



## "Go Take On The Day!" Checklist



You'll thank yourself  
in the morning!

Is your:

- Homework finished?
- Homework packed?
- Backpack by the door?
- Lunch packed or lunch money gathered?
- Breakfast prepped?
- Clothes chosen and laid out?
- Gym shoes, too?
- After-school plan set?
- Sports equipment or other after-school supplies gathered and by the door?

**Go get'em, Tiger!**



Taking care of ourselves can  
take a lot of support.  
We're here to help!  
Ask a nurse or provider  
if you'd like to talk.

# Happy New Year!

## Back-to-School Health Habits for Everyone

**J**anuary may be when the calendar officially rolls over, but if you've got kids, you know that the REAL new year starts in September!



**Be Good To Your Body**  
It's easier to learn and work when you feel good all over!

Even if you don't have kids at home, this time of year can be a great opportunity to pause, check in with yourself, and see if you've got any habits that need updating.

### Sleep Well

The later nights and mornings of summer may not be a problem July - August, but come September, a good night's sleep is of prime importance for everyone. People with tired brains don't learn as well and can find it hard to pay attention.

1. Limit screen time and turn them all off at least an hour before bedtime. The light from electronics can interfere with sleep.
2. Run the wiggles out during the day. Plenty of physical activity during the day helps young (and older!) bodies rest and recover at night. Kids should be getting at least 60 minutes of moderate to vigorous activity each day.
3. Take a warm bath before bed. As the body cools, it also relaxes.
4. Kids need lots of sleep! Children between ages 3-5 years need 10-13 hours a night, ages 6-13 need about 9-11 hours, teens need between 8-10 hours, and adults need 7-9 hours.
5. Cut out caffeine! Caffeine has crept into a variety of beverages that we all drink. Kids are especially sensitive to caffeine and it can interfere with their ability to get a good night's rest.

1. Stock up on healthy lunch and snack items, so that prep is easy. Check out the suggestions and recipes on the back.
2. Start the day with breakfast. Brains work best when their fueled with protein, whole grain carbs, and a little fat. Flip this over for suggestions.
3. How big is that backpack? It should never weigh more than 10-20% of your child's weight. Make sure the straps are wide and padded, and that it's worn on both shoulders.
4. If at all possible, walk or bike to school or work. Not only is it a chance to get some activity, it's a good way to jump-start your day!

### Feed Your Brain

1. Find a quiet, tidy to space for study. By reducing both sight and sound "noise," it's easier to focus.
2. Set a routine homework time. Whether it's after snacktime, playtime, or dinnertime, setting a consistent time to study can help.
3. Make "bedtime" "booktime" too! This has multiple benefits: it ensures everyone drift off to sleep with positive images; and if you're reading with your kids, it offers a chance for quiet, peaceful snuggles that reinforce the joy of reading.

For more New Year's tips, check out:  
<https://healthychildren.org/English/news/Pages/Back-to-School-Tips.aspx>

# Overnight Oatmeal

The “night- before” breakfast!

- 4 cups liquid (water, milk, some of each, maybe a little apple juice....)
- 1 ½ cup steel cut oats (**NOT** rolled or old fashioned oatmeal)
- ¼ tsp. Salt

Optional seasonings:  
dried fruit  
chopped nuts  
spices such as cinnamon, nutmeg, allspice, cardamom, coriander...

Preparation the night before:

Grease the inside of your slow cooker.  
Add liquid, oats, salt and anything else that sounds good.  
Stir, cover and cook on low for 7-8 hours.  
Top with whatever you like: butter, brown sugar, maple syrup, cream.....

**Delicious!**

# Breakfast - Beyond Cold Cereal

**Cold cereal isn't the only  
quick and easy way to get fueled for school!**

1. English Muffin Sandwiches: Toast a whole-grain English muffin. Top with ham & cheese, PB & J, or cream cheese & cinnamon.
2. Breakfast Tacos: Scramble and cook one egg (or two egg whites). Serve eggs, salsa and low-fat cheese in corn tortillas.
3. Breakfast Burritos: Meat, beans, cheese, and salsa in a tortilla.
4. Yogurt Parfait: Layer yogurt with fresh/ frozen fruit and granola.
5. Banana Dog: Spread a couple tablespoons of peanut or almond butter on a whole-wheat hot dog bun. Peel a banana, and place inside bun. Eat like a hot dog.
6. Leftover Pizza
7. Whole-grain Waffle: Spread with a nut butter and sprinkle with raisins or dried cranberries.
8. Trail Mix: Make with whole-grain cereal, shelled pistachios and a favorite dried fruit (try diced apricot, pineapple or mango). Add a glass of low-fat or fat-free milk.
9. Quick omelet: Scramble eggs with your favorite combo of any veggies (try spinach, mushrooms, diced tomatoes and/or bell peppers). Pop in the microwave until puffy; stir cook until done.

**Add a piece of fresh fruit and a glass of milk  
and you're good to go!**

# Mix-And-Match School Lunch Ideas

## 1. Vegetables

Salsa	Broccoli	Lettuce
Kale	Cauliflower	Spinach
Carrots	Cabbage	Parsnips
Celery	Kholrabi	Onions
Sprouts	Tomatoes	Squash
Cucumbers		
Snow Peas		
Snap Peas		

## 2. Protein

Beans	Meat	Greek Yogurt
Sardines	Nuts:	Seeds:
Egg	Almonds	Sunflower
Peanut Butter	Pecans	Pumpkin
Hummus	Cashews	Sesame
Tofu		
Edamame		
Trail Mix		

## 3. Whole Grains

Panini Bread	Quinoa
English Muffin	Pasta
Dry Cereal	Crackers
Muffins	Rice Cakes
Rice	
Pita Pockets	
Mini Bagels	
Wraps	
Tortillas	
Sliced Bread	
Rolls	

## 4. Fruits

Oranges	Grapes	Nectarines
Bananas	Strawberries	Dried Fruit
Pears	Mango	Blueberries
Apples	Peaches	Melons
Applesauce		

# Eat-All-Week Roasted Veggies

**Make a big batch of these on the weekend and enjoy them all week. They taste great hot, cold, or at room temperature, so they pack well for lunch.**

Chop your choice of vegetables into bite-sized pieces.

30-40 minutes	20-30 minutes	10-15 minutes
Potatoes	Beets	Summer squash
Winter Squash	Mushrooms	Bell Peppers
Sweet Potatoes	Eggplant	Asparagus
Carrots	Tomatoes	Cauliflower
Parsnips	Onion	
Rutabaga	Garlic	
Turnips	Broccoli	
Brussel Sprouts		

Preheat oven to 450 degrees. Put olive oil in a large baking pan. Add the longest cooking vegetables and stir to coat well. Sprinkle with salt, ground pepper and dried herbs of your choice. While they cook, chop the next longest cooking vegetables. Add when appropriate, adding more olive oil if needed. Chop the quickest cooking veggies and add for the last 10-15 minutes. Salt and pepper to taste.

**Enjoy!**