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OUR MISSION

We at FAN4Kids aspire to be the ultimate source of fitness and nutrition education for children and their families. Our goal is to prevent the problems resulting from poor eating habits and inactivity, by providing 'Lessons that Last a Lifetime.'



10 Tips to Catch Some ZZZs

Sleep is very important as it gives us the energy we need to get through the day including learning, playing and growing. However, many children are not getting enough sleep and/or poor quality sleep. When kids do not get enough sleep, it could lead to some difficult behavior and health problems including difficulty concentrating, headaches, obesity, irritability and depression. Children who get enough sleep tend to have better performance in school, better behavior and mental health. Not everyone needs the same amount of hours of sleep. Younger kids tend to need a lot more sleep than teenagers and adults.

Infants (4-12 months) need about 12 to 16 hours of sleep, which include naps. Toddlers (1-2 years) need about 11 to 14 hours and preschoolers (2-5 years) need 10 to 13 hours both including naps. When they reach elementary school aged (6-12 years), children need about 9 to 12 hours and teenagers (13-18 years) need 8 to 10 hours of sleep. Good sleep habits should be developed at a young age. Even though these are recommended hours of daily sleep, every child is different and might need more or less than the recommendations. Here are some tips to make sure your child is getting enough sleep:

1. Be active during the day. Not only is it important for our physical health but also is helpful with making you feel tired when it's time for bed.
2. Set a bedtime and consistently follow it every day. This helps your body get into a routine and eventually the body will start to get tired around the same time every night, making it easier to fall asleep.

3. Create a bedtime routine that is calming. Taking a bath a night and reading a book can slowly unwind the body and get it ready for sleep.

4. No screen time while trying to go to sleep. If your child normally sleeps with the tv or watching something on their tablet, turn it off. Studies have shown that children who have a tv in their room tend to get less sleep. At least an hour before bedtime all screens should be shut off.

5. Limit food and drinks before bed. Especially limit drinks that contain caffeine like soda and other drinks like iced tea.

6. Try to avoid big meals before bed. Have a warm cup of milk or a light healthy snack like fruit instead.

7. Avoid over scheduling. In addition to homework, many children tend to have over packed schedules of afterschool activities (soccer, basketball, dance, music lessons, etc.). These evening activities can be getting in the way of getting a good night's rest. Allow your child to have some down time so they can unwind after a busy day and get some rest.

8. Use the bed for sleeping. Try not to do homework on the bed, watch TV or use the bed to play. This could train the brain that the bed only for sleep.



9. Create a sleep supportive space. Dim the lights while getting ready for bed if possible. You could also get blackout curtains to keep the room dark. This is where it is important to turn off screens as blue lights is said to disrupt sleep. On the contrary, darkness promotes sleep.

10. If sound is necessary for your child to fall asleep try playing some soothing sounds. It could be relaxing slow music or nature sounds. Just be sure to keep the volume low.

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Elana Wilson, Saraswathi Cuffey, Danielle Diakanwa, Ifeoluwa Olayinka, Michelle Budet and Justin Jones ... That's who!

Recipe Corner: Delicious Recipes

Pesto Pasta Salad

Ingredients:

- Penne Pasta
- 1 cup of frozen green peas
- 1 cup of cherry tomatoes
- ¼ cup of pesto
- 8 ounces of mozzarella cheese



Instructions

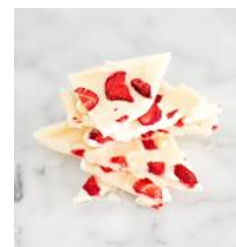
1. Bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Add the peas when there is two minutes remaining. Cook 2 to 3 minutes longer until pasta is cooked, then drain.
2. Cut tomatoes in half and add to pasta, along with the pesto. Stir to combine, then let pasta cool.
3. Dice mozzarella into small cubes and toss to combine.
4. Enjoy!

www.superhealthykids.com ; www.hellowonderful.com

Strawberry Yogurt Bark

Ingredients:

- Low Fat Yogurt or any yogurt, of your choice
- Cut strawberries, or any fruit, granola or nuts



Instructions

1. Line a flat pan with sides with parchment paper and spread evenly with yogurt; about 3/8 of an inch thick.
2. Sprinkle with your strawberries or whatever toppings you choose.
3. Freeze for a few hours until completely frozen. For an 8-inch pan it takes about 4 hours to freeze. Remove frozen yogurt from the pan and peel off the parchment paper. Break into pieces.
4. Enjoy this easy and adjustable recipe!



Sports Drinks, or Water?

What is a sports drink? A sports drink contains sugar and electrolytes to restore and recharge athletes for maintaining performance and recover quickly after physical activity.

But who actually benefits from these drinks? Sports drinks like Gatorade or Powerade could be helpful for children who are doing vigorous physical activity for more than 1 hour.

An example of this activity would be long distance running and biking. Vigorous physical activity is any activity that is done with a big amount of effort. This high intensity causes a significantly higher heart rate and faster breathing. While doing these activities, you can only speak in short phrases due to fast breathing. Another vigorous activity would be if your child is playing basketball or soccer with little to no breaks.

Many parents think these sports drinks are a healthier alternative to soda or juice, however, they contain little to no nutritional value and are loaded with just as much sugar as other juices and sodas. These sports drinks contain carbohydrates, which is a sugar that can be used as quick energy. However, most children get carbohydrates from their regular diet and don't need extra. Consuming sports drinks can lead to children putting on weight and also dental problems with the amount of sugar that it contains. Children who are just playing outside or who are physically active for short periods of time don't need to consume sports drinks. For most children, drinking plain water is all they need to stay hydrated before, during and after physical activity. Sports drink should not be replacements for water or low-fat/fat free milk during meals and snacks. Water is always the best option.

FAN4Kids Question Corner

1. What parts of our body do foods in the Dairy Group help us with?

- a. Heart & Brain
- b. Bones & Teeth
- c. Muscles & Skin

2. True or False: Carbohydrates and Grains are the same thing

3. Cardiovascular exercise works which part of our body?

- d. Heart
- e. Lungs
- f. Stomach

4. True or False: White rice is a whole grain



Answers

1. **B.** Dairy foods contain the nutrient calcium, which helps us to build strong bones and teeth. Dairy products are our main source of calcium and it is recommended that we get at least 3 cups of dairy every day.
2. **False.** A carbohydrate is the nutrient that can be found in our grains food. Carbohydrates is a sugar that give our bodies energy especially our brains.
3. **A.** Heart. Cardiovascular exercise is an exercise that raises your heart rate and gets you breathing harder. Your heart is a very important muscle in your body. Running is a great form of cardiovascular exercise.
4. **False.** White rice is a refined grain. Refined grains go through a process called milling where the bran and germ are removed. This gives the grain a finer texture and also removes most nutrients and vitamins. We should be eating more whole grains to get those vitamins and nutrients.

Congratulations to FAN of the month Ms. Ogunsuyi from P.S. 298! Ms. O. was the winner of the staff step challenge at P.S. 298 averaging around 15,000 steps daily with a total of 350,000 steps over the four-week competition. Ms. O. decided to enter the competition as a way to motivate herself to reach her daily step goal of 10,000 steps, but has since increased her step goal to 20,000 steps! Ms. O. shows a real commitment to the FAN4kids mission through her dedication to physical activity and encouraging others around her to do the same. She believes that "health is wealth" and therefore likes to spend her free time staying fit by walking, dancing, or sometimes meeting with a personal trainer. Ms. O. encourages her students to eat fruits and vegetables and fills her diet with protein packed, plant-based foods such as avocados and peanut butter. She reminds us that being healthy can come from small changes such as taking the stairs more or driving less. It is wonderful to have an inspiring leader in health and wellness and we hope Ms. O. continues to spread her knowledge and positivity throughout the P.S. 298 community!



Dear Ms. FAN4kids,

I've been packing my lunch for my 1st grader and every day when she gets home there's still so much food untouched and uneaten in her lunch box. I've changed the different foods and snacks to see if she'll eat more but still a lot goes to waste. When she gets home from school, she is so hungry and wants to eat everything. I know her lunch period is earlier in the day and I'm worried she is not eating enough food to keep her focused and energized. What can I do to make sure she is eating enough during lunch?

From, Lunchbox Mom

Dear Lunchbox Mom,

I definitely understand your pain. This could be really frustrating and makes you worried about the nutrition they get during the day. During lunch, children have a very limited time to eat. They also use this time to be social with friends and eating ends up coming in second place. Here are 4 tips to make sure your child is getting enough nutrition during lunch.

1. Avoid over packing

During lunch, children have a limited time to eat. They also use this time as a social period where they spend a lot of time talking with friends. They may become overwhelmed with the amount of food that is packed. Try packing smaller portions of each of the food groups.

2. Pack foods that are easy to eat

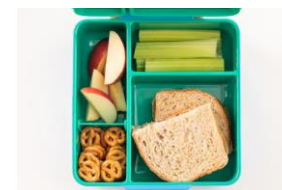
If you're packing oranges, have them already peeled for your child. Children tend to have problems peeling oranges and end up not eating them. You could also pack apple slices, pineapple slices or peaches. Instead of packing yogurt with the chance of forgetting to pack a spoon, pack squeeze yogurts or fruit pouches. These are easy to eat and involve very little in opening. All of these are great healthy options.

3. Do not pack multiple containers

Kids tend to eat one thing at a time in their lunch box. If you have a lot of containers they will never get to all of them. It may also be hard for your child to open the containers, which ends up taking up more time. A great idea would be to find bento boxes that fit into the lunch box. These bento boxes have about 3 to 4 different compartments and only 1 lid making it very easy to have everything open and available to eat.

4. Pack food that will give your child the most nutrition

If you want to make sure your child is getting all their necessary nutrients and food groups like vegetables, fruits and protein, make sure you pack those items. Have your child be involved in the packing of the food so they are excited to eat it at lunch. Packing a treat is always ok but make sure it's in a small portion. You also don't always have to pack a treat.



May is National Physical Fitness and Sports Month:

A great time to renew your commitment to a healthy, active lifestyle.

According to the U.S. Department of Health & Human Services youth need 60 minutes or more of physical activity each day. In addition to physical health benefits, regular activity provides cognitive health benefits as well. Research shows that when children are physically active, they achieve higher grades, record better attendance, and their behavior improves. Simply put....**active kids do better.**



Throughout the month and beyond, FAN4Kids encourages children and families to be active. Look out for a fitness contract your FAN4Kids instructor will be sending home this month!



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Students at TALES in Queen, NY were working together in groups to complete a fun protein puzzle. They really knew a lot about the protein group!



Second grade students at PS 14 in Bronx, NY were waiting patiently to try food from the grains group including; whole wheat pita bread, during the grains tasting! Yum!



**Special thanks to our core sponsors, partners and the school administrators
at PS 69, PS 157, PS 382, PS 54, PS 73, PS 14,
PS 77, PS 93, PS 161, PS 308, PS 207, PS 273, PS 298,
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