

# HEALTHY SCHOOLS: FAMILY HEALTHY HABITS

**JEFFCO PUBLIC SCHOOLS**  
HEALTHY SCHOOLS

**FAMILY HEALTHY HABIT: BACK TO SCHOOL**  
It's that time of year again! Set your student up for success with these 5 Back to School tips.

- 1 Acknowledge Worries**  
Starting a new school year can bring up feelings of anxiety for both adults and children. Managing your own stress can help your student feel more calm. Talk with your student about how they are feeling, listen and provide reassurance. Help them create plans for handling any specific situations they're worried about. Discuss fun and exciting things that happen throughout the school year.
- 2 Get Active**  
Physical activity can not only keep your student physically fit, it can also help your student stay motivated. Regular movement can boost mood and help your student stay attentive in class. Encourage your student to get outside to play. [Check out ways to be physically active as a family HERE.](#)
- 3 Set a Bedtime Routine**  
Not getting enough sleep can cause behavioral issues and difficulties concentrating. Create a bedtime routine (get more ready for the morning, brush teeth, put on pajamas, read books, lights off) and turn off the screen an hour before bedtime. [Learn how much sleep your student needs HERE.](#)
- 4 Set a Morning Routine**  
Break your student up on the morning of the morning. For students who wake up on their own, encourage them to get on their feet with the same wake-up time each day. Create a morning routine (brush teeth, get dressed and breakfast), identify a place where your student will keep all of these needed for school (backpack, shoes, lunch, school supplies, etc.) to help decrease stress in the morning.
- 5 Stay Connected**  
Keep track of communication opportunities with both your student and the school. Check in with your student about how school is going each day. Stay in the know regarding school events and communication with the school regarding how they feel your student is doing academically, socially and behaviorally.

[Check out our Back to School page](#) | [Social Media and YouTube](#)

Back to School ([English/ Spanish](#))

**JEFFCO PUBLIC SCHOOLS**  
HEALTHY SCHOOLS

**FAMILY HEALTHY HABIT: KINDNESS**

**BENEFITS OF BEING KIND**  
Science indicates that kindness is not only good for the person you show kindness toward, but has health benefits for the person doing the good deed.

- Decreased levels of stress and anxiety
- Improved immune system functioning
- Improved heart health

Learn more [HERE](#) and watch [THIS VIDEO](#).

**Kindness Conversation Starters**  
Have a talk with your child to see what children are saying about kindness. Start the conversation with these questions:

1. **WHY DO YOU THINK SHOWING KINDNESS IS IMPORTANT?**
2. **IF YOU COULD DO ONE ACT OF KINDNESS, WHAT WOULD IT BE AND WHY?**
3. **HOW CAN YOU SHOW OTHERS HOW TO BE KIND?**
4. **HOW DO YOU FEEL WHEN YOU SHOW KINDNESS TO OTHERS?**
5. **HOW DO YOU KNOW KINDNESS AT HOME AND SCHOOL?**

**ADDITIONAL RESOURCES**

- [KINDNESS GAMES, ACTIVITIES, AND IDEAS](#)
- [SHARE KINDNESS THROUGH SOCIAL MEDIA](#)
- [KINDNESS ACTIVITIES](#)
- [Coloring Pages](#)

**SHARE A BOOK**  
A simple way to teach children empathy and kindness is through books. Here is a list of [BOOKS](#) to inspire kindness.

**PRINTABLE KINDNESS CALENDAR**  
Color Kindness Calendar

Kindness ([English/ Spanish](#))

**JEFFCO PUBLIC SCHOOLS**  
HEALTHY SCHOOLS

**FAMILY HEALTHY HABIT: PHYSICAL ACTIVITY**

**DID YOU KNOW...**  
Children and teens should be active for at least 60 minutes per day?  
53% of high school students report being physically active for at least 60 minutes per day at least 3 times per week.  
80% of middle school students report being physically active for at least 60 minutes per day at least 3 times per week.

**FAMILY PHYSICAL ACTIVITY CALENDAR**  
Help your child establish healthy habits by exercising and encouraging physical activity. By exercising as a family you can:  
• Increase your child's fitness  
• Establish a routine  
• Enhance emotional well-being  
• Promote physical health

**SHARE A BOOK**  
A simple way to teach children the importance of healthy habits and activities is through books.  
• Check out our [Physical Activity Book List](#).

**PHYSICAL ACTIVITY AND THE BRAIN**  
**Impacts on Mental Health:**  
• Improves self-esteem  
• Decreases anxiety and depression  
• Improves cognitive skills  
• Increases feelings of happiness  
• Promotes self-regulation

**Impacts on Academic Performance:**  
• Improves academic achievement  
• Improves attention and focus  
• Improves memory  
• Promotes positive classroom behavior  
• Increases problem-solving skills

**ADDITIONAL RESOURCES**  
[VIDEO](#) Boost the Brain with Physical Activity: 10 Facts All Families Should Know  
[VIDEO](#) Get Moving: The Benefits of Exercise for Your Mental Health

[Check out our Physical Activity page](#) | [Check out our Physical Activity Book List](#)

Physical Activity ([English/ Spanish](#))

**JEFFCO PUBLIC SCHOOLS**  
HEALTHY SCHOOLS

**FAMILY HEALTHY HABIT: NUTRITION**

**EAT THE RAINBOW**  
One way to help children learn a variety of colorful fruits and vegetables is to use the metaphor of "eat the rainbow".

**CHOOSING HEALTHY BEVERAGES**  
**DID YOU KNOW?**  
The largest source of added sugar in kids' diets is not soda, cookies or candy. It's **juice**.

**SHARE A BOOK**  
A simple way to teach children the importance of healthy habits and nutrition is through books.  
• Check out our [Nutrition Book List](#).

**HEALTHY EATING TIPS FOR PARENTS**  
Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage healthy eating habits.

**HEALTHY DRINKING TIPS FOR PARENTS**  
• Limit screen time while eating.  
• Serve a variety of healthy foods and drinks.  
• Be a role model by eating healthy yourself.  
• Encourage children to try new foods.  
• Allow them to pick out the fruits and veggies at the store.  
• Allow them to cook with you.  
• Wash and cut produce when you get home from the store so you will be more likely to eat it at home.  
[Learn more at Kids Health.](#)

**ADDITIONAL RESOURCES**  
[Cooking Matters](#) uses programs with Colorado parents and caregivers that cover how to shop for and cook healthy, but healthy, and affordable meals. [VIDEO](#)  
[My Plate](#) has activities that will set your child on a path towards a healthy home.

Nutrition ([English/ Spanish](#))

**JEFFCO PUBLIC SCHOOLS**  
HEALTHY SCHOOLS

**FAMILY HEALTHY HABIT: SCREEN TIME & TECHNOLOGY**

**JEFFCO SPECIFIC DATA**  
77% of youth report screen time.  
65% of junior high school students report spending 3-4 hours on an electronic device for something other than schoolwork or entertainment.

**MENTAL HEALTH IMPACTS OF TOO MUCH SCREEN TIME**  
• Insomnia  
• Depression and low self-esteem  
• Decreased physical activity  
• Attention span problems  
• Behavior issues

**SHARE A BOOK**  
A simple way to teach children the importance of healthy habits is through books.  
• Check out our [Screen Time & Technology Book List](#).

**TIPS FOR PARENTS**  
• Lead by example  
• Leave the tablet at home  
• Turn off all screens during family meals  
• Learn about parental controls and what your child is consuming.  
• Turn off screens and remove from bedrooms  
• 30-60 minutes before bedtime

**ADDITIONAL RESOURCES**  
• [Child and Family Media Guidelines for Kids of All Ages](#)  
• [Top 5 Internet Safety Tips for parents. VIDEO](#)  
• [ScreenTime.org](#)  
• [Internet Quotes and Resources: InternetSafety.org](#)

**MEDIA GUIDELINES FOR CHILDREN**  
• 0-18 Months  
• Use screen time, only used for a clear goal.  
• 18-24 Months  
• Limit to watching educational programming in 15 minutes.  
• 2-5 Years  
• Less than 1 hour per day  
• 6-17 Years  
• Less than 1.5 hours per day  
• 11-15 Years  
• Less than 2 hours per day  
• Learn More [HERE](#)

**FREE Online Presentation for Parents**  
Join us for one of two free sessions to learn more about [Navigating the Challenges of Screen & Technology](#)  
• May 4, 2022 5:00pm - 7:00pm  
• May 5, 2022 10:00am - 12:00pm  
• Register [HERE](#)

Screen Time and Technology ([English/ Spanish](#))

**JEFFCO PUBLIC SCHOOLS**  
HEALTHY SCHOOLS

**FAMILY HEALTHY HABIT: GRATITUDE**

**THE IMPORTANCE OF PRACTICING GRATITUDE**  
Making gratitude a habit not only reminds us of all the good in our lives, but can also help our children be physically, psychologically and socially healthy. Practicing gratitude helps children improve their mood and supports them with being more kind and more helpful.

The Science of Gratitude ([Article](#))  
The Relationship Between Joy and Gratitude ([Video](#))

**MAKE A GRATITUDE JAR**  
Decorate any jar and place it in a common area with a pen and papers.  
• Write what you are grateful for and put it in the jar.  
• At the end of the week, read each note aloud.

**SHARE A BOOK**  
A simple way to teach children empathy and kindness is through books. Here is a list of [BOOKS](#) to inspire kindness.

**ADDITIONAL RESOURCES**  
[Gratitude Ideas HERE](#)  
[Gratitude Scavenger Hunt](#)  
This is a fun active way to get kids moving and thinking about the things they are grateful for. You can do this activity indoors or outdoors.  
[Family Gratitude Scavenger Hunt HERE](#)

**Gratitude Journal**  
Writing down five things you are grateful for each day has been shown to decrease stress, release tension, improve what matters in life.  
[Gratitude Journal HERE](#)  
Download a Journal App [HERE](#) or [HERE](#)

[Jeffco Healthy Schools](#) | [healthschools@jeffco.k12.co.us](#)

Gratitude ([English/ Spanish](#))