

NOVEMBER
2018

Dearborn SHINES MONTHLY NEWSLETTER

Hello Families!

Welcome to the first Dearborn SHINES (School Health through Integrated Nutrition & Exercise Strategies) for Healthy Kids! monthly newsletter! Dearborn SHINES for Healthy Kids! is a new and comprehensive project in eight Dearborn Public Schools. The project includes activities designed to improve you and your children's health through healthy eating and physical activity. Funded by the Michigan Health Endowment Fund, the project is a partnership between Beaumont Health, Healthy Dearborn, Dearborn Public Schools, Wayne State University, University of Michigan-Dearborn Environmental Interpretive Center and ACCESS.

You may have already heard about the new school garden at each of these eight schools. Your children's school is also getting new equipment and technology for physical education classes and after-school energizer clubs. Also included in the Dearborn SHINES project is training for classroom teachers on how to give students physical activity breaks during the classroom period.

Each month you will receive a newsletter with information and tips on how to stay healthy! You will also read about exciting monthly family events in each of the eight Dearborn schools: Salina Elementary, Salina Intermediate, McCollough-Unis Elementary and Middle School, Lowrey School, Long Elementary, Nowlin Elementary, O.L. Smith Middle School and Miller Elementary.

We know that being physically active and eating healthy will improve your overall well-being and your children's academic achievement.

Please join us! What kind of healthy family events would you like to see at your school? We are looking for parents to volunteer and help us create the monthly family nights at your school. If you want to get involved, please contact Latefa Hamid at lhamid@accesscommunity.org or (313) 216-2258.



This Month's Daily Exercise

Jumping!

- **Jumping jacks:** stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to center on landing
- **Tuck jumps:** bend knees and lift heels high while jumping
- **Hurdle hops:** jump side-to-side or front-to-back over pretend hurdle
- **One-foot hops:** lift one knee and jump on standing leg; alternate (this is a great balance challenge too!)
- **Criss-cross feet:** jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue.

Why fitness is important

The following facts points out why it is important for young people to achieve a healthy fitness level:

- More than 9.2 million children and adolescents (ages 6-19) are considered overweight or obese.
- One-third of young people in grades 9-12 do not get a sufficient amount of moderate to vigorous physical activity.
- Only 22% of high school students get the recommended number of fruits and vegetables each day.

NUTRITION FACTS

- Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating.
- Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup and fructose.

Upcoming Event: Family Night!

Refreshments!

Fun Activities for your entire family!

Location: OL Smith Middle School (Gym)

Date: November 28th, 2018

Time: 6:00pm-7:30pm

If you are interested in volunteering please contact Latefa Hamid at lhamid@accesscommunity.org or

(313) 216-2258.



This Month's Healthy Recipe

Mint and Fruit Smoothie

- 1/4 cup red seedless grapes, frozen
- 1/4 cup unsweetened applesauce
- 1 tablespoon fresh lime juice
- 3 frozen strawberries
- 1 cup cubed fresh pineapple
- 3 fresh mint leaves

Directions

Place frozen grapes, applesauce, and lime juice into a blender. Puree until smooth. Add frozen strawberries, cubed pineapple, and mint leaves. Pulse a few times until the strawberries and pineapple are in small bits.

