**JANUARY - SCHOOL HEALTH NEWSLETTER**

**10 HEALTHY NEW YEAR’S RESOLUTIONS FOR KIDS**

The following tips are from the American Academy of Pediatrics (AAP).

**Kids, 5 to 12 years old**

* I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
* I will put on sunscreen before I go outdoors on bright, sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
* I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
* I will always wear a helmet when riding a bike.
* I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
* I'll be friendly to kids who may have a hard time making friends by asking them to join activities such as sports or games.
* I will never encourage or even watch bullying, and will join with others in telling bullies to stop.
* I'll never give out private information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
* I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
* I promise to follow our household rules for videogames and internet use.

- See more at: https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Healthy-New-Year-Resolutions-for-Kids.aspx#sthash.a3ZlE3mn.dpuf

**Tips to Promote Social-Emotional Health among Teens**

**What Teens Can Do:**

When feeling angry, worried or troubled, discuss your feelings with a parent, another trusted adult, or a trusted friend. Teachers and coaches are two examples of adults who can help.

 Find safe and healthy interests that you enjoy outside of school and home.

 Write down some goals for the future to help you stay focused on things that really matter. This can help you put day-to-day problems into perspective.

 Avoid using alcohol, tobacco and other drugs; these don’t help with problems and often make things worse. Instead, think about positive ways to handle problems and the feelings that go along with them.

If you’re in trouble with your mood, drug use, or sexuality, get help. You never need to feel alone.

 **What Parents Can Do:**

 Listen to your teenager—let him talk out his problems with you before jumping in with a solution. Teens need adults to believe in them unconditionally and expect them to succeed.

 Encourage your teenager to get involved in activities that engage her with the community in a positive way. For some this may be sports or drama, for others it may involve tutoring younger kids or volunteering in the community.

 Set clear expectations that you want to know where your teen is and when he’ll be back. Discuss with him the consequences of the use of alcohol, tobacco, and other drugs.

 Help your teen to identify other adults to turn to when he/she wants to talk.

Let your teen know that it’s okay to seek help from a counselor, health care professional, or trusted adult, if needed. Students and parents are encouraged to be aware of the services available at their school and how to access those services.

 Encourage your teen to explore solutions. In many cases, she will know about the solutions—for example, extra help after school —but may need your encouragement to try them.

 Everyone experiences anger and stress! Help your teen to find acceptable ways of working through these feelings.

 Teenagers can be quite impulsive—never let a moment of despair become true tragedy. If your child is depressed or moody, be certain that he cannot access firearms, prescription drugs, or other dangerous items in your home.

**Healthy You:**Make healthy food choices, be active, make an appointment for a check - up, vaccination, or screening.  Know your numbers – weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep.  Learn and practice a new health tip each week.  Make a new friend.

**Healthy Family:**Plan to eat more meals together as a family.  Encourage and support physical activity. Put together a family health history.  Know where to go for health care in town if you do not have insurance.  Keep pets vaccinated and healthy.  Add a health related web site to your favorites list, and check weekly updates. Spend more time together. Be courteous and practice good manners.

**Healthy Home:**Go green.  Reduce, reuse, and recycle.  Install smoke alarms, and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan, and stock your home and car with necessary supplies. Avoid carbon monoxide poisoning and hypothermia.

**Healthy Community:** Volunteer at your church, school, or one of the many community center s needing help or an extra hand.   If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

**Healthy Workplace:**Stay home if you are sick. Wash your hands often, Participate in healthy workplace programs, Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.