriate Breakfast?

Food Serving Components	Ages 3-5	Ages 6-12	Ages 13 and up ¹
1 milk, must be fluid ¹	3/4 cup	1 cup	1 cup
1 fruit/vegetable juice, ³ fruit &/or vegetable	1/2 cup	1/2 cup	1 cup
1 grains/bread ⁴ bread, or biscuit, or roll or muffin or cereal or other grain, pasta rice	1/4 cup , 1/2 serving or 1 slice	3/4 cup, 1 serving or 1 slice	3/4 cup, 1 serving or 1 slice
Meat/protein alternates	1/2 cup	1 ounce	1 ounce

¹Children age 13 to 18 are served minimum or larger portion sizes for children ages 6-12

²Milk served are low-fat (1%) or non-fat skim milk

³Fruit or vegetable juice is full strength (100% juice) and pasteurized

⁴Breads, cereals and grains are made from whole-grain or enriched or fortified grains

⁵Meats are lean portion of cooked poultry, fish and other protein products

Age Appropriate Snack

Food Serving Components- <i>Provide 2 of the 4</i>	Portion for Ages 3-5	Portion for Ages 6-12	Portion 13 and up ¹
1 milk, must be fluid ¹	1/2 cup	1 cup	1 cup
1 fruit/vegetable juice, ³ fruit &/or vegetable	1/2 cup	3/4 cup	1 cup
1 grains/bread ⁴ bread, or biscuit, or roll or muffin or cereal or other grain, pasta rice	1/4 cup , 1/2 serving or 1 slice	3/4 cup, 1 serving or 1 slice	3/4 cup, 1 serving or 1 slice
Meat/protein alternates	1/2 ounce	1 ounce	1 ounce

¹Children age 13 to 18 are served minimum or larger portion sizes for children ages 6-12

²Milk served are low-fat (1%) or non-fat skim milk

³ Fruit or vegetable juice is full strength (100% juice) and pasteurized

⁴Breads, cereals and grains are made from whole-grain or enriched or fortified grains

⁵Meats are lean portion of cooked poultry, fish and other protein products; one half egg meets minimum amount of meat alternate

Age Appropriate Lunch/Supper

Food Serving Components	Ages 3-5	Ages 6-12	Ages 13 and up ¹
1 milk, must be fluid ¹	$\frac{3}{4}$ cup	1 cup	1 cup
1 fruit/vegetable juice, ³ fruit &/or vegetable	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
1 grains/bread ⁴ bread, or biscuit, or roll or muffin or cereal or other grain, pasta rice	$\frac{1}{3}$ cup , $\frac{1}{2}$ serving or $\frac{1}{2}$ slice	$\frac{3}{4}$ cup, 1 serving or 1 slice	$\frac{3}{4}$ cup, 1 serving or 1 slice
Meat/protein alternates	1 $\frac{1}{2}$ ounces	2 ounces	2 ounces

¹Children age 13 to 18 are served minimum or larger portion sizes for children ages 6-12

²Milk served are low-fat (1%) or non-fat skim milk

³Fruit or vegetable juice is full strength (100% juice) and pasteurized

⁴Breads, cereals and grains are made from whole-grain or enriched or fortified grains

⁵Meats are lean portion of cooked poultry, fish and other protein products; 2 tbsp. nut butter meet one half of the total protein requirement

Decrease Oversized Portions



**Access
MyPlate.gov
to make
healthy
choices**

Teach Children to Help Pack Their Own School Foods



- **Provide close monitoring of skill performance**
- **Use a packing checklist as a guide**
 - <http://www.sheknows.com/living/articles/1003011/teaching-kids-to-pack-their-own-lunches>
 - <http://workathomemoms.about.com/od/householdorganization/a/School-Lunches-Kids.htm>
 - <http://www.themeasuredmom.com/teach-kids-to-pack-healthy-school-lunches/>

How Much Physical Activity Do Children & Youth Need?

- Be active and play vigorous to moderately intense aerobic activity 60 or more minutes daily
- Muscle-strengthening activity for 60 minutes at least 3 days a week
- Bone-strengthening activity for 60 minutes 3 days a week
- Age-appropriate, enjoyable activities that offer variety on all days of the week

Source: CDC, Youth Physical Activity: The Role of Families.

http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf

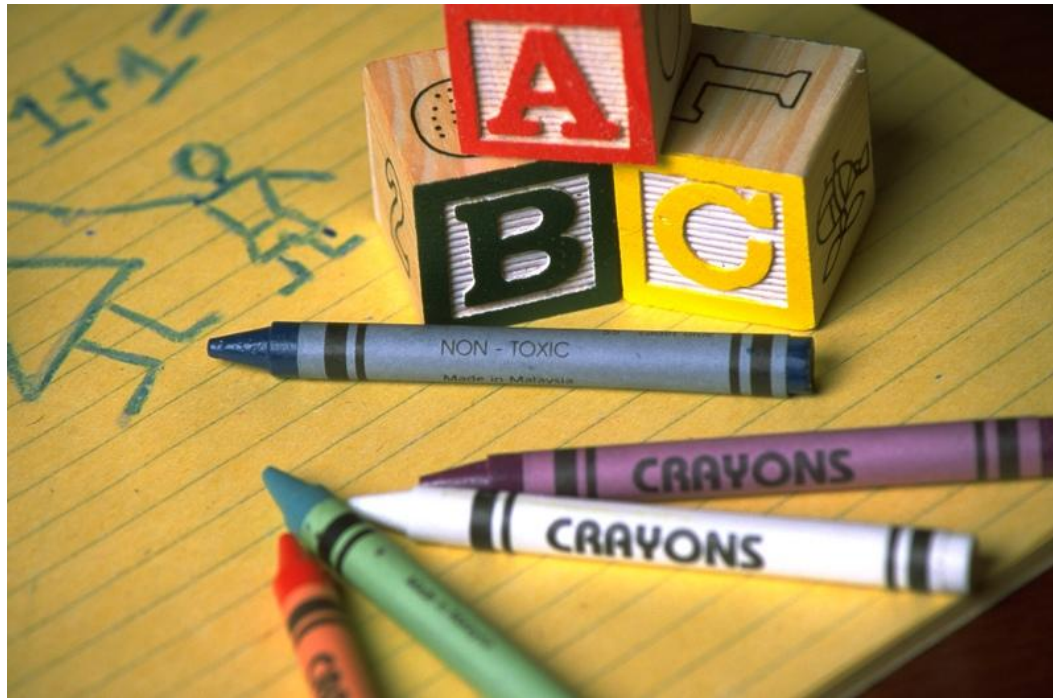
Partnering with School

- ❑ **Be familiar with the School's guidelines for allergy aware and healthy foods in school.**

- ❑ **Provide nutritious foods to energize the child for learning and school activities.**

- ❑ **Communicate with the teacher to solve issues that may negatively affect the child's health, development and learning, such as:**
 - **Child demonstrates altered appetite, noticeable weight changes, inadequate/excessive food intake, or food refusal at school**
 - **Child reports not having had a meal before school**
 - **Child brings foods to school that are not healthy choices or may cause food borne illness**
 - **Financial or other factors limit food availability in the home**

Thank you for entrusting your child to our care!



Resources

- National Center for Education and Maternal Child Health. Bright futures: Family pocket guide (2012). Retrieved from <http://www.brightfutures.org/>
- Project Immunize Virginia. (2013). Immunizations across your lifespan. Retrieved from <http://www.immunizeva.org/>
- Virginia Department of Health. (2013). Bright futures Virginia. Retrieved from <http://www.vahealth.org/brightfutures/>
- Virginia Department of Health. (2013). School health entrance form. Retrieved from http://www.vdh.state.va.us/epidemiology/immunization/documents/SchoolRegulations/School_Form_Instructions.pdf.
- USDA. (2013). Child Nutrition Programs. Retrieved from <http://www.fns.usda.gov/child-nutrition-programs>