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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 for Raising a Good Sport

In addition to teaching our students about fitness and nutrition, our FAN4Kids team also stresses the importance of good sportsmanship! Not only does this lesson apply when playing sports, but also in everyday life.

The old saying, "treat others as you want to be treated" applies to good sportsmanship. If you want your teammates to help you up if you fall down, or if you want your opponents to use kind words, than you should do the same.

Here are 10 tips to set your kid on the path toward good sportsmanship.

1. Explain what sportsmanship is — using kid-friendly terms. As with any behavior, the first step is to let your kids know what's expected. The old saying, "treat others as you want to be treated" applies to good sportsmanship. If you want your teammates to help you up if you fall down, or if you want your opponents to use kind words, than you should do the same.

2. Be a role model on the sidelines. As a parent and spectator, your job is to be a force of positivity. Cheer on success, efforts and progress. Give plenty high fives and congratulate both teams on a game well played.

3. Respect the coach's role. Often well-meaning parents try to instruct from the sidelines, but only to get in the way of the actual coach. Parents should leave the coaching to the coach!

4. Avoid comparing kids to one another. Parents have a natural tendency to compare their kids to other kids they are playing with. Instead, we should focus on our children as individuals and to highlight their own progress and improvement.

5. Don't make it all about winning and losing. Sure, trophies are cool, but the focus should be on non-tangibles like learning the game, figuring out how to interact with others and — especially — just having fun.

6. Celebrate success as a group. Professional athletes may do individual victory dances when they win, but that doesn't mean your kid should too. A team cheer and high fives to teammates are good examples of teamwork and supporting one another.

7. Accept loss gracefully. When your child's team does not win, encourage him/her to congratulate her opponents for a game well played. We often learn the most from losing.



8. Present consequences for poor sportsmanship. Remember kids are still learning right from wrong while playing sports. It is your job along with the coach to teach your child there are consequences with poor sportsmanship, such as taking a child out of a game until they are ready to play fairly.

9. Commit to having your child attend both practices and games. Life with kids is hectic no matter how you slice it, and as a result, some parents allow kids to skip practice repeatedly. Your child needs to understand how his or her absence affects the team. If you make a commitment to be a part of a team, than you should show your child the importance of following through.

10. Remember that your child is not you. You child is not you and should never feel pressure to be like you. Keep in mind it is your opportunity to watch and support your child as they start their sports career, not your time to relive your past.

Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Kristie Wong, Samantha Grzywacz, Melody DeGaetano, Hillary Landsman, Elana Wilson, Abimael Vega, Karlla de Lima Davis ... That's who!



Ingredients:

30 small raspberries, rinsed
1 ¼ cup unsweetened coconut water
¼ cup lime juice, fresh
1 cup pineapple juice
1 popsicle mold
10 sticks

Directions:

1. Place 3 raspberries in each popsicle mold.
2. Combine all ingredients in a liquid measuring cup and stir to combine.
3. Using a funnel or plastic cup carefully fill each mold.
4. Insert popsicle sticks and freeze until solid.
5. To release run under hot water only until popsicles slide easily from the mold.

Source <https://boulderlocavore.com/refreshing-coconut-water-pineapple-popsicles/>
Source <https://www.lecremedelacrumb.com/spicy-grilled-sweet-potato-fries/>

Ingredients:

4 large sweet potatoes, peeled and sliced into thin wedges or sticks
1 tsp salt
1 tsp garlic powder
1 tsp chili powder (optional)

Dipping sauce: ½ cup ketchup,
½ cup olive oil based mayo,
½ tsp garlic powder, ¼ tsp chili powder (optional)

- Directions:** 1. Add sweet potato wedges to a large pot. Add enough water to cover. Bring to a boil and cook for 5 minutes, remove and pat potatoes dry.
2. Add potatoes to a large bowl- spray heavily with olive oil cooking spray. Sprinkle with salt, garlic powder and chili powder.
3. Carefully place potatoes on grill. Cook over high heat for 10-15 minutes, turning once halfway through. When both sides of the fries begin to char, remove from the grill. Whisk together dipping sauce ingredients and serve with fries.



The Kids Menu or Not? Going out to dinner as a family can be a meaningful family experience, but that may quickly change once you start glancing over the kid's menu. The average kid's menu generally consists of chicken fingers and fries, mac and cheese, hamburgers, and the occasional sub-par quesadilla – depending on the cuisine. Not only are these items high in fat and sodium, but they're also often unappetizing, lack flavor and tend to be overpriced! Some restaurants have the audacity to serve authentic Italian cuisine and charge \$8 for buttered pasta in a bowl. The unpalatable options reserved for children are often unhealthy and doesn't allow one to take advantage of the chef's wide array of expertise. The lackluster kid's menu options aren't exactly healthy or expanding children's palates. A menu should serve as a great tool for school-age children not only to practice reading skills, but offer a wide variety of choices, including healthy items. However, what if the only options are harmful to their health? Imagine if adult standards were reduced to that of the children's menu? You wouldn't eat at that particular establishment, and you would be insulted. You should be just as easily offended by what they offer to your kids.

The real challenge is how to combat this problem. Adult entrees are often filled with flavors, international spices, vegetables and almost always have a "lighter" option. Just because it is called a "kids' menu" does not mean your child has to order from the menu! Instead of ordering the typical kids meal for your child, why not try some of these tips to lead to healthier and tastier options for your children?

Smaller portions: Inquire with your server to see if it's possible to order a smaller portion of regular meals listed on the menu. Often times, restaurants will offer half sized portions of main entrees for a lower cost.

Appetizer as main meal: Scour the entire menu for the best starters, shared plates, and side dishes, and piece them together to create your own plate. An appetizer might be a perfect size for a main meal for your child.

KID'S MENU

Share your meal: Another easy idea is to share a portion of your meal with your child. Restaurants many times serve meals much larger than an appropriate serving size. Instead of wasting food or eating it just because "it is there"; dish out some of your meal to your child. It is also a great way to save money and show your child that we all eat the same foods, and just because you're a kid doesn't mean you eat any different or less-than adults.

Don't fall into the kid's meal trap and remember there are other options for your child to order when eating at a restaurant than just the kids' menu. Perhaps, if enough parents start complaining, and stop ordering the hot dogs – chefs will get the picture and start exposing their future customers to new and exciting plates with healthier options.

FAN4Kids Question Corner:

1. Which sport is a low-impact sport?
a. soccer b. basketball c. track d. swimming
2. What safety precautions should one use while outside during the summer months?
a. use sunscreen whenever going outside
b. drink water to keep hydrated
c. wear light colored clothing d. all of the above
3. How many years has the FAN4Kids program been teaching in NY and NJ?
a. 5 years b. 11 years c. 14 years d. 18 years



1 d. Low-impact workouts are typically not as hard on the body, especially our joints, and can be a great way to get in a heart-pumping workout while reducing the risk of injury. Low-impact exercises are typically when at least one foot stays on the ground at all times.

2 d. All of these are important in keeping safe in the sun and heat during the summer months

3 c. FAN4Kids has been making an impact on thousands of elementary students in NY and NJ and teaching them how to make healthy life long decisions for 14 years.

Eriella Sanchez, a six year old kindergartener at TALES, Queens, NY, has been chosen as the Fan of the Month. Eriella is always so excited for FAN4Kids class and looks forward to learning about healthy eating and fitness each week. Her favorite part of FAN4Kids is the infamous food tasting days. She especially loved the dairy food tasting where her class made delicious smoothies! Eriella's favorite fruit is a banana and her favorite vegetable is broccoli and she loves eating rice and beans for lunch served at school. After her energizing lunch, she loves climbing on the monkey bars during recess.

She believes that eating a lot of healthy foods will make her body feel happy and healthy. Eriella's message to everyone is.... "Eat your fruits and vegetables so you can be strong and healthy!"

Congratulations to Eriella! Keep living a healthy life!



Dear Ms. FAN4Kids,

I know it is important to make sure my family is drinking a lot during the summer, especially on hot days! However, I am not sure which drinks are good for my children. There are so many drink options, and I want to make sure they are drinking what is best for them. Please help me figure out what my family should be drinking to keep healthy.

Sincerely, Want to be healthy Mom

Dear Want to be healthy Mom,

Kids are busy. Their minds and bodies are hard at work and play- and sometimes, they don't want to stop to get a drink. It often becomes our job as parents to make sure they drink enough fluids. It's especially important in warmer months when kids may not notice how much they are sweating or understand the need for hydration. They may be drawn to the nearest vending machine or local bodega for a sugar-laden beverage. Clearly, this isn't the best choice. On average, a 12 oz serving of soda contains 36 grams (or about four teaspoons) of sugar and about 160 calories. "When you give your child will significantly impact their daily calories and overall weight," says pediatric registered dietitian Sara Seither, MS, RD, CSP, LD. You may also be concerned about your child consuming caffeine. The amount of caffeine in energy drinks varies between brands, but can be as high as 130 mg in a 12 oz serving- equivalent to four 12 oz servings of caffeinated soda. So what should kids drink? Here are some suggestions as well as other common beverages children should avoid:

Thumbs up: these plain-Jane options are generally the most hydration and offer the most benefit to kids:



Water. This is the best way to go. It provides hydration and quenches thirst without adding any calories, fat or sugar.

Milk. Milk is an important part of any diet. Milk provides protein, vitamin D and calcium. On average, kids should drink 16-24 ounces of milk or unsweetened milk alternative such as soy or coconut, almond milk daily. Talk to your doctor about how much milk your child should drink and whether your child would benefit from milk containing fat.

Thumbs down: these sugary, colorful drinks often offer enough benefit to offset the empty calories:



Flavored milk. One carton of chocolate or other flavored milk adds 4 teaspoons of sugar to your child's diet. Bottom line: this sugary beverage provides added calories that are simply not needed.

Fruit drinks. Drinks such as fruit punch, powdered mixes, lemonade and pouch drinks are simply sugar water. Do not be fooled by nutrition claims that each serving contains 100 percent vitamin C. If your child is eating 5 cups of fruits and vegetables everyday he or she is getting plenty of vitamin C.

Soft drinks. Soft drinks, soda, pop- or whatever you call them, these sugar-laden beverages offer zero nutritional benefit. Soft drinks are linked to poor dental health, excessive calorie intake, weight gain and type 2 diabetes. Many of these drinks contain caffeine, which children should avoid.

Sports drinks. These drinks promise the "ultimate hydration", but the average child does not need the nearly 8 teaspoons of sugar that each 20 ounce bottle contains.

In moderation.

100 percent fruit juice. Experts agree that limiting your child to 4-6 ounces of 100 percent fruit juice each day is important for a healthy weight. Real fruit juice contains only natural sugars, but those natural sugars can add a lot of extra calories quickly.

Ways to jazz up your child's water:

A tall glass of cool water infused with natural flavors. Try adding berries with mint leaves, a citrus blend, cucumber and melon, or apples with a cinnamon stick. You can work with your child to create fun combinations. Make lemonade with agave nectar instead of sugar. Squeeze real lemons and use agave nectar as it has the same number of calories as sugar, but because it is sweeter, people tend to use less of it.



As the heat starts to beat down on us, it is very important to keep well hydrated. However, choosing the right drink is almost even more important. Be a good role model and teach your child which drinks are best to keep you healthy! Cheers(with water)!



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Pre-k students have fun while learning about the vegetable group during their FAN4Kids class at North 10th St. School, Newark, NJ.



2nd grade students are working up a sweat while practicing throwing and catching at PS 54, Bronx, NY.

The FAN4Kids team wishes you and your family a safe, fun and healthy summer. Keep your family healthy this summer by practicing some of the FAN4Kids tips you learned this year!



See you next year!



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 20, PS 207, HOPES, TALES, Harriet Tubman, St. Mark The Evangelist School, Achieve Community Charter School and North 10th St.