

General Charles Harker School  
Swedesboro-Woolwich School District

## Health Office Newsletter

Spring Edition 2019-2020

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Hours: 8:30am - 3:30pm

Phone: 856-241-1552

During this time, we are available via email!

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The word 'Spring' is written in a large, colorful, bubbly font. Each letter is a different color: 'S' is blue, 'P' is yellow, 'r' is purple, 'i' is green with a red flower on top, 'n' is orange, and 'g' is pink. The background is a light gray square.

# Healthy Habits



## Eating Healthy

- Eating balanced, healthy meals is an important factor in growth and development.
- Starting with breakfast each day, this helps to give your body the fuel it needs after sleeping all night. Eating breakfast helps you to do better in school, participate in physical activity and eat healthier overall.
- Be sure to include a variety of healthy options in your meals. Meals can include various proteins, grains, vegetables and fruits. You can also include a small amount of dairy with your meals.
- Staying hydrated is also important to your body. Water is a great option to have throughout the day.
- Examples of grains and proteins:

**Protein:** Beef; poultry; fish; eggs; nuts and seeds; and beans and peas like black beans, split peas, lentils, and even tofu and veggie burgers. Protein builds and maintains the tissues in your body.

**Grains:** Bread, cereal, rice, tortillas, and pasta. At least half of the grains you eat should be whole-grains, such as whole-wheat bread, oatmeal, and brown rice. Whole grains have more fiber and help you feel full.

**Dairy:** Milk, yogurt, cheese, and fortified soy milk. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese. Choose low-fat or nonfat dairy most of the time. ([www.kidshealth.org](http://www.kidshealth.org)) (<https://www.choosemyplate.gov/>)

# Dental Hygiene



- Brushing and flossing is an important part of your day. Brushing twice daily helps to remove the plaque that builds up on your teeth. Plaque is what causes our teeth to form cavities.
- Try to floss once a day. The brushing and flossing is what keeps our gums and teeth healthy.
- Make sure to use a toothpaste that contains fluoride as the fluoride also helps prevent cavities.

# Hand Washing



- Remember to wash your hands for at least 20 seconds with an antibacterial soap and warm water.
- Dry your hands with a clean cloth or towel.

## Get Outside and Play!



- Remember it is important to get outside and play!
- Always wear a helmet!
- Keep a safe 6 feet distance from others (those people who you do not live with).

Sources:

[Kidshealth.org](https://kidshealth.org)

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**Be safe and enjoy the spring weather!**

**~ The Harker School Nurses**