

What's Up, Edison?

April 13-17, 2020

What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Four. We hope you had a relaxing Spring Break and are ready to *SPRING* back into action!

Spring is a time for new beginnings and the Earth “waking up” from its winter slumber. We thought we could start this season focusing on the things we can do to help us become a **HEALTHIER ME: Nutrition Edition.**

Stay safe and healthy,

Your Middle School Nurses,

Carol Martinez, RN, MS, CSN, HHMS

Jasmine Cromartie, RN, BSN, CSN, JAMS

Nicole Montilus, RN, BS, CSN, TJMS

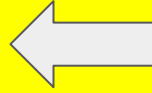
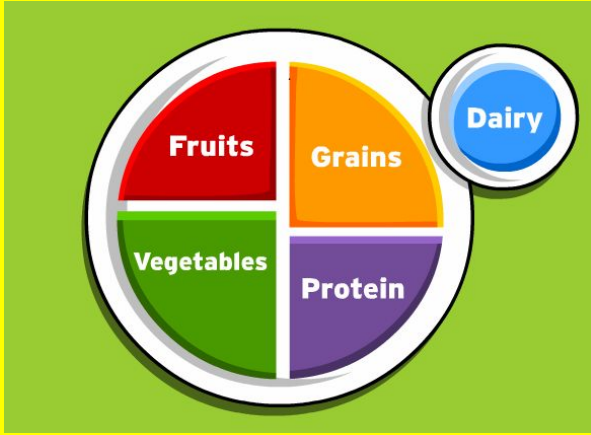
Roulla Fanik, RN, MSN, CSN, WWMS

Kristine Walters, RN, BSN, CSN, District Nurse

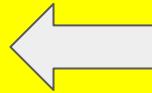
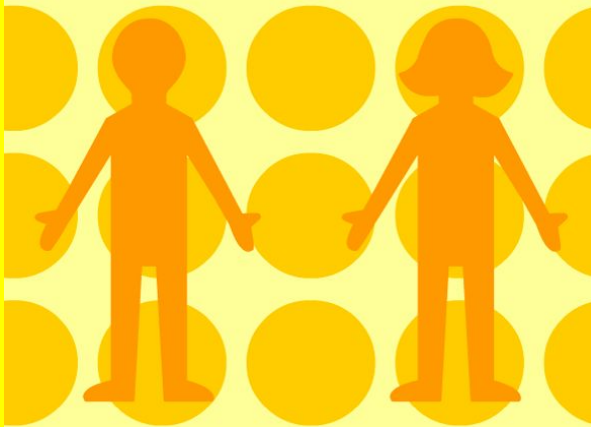


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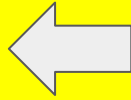
Check out this BrainPop video on the key to a healthy diet.



How much do you know about a healthy diet? Take this quiz to find out. Good luck!

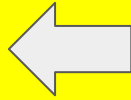
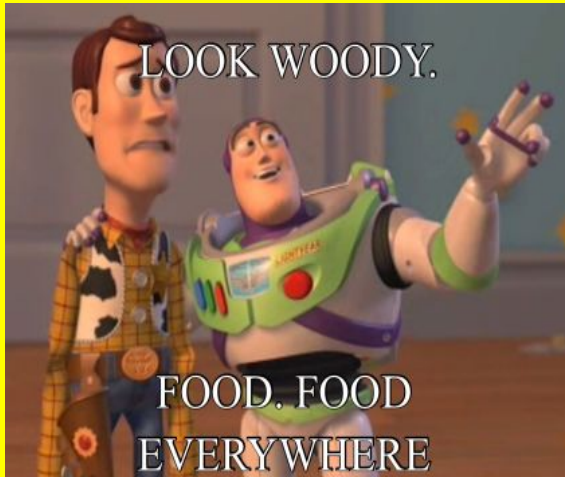
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Watch this video to learn more about **The 5 Fabulous Food Groups**. Below is an article on **5 Ways to Get Your 5 for the Day!**

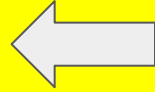
<https://kidshealth.org/en/teens/veggies-tips.html?WT.ac=ctg#catnutrition>



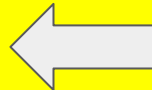
Click here to play a BrainPop sorting game about the **5 Fabulous Food Groups**. See who can get the highest score in your home. *Play nice and have fun!*

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Learn how to read nutrition labels with Dr. Smarty. Click on the video to the left.



Do you know what original song Weird Al Yankovic changed the lyrics of to make his song, *Eat It?* Click his video first, then the one below for the answer!

<https://www.youtube.com/watch?v=oRdxUFDoQeQ>

Eating a well balanced diet will give you the nutrients that are needed to fuel your daily activities especially exercising!!!! Stop by next week to “stretch” your mind and see what we will have “worked out” for you!

Also, as a recap from our last presentation, check out this TED.Ed video about hearing:
https://www.youtube.com/watch?v=LkGOGzpbrc&list=PLJicmE8fK0Eg0HDP30K_xcvpgXOOYJPpn&index=20

