

HUDSON PUBLIC SCHOOLS WELLNESS NEWSLETTER WINTER 2017



HUDSON
Public Schools
Achievement & Character

Get Heart Healthy



**The American Heart Association
Recommendations for
Physical Activity in Kids**

At least 60 minutes of moderate- to vigorous-intensity aerobic activity **Every day**



© 2016 Learn more at heart.org/KidsActivityRecommendations.



Physical Fitness Opportunities

There are many ways that children can remain physically active at home. They can participate in after school sports. See below for local fitness opportunities for children:

Lyndon B Johnson declared the first American Heart Month in 1964 and for the last fifty-three years in February, the U.S. has continued this awareness campaign. You are never too young to start living a heart healthy lifestyle. Even small changes to your routine can make a big difference.

Physical activity helps control weight, it raises your good cholesterol (HDL), reduces blood pressure, and reduces the risk of diabetes and some kinds of cancer. Physical activity also improves your mental health instilling a sense of well being and higher self esteem. It helps children and adults build self confidence.

There are also lots of things that you can do at home to live a heart healthy lifestyle. Quitting smoking and making sure your family gets enough exercise and eats healthy is key. Good nutrition at home. Include fruits, vegetables, beans, nuts/seeds such as walnuts and sunflower seeds, fish, skinless poultry, fat-free and low fat dairy, healthier fats such as olive oil, canola oil, safflower oil. Limit sodium salt, saturated fat, sugars and sugar sweetened beverages, red meats (if you choose to eat red meat American Heart Association recommends choosing lean cuts of meat.) Avoid Trans Fat and partially hydrogenate oils.

AHA recommends watching your caloric intake, eating reasonable portions, and reading the nutritional information on food purchased. Eat a variety of foods to get all the nutrients that you need.

For more information visit the American Heart Association at:

<https://goo.gl/CKLzlr>

Hudson High School Sports

www.sites.google.com/a/hudson.k12.ma.us/hudson-high-school/parentresources/athletics

Hudson Parks & Recreation (basketball, baseball clinics, tennis, canoeing, track, swimming, gymnastics, field hockey, golf, etc.

www.hudsonrecreation.recdesk.com

Hudson Youth Baseball & Softball

www.hybs.org

Hudson Youth Soccer

www.hysa.org

Hudson DEK Hockey

www.hudsondekhockey.com

Starhawks Youth Hockey

www.starhawks.net

Marlboro-Hudson Youth Lacrosse

www.mhyl.org

Horseback Riding at Maple Grove Farm

www.ridemaplegrove.com

As well as several martial arts and dance studios

Healthy Smiles

Making sure that your children brush their teeth is an important part of their dental care routine. For a healthy smiles the American Dental Association recommends that children brush their teeth twice a day with a soft-bristled brush using an ADA-accepted fluoride toothpaste for two minutes. They also recommend replacing their toothbrushes every three or four months or if they become frayed.

Brushing teeth is only part of a complete dental care routine. Children should also make sure to floss, eat a balanced diet and limit between meal snacks. Visit the dentist regularly for professional cleanings and exams.



For more tips on caring for your child's teeth please visit mouthhealthy.org or ask your child's dentist or dental hygienist.

How to Stay Healthy This Flu Season

Vaccination is not the only way to help prevent the flu. Here are steps you and your family can take to stay healthy this winter.

Perhaps the simplest and most effective way is to wash your hands often - with soap and warm water. Rub your hands vigorously together and scrub all surfaces. Wash for at least 20 seconds. (Tip: have your children sing the "Happy Birthday" song twice while washing.) It is the soap combined with the scrubbing action that helps dislodge and remove germs. Use regular soap. Antibacterial soap is not necessary. These soaps may contribute to the growing problem of anti-biotic resistance.



When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu. However, alcohol-based disposable hand wipes or gel sanitizers do not remove dirt.

Avoid touching your eyes, nose or mouth. Germs are often spread when people touch something that is contaminated with germs and then touch their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables.

Cover your mouth and nose when coughing or sneezing. Viruses that infect the nose, throat and lungs cause illnesses like the flu (influenza). The flu usually spreads from person to person when an infected person coughs or sneezes and the droplets from the cough or sneeze move through the air and are deposited on the mouth or nose of people nearby. So, always cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, wash your hands, and do so every time you cough or sneeze.

If you feel ill, stay home from work and keep sick kids home from school or day-care. And keep in mind; most people with flu will recover just fine.

For more information, please call the Hudson Board of Health at 978-562-2020 or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at 617-983-6800, or visit mass.gov/handwashing



SCREENAGERS, Living in the Digital Age was a very successful event. As a follow-up to our Screenagers Event in January, here are some resources for parents.

- Screenagers Resources: screenagersmovie.com
- Media Agreement: goo.gl/y3cYDH
- AAP Media Tools for Parents: goo.gl/FTwQiX
- Screenagers Tech Talk Tuesdays: screenagersmovie.com/tech-talk-tuesdays
For those unable to attend, this documentary is only showing in public screenings at this time and is not available on DVD. You can find other upcoming screenings here: screenagersmovie.com/find-a-screening



Hudson Health Department

(978) 562-2020

hudsonhealthdept.org

Hudson Youth Substance Abuse Prevention Coalition (HYSAP)

(978) 562-2020

hudsonhealthdept.org/substance-abuse

Works to measurably transform adolescent substance use by building community capacity and supporting substance abuse prevention, early intervention, and treatment.

Advocates

(508) 628-6300 advocates.org

Advocates champions people who face developmental, mental health, or other life challenges. We partner with individuals and families to shape creative solutions to even the greatest obstacles. Services include: Counseling, Psychiatric Emergency Services, Autism Services, Brain Injury, and much more.

Wayside Youth & Family Support Network

508-879-9800 waysideyouth.org

Wayside provides a wide variety of mental health counseling and family support services to children, young adults and families in Massachusetts.

NAMI National Alliance on Mental Illness Metrowest

508-251-9595 namimetrowest.org

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Hudson Food Pantry

(978) 562-5280

hudsoncommunityfoodpantry.org

A nonprofit, charitable organization that distributes food to those who have difficulty purchasing enough food to avoid hunger.