



Barnstable Public Schools Wellness Newsletter

Spring/Summer 2015

Avoid the Burn!

Use a broad-spectrum sunscreen with an SPF rating of 15 or higher. Apply sunscreen 20 minutes before going out in the sun. Apply 1 ounce every 2 hours. Apply more often if you are swimming or perspiring. Don't forget about your lips, ears, feet, hands and the back of your neck! Apply sunscreen under bathing suit straps, jewelry and sunglasses. Water resistant sunscreens need to be reapplied regularly too. Keep sunscreen until the expiration date and for no more than 3 years. The ingredients become less effective over time.



Let's Move! Get Physically Fit as a Family

Here are a few easy ideas to get everyone in your family moving towards being more physically fit. Improved physical fitness is good for everyone and it can be fun to do it as a family!

Play a game! Throw a ball, toss a Frisbee, hula-hoop, jump rope, dance to music, play a dance video game.

Walk the dog, go to the park, swing on the swings, climb a tree!

Have a family celebration and do something active...play soccer, volleyball or go on a hike.

Walk instead of drive. If you have to drive, park far way.

Walk laps at the mall or at the HYCC if the weather is bad.

Ride a bike! Explore the wonderful Cape Cod Rail Trails!

Use the stairs.

Get the family involved in household chores and yard work.

Plant a garden, pull weeds!

Go to the beach, dig in the sand. Build a sandcastle.

These ideas may seem silly but having fun with your family is an effortless way to add exercise into your daily life.

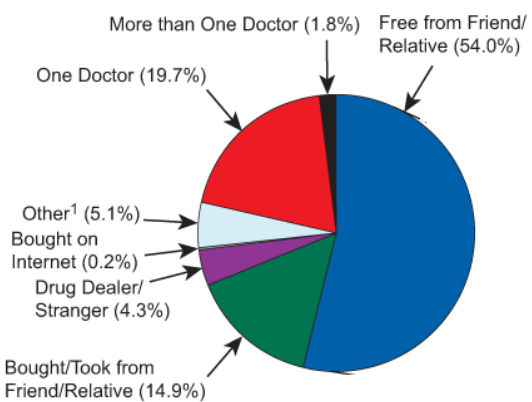
Turn off the TV and go have some fun! Your health depends on it!



Protect Your Kids: Go Beyond Just Saying No to Drugs www.samhsa.gov

Did you know that kids aged 12 and older are more likely to get prescription pain pills from a friend or relative?

Sometimes, the doctor prescribes them but it is important to see that the danger might be in our own medicine cabinets and not from a stranger lurking on the street corner.



Have a truthful conversation about drugs. Kids have been taught to say "No to drugs" but help them find the facts. Be supportive and if you don't have the answers, the school nurse, school counselor and your pediatrician can be a great resource.

Be aware of what's in your home and don't forget about grandparents, other family members and friends!

Here are 3 easy ways to keep your medicines safe at home:

1. **MONITOR** what is on hand, who has it and how much.
2. **SECURE** lock up all medicines in a safe place, treat them like you'd treat your money and jewelry.
3. **DISPOSE SAFELY** get rid of expired and unused prescriptions and over-the-counter medications. Don't keep them around.

Caffeine: How it Affects Our Kids

Caffeine is natural product found in the leaves and seeds of many plants and it is also an artificial additive found in some foods. Caffeine is a drug because it stimulates our central nervous system. A little bit of caffeine can make us feel energetic and alert. Too much caffeine can cause:

- ⇒ jitteriness and nervousness
- ⇒ upset stomach and headaches
- ⇒ difficulty concentrating
- ⇒ difficulty sleeping
- ⇒ increased heart rate
- ⇒ increased blood pressure

Why should we limit caffeine?

Kids usually drink regular soft drinks with caffeine and kids who have one or more 12 ounce sweetened drink per day are 60% more likely to be obese. Caffeinated beverages usually have empty calories with no nutritional value so they take away from healthier choices like milk. The high sugar content and acidity erode the tooth enamel causing cavities. Caffeine is a diuretic so it can make you dehydrated. Especially, risky in the Summer heat.

Too much can cause headaches, muscle aches, depression and irritability when you cut down its use. In older kids, encourage them to limit caffeinated drinks and substitute water and other drinks that have nutritional value. Better choices now will help them be healthier as adults.

Young kids only need a little caffeine to feel the negative effects so it is important to keep track of the food and drinks that you give them.



The Basics of Bicycle Helmet Safety

Bicycle helmets should be worn for safety. A proper fitting helmet is an important piece of safety equipment to protect your brain from injury.

A bicycle helmet fits well when:

It sits level on the head.

Isn't tilting forward or backward.

Has strong straps that are fastened snugly under your chin.

It is tight enough not to slide around.

Establish a lifelong habit of wearing a helmet from the first day on a bike.

Encourage your neighbors and friends to wear a helmet. Peer pressure in this instance is a good thing!

Don't let your kids ride their bikes unless they wear a helmet, be consistent!

Explain to your kids why helmets are important to protect their head.



Football, hockey and baseball

players use helmets, bike riders should too!

HAVE A SAFE AND HEALTHY SUMMER!

Frozen Fruit Pops/ Makes 4 servings/serving size 1 pop

32.1 calories, 0.2 g fat, 7.8 g carb, 1.1 g fiber, 0.4 protein, 5 g sugar

Ingredients: 1/3 cup diced kiwi, 1/3 cup diced watermelon, 1/3 cup diced strawberries, 1/3 cup diced pineapple, 1/4 cup fresh pineapple juice or orange juice,

Directions: *Combine* diced fruit in a bowl and fill each 5 ounce cup with fruit. *Add* 1 tbsp of juice and insert craft sticks into each cup. They easily stay in place because of all the fruit. *Place* in the freezer for a few hours until firm. To remove the pops from the cups, *run* under warm water for a few seconds. *Enjoy!*

The Hyannis Youth & Community Center is a great place to get and stay active all year long. Come check out what's going on there and throughout the town!
www.town.barnstable.ma.us/hycc
141 Bassett Lane, Hyannis, MA 02601
508-790-6345 See you there!



Want to learn more? Get it from the source!

Sunscreen <http://www2.epa.gov/sites/production/files/documents/sunscreen.pdf>

Frozen fruit pops recipe <http://www.skinnytaste.com/2011/06/frozen-fruit-pops.html>

Caffeine http://kidshealth.org/parent/growth/feeding/child_caffeine.html

Bicycle helmets <http://www.helmetsonheads.org/safety/>

Let's Move! www.letsmove.gov

Barnstable Health Advisory Council Spring/Summer 2015

www.barnstable.k12.ma.us

Find us under Health!