

## RESOURCES & LINKS

### Coventry Public Schools Wellness:

[www.coventryschools.net/wellness.htm](http://www.coventryschools.net/wellness.htm)

#### Kids First RI

[www.kidsfirstri.org](http://www.kidsfirstri.org)

#### Let's Move!

[www.letsmove.gov](http://www.letsmove.gov)

#### Thrive RI

[www.thriveri.org](http://www.thriveri.org)

#### Farm Fresh RI

[www.farmfreshri.org](http://www.farmfreshri.org)

#### YMCA

[www.ymcagreaterprovidence.org](http://www.ymcagreaterprovidence.org)

#### Fuel Up to Play 60

[www.fueluptoplay60.com](http://www.fueluptoplay60.com)

#### Presidential Active Lifestyle Award

[www.presidentschallenge.org](http://www.presidentschallenge.org)



## Coventry

# Health & Wellness Newsletter

VOLUME 1, ISSUE 1

NOVEMBER / DECEMBER 2011

## It's Flu Season!

### Flu information from the RI Dept. of Health:

1. Most common way to get the flu is by coming into contact with airborne droplets containing the flu virus.
2. Flu particles travel 6 feet from a cough or a sneeze.
3. You can get the flu from someone who has no symptoms and doesn't appear sick.
4. The flu can lead to serious complications that might even require a stay in the hospital.
5. Approximately 200,000 Americans are hospitalized due to flu-related complications each year.
6. Once a person has been infected with the flu, he/she usually begins to spread the virus one day before symptoms appear.



### Coventry Flu Clinics

- Each clinic will be held at the school
- Families with children at multiple schools can select ONE of them to bring all children
- All family members, including adults, can be vaccinated at the clinic (except for the high school).

#### Coventry High School:

November 1<sup>st</sup>

during the school day for students and staff ONLY

#### ASFMS of Coventry:

December 1<sup>st</sup>

4:00 to 7:00 pm

#### Hopkins Hill:

December 1<sup>st</sup>

4:00 to 7:00 pm

#### Blackrock:

December 1<sup>st</sup>

4:00 to 7:00 pm

#### Western:

December 2<sup>nd</sup>

4:00 to 7:00 pm

#### Washington Oak:

December 2<sup>nd</sup>

4:00 to 7:00 pm

#### Tiogogue:

December 2<sup>nd</sup>

4:00 to 7:00 pm

## The Earlier, The Better

If we teach our children at a very young age about the importance of eating healthy and staying active, it will stay with them for life!

This Fall, students in Mrs. Swain's EARLY CHILDHOOD EDUCATION 2 program at Coventry High School had the assignment of creating puppet shows with the themes of nutrition, healthy eating habits and overall wellness.



Left to right: Jessica Detonnancourt, Mariah Santos and Stephanie Lopez

A big **CONGRATULATIONS** to Blackrock and Western Elementary Schools, who each won a \$3000 grant from the NFL and New England Food & Dairy Council for participating in the *Fuel Up to Play 60* program!! *Fuel Up to Play 60* encourages young people to eat healthy and move more — and studies suggest that well-nourished, physically active kids can be better students!

## From the Coventry

### Physical Education Teachers...

It is that time of year again when most of us will be indoors more often than not. We recommend LIMITED SCREEN TIME, but here are some suggestions to burn a few extra calories during that limited screen time and avoid gaining excess winter weight. Challenge your children and get the whole family involved.

- While watching TV, see how many jumping jacks you can do in one minute.
- In between video games, run up and down the stairs in your home ten times.
- During TV commercials or between video games, count how many push-up and sit ups you can do. Try to increase the number over a period of weeks.
- Dust off the old exercise bike or piece of exercise equipment and exercise for 30 minutes while you're watching your favorite TV show.



Try to be a good role model for your children; remember, you are their first teacher. They will want to imitate you!



Playful movement is one of the keys to a healthy family home. It doesn't matter what you choose to do. Just think of all the many choices you have from walking to gardening to vacuuming the carpet, let alone the fun you can have with your kids swimming in a pool, going for a hike, shooting some hoops, or taking a favorite pet for a walk.

To get 60 MINUTES of moderate activity throughout your day, just add ten minutes here and fifteen minutes there.

TAKE A QUIZ TO SEE HOW HEALTHY YOUR HOME IS:

[www.ymca.net/healthy-family-home/quiz.aspx](http://www.ymca.net/healthy-family-home/quiz.aspx)

## EAT THIS, NOT THAT!

If you must eat at McDonalds, try a Quarter Pounder without cheese. It has 410 calories and 19g of fat compared to the perceived "healthy" Grilled Chicken Club, which has 570 calories and 21g of fat.

### TIP:

Drink water or milk instead of soda

### TIP:

Limit salt and sugar intake

### TIP:

Switch from white flour to whole grain



### DID YOU KNOW?

The USDA has done away with the confusing MyPyramid and replaced it with MyPlate, which is designed to be easier to read, giving diners an idea of what should be on their plates when they sit down to eat.