

# ..... A Family's Guide to a ..... *Healthy & Happy School Year*

*Dear Families,*

Don't let sniffles and coughs get in the way of learning. Staying healthy is a key ingredient to ensuring a successful school year!

Inside this guide, you'll find tips for helping kids stay healthy at school and at home, a fun punch card to keep them motivated, and a cool poster to hang on the fridge or family bulletin board.

## MAKE HOMEWORK TIME HAPPY ... *for real!*

If you've spent time on homework duty, you know that after-school homework time can turn into a battle when kids are tired and hungry. Read on for some simple ways to set your child up for homework success.

**Get bodies and minds ready.** It's hard to concentrate when you're hungry or restless. Make it a routine to serve a healthy snack and encourage your child to log some physical activity before sitting down to study. Don't forget breaks, too. Most kids need them every half hour.

**Create an A+ work zone.** Set a dedicated study space in your home. Keep supplies organized nearby and keep it clean—germs aren't homework helpers! Keep it as distraction free as possible, too—ditch the devices except for when they're needed for assignments and turn off the TV.

**Keep the balance.** Kids need time for playing, reading for pleasure, exercising, relaxing, and eating family meals. If homework is taking longer than you think it should, talk to your child's teacher. It's not meant to be a struggle.





## Five Ways to Make School a Healthy Place to Learn

Family support is crucial to keeping a school full of happy, healthy, and learning kids. To pitch in, you don't have to spend tons of money or energy. Here are five easy ideas:

- **Donate your time.** If you can spare 15 minutes at drop off or on a Friday afternoon, ask your child's teacher if there's a way you can help out at school. Can you stuff folders to be sent home? Wipe down classroom surfaces or supplies? Help keep the lost and found in order?
- **Pay it forward when you can.** Teachers spend so much of their own money on their classrooms. When you find tissues, disinfectant wipes, or other germ-busting supplies on sale two for one, consider sending one of the two packages to school.
- **Organize a healthy community event.** A healthy school community helps kids succeed. Offer to coordinate a grade-level potluck to encourage kids to try new healthy foods. Or, set up a family sports day and get both kids and grown-ups moving.
- **Collect Box Tops:** Box Tops for Education are on hundreds of products you buy all the time. When schools collect and submit them, they earn cash! If your school doesn't already collect Box Tops, volunteer to be a school coordinator and help them get started.
- **Teach germ-fighting habits.** Teach your child how and when to wash their hands and remind them (often!) to do it at school. Same goes for using tissues and coughing into their arms. And if your child does get sick? Keep 'em home, please! Sick days are hard, but resting at home for a day or two can speed up recovery and prevent germs from spreading around the class.

Get two free Box Tops for your school on the next page.



## Healthy Habits Punch Card

It's not a habit unless you do it again and again! Cut out this punch card or head to [MyHealthyClassroom.com](http://MyHealthyClassroom.com) to print out your own to help kids get started with—and keep—health-boosting habits. When your kid completes a section, reward them with a special privilege or break from a chore. When your child completes the whole card, plan a family adventure to celebrate.

**I was active for 30 minutes today.**

*Walk or jog around your neighborhood, play catch or wall-ball, or have a dance party!*

**I ate five servings of fruits and vegetables.**

*Eating foods of many different colors supercharges your body's immune system.*

**I drank six cups of water today.**

*Kids should have at least 32 oz. of water each day. More when it's hot.*

**I read for thirty minutes today.**

*Every day, especially if you choose books you love.*

**I washed my hands today.**

*Wash your hands before you eat, after you play, and after you use the bathroom.*





# 15 Spots in Your Home You Should *Disinfect Like Crazy*

Keep your home clean and your family healthy by disinfecting these hot spots:

1. *Light Switches*
2. *Tablet & Phone Surfaces*
3. *Remote Controls*
4. *Computer Keyboards & Mouses*
5. *Countertops*
6. *Kitchen Sink & Faucet*
7. *Refrigerator & Microwave Handles*  
(Germs last a lot longer than the weeknight dinner rush.)
8. *Soap Pump Containers*  
(Hands touch these before they're clean. Enough said.)
9. *Bathroom Sink & Faucet*
10. *Bike Helmets & Handlebars*
11. *Toothbrush Holder*
12. *Children's Toys*
13. *Pet Toys*
14. *Seat Belts*
15. *Doorknobs*



## *See Ya, Germs!* Tips for a Healthy Home

We asked families around the country for their tried-and-true tricks for knocking out germs at home.

"Don't bring germs home from school and back again. We empty lunch bags as soon as kids get home, wash with soap and hot water, and leave open to air dry for the next day. Each school vacation, the backpacks get run through the washing machine, too!"

Jesse H., FL

"A great way to realize what surfaces need the most cleaning is to cover your kids' hands in flour and go about your day for a while. (Trust me, kids will love this.) See what gets covered the fastest! For us, it was light switches!"

Katie D., CA

"Keeping the house clean takes everyone! I get the kids in on the work by having them clear all the random stuff on the counters into a 'put-away basket.' I follow with the Lysol Wipes."

Molly R., ME

"Kids love a good routine! We have set times when we always wash our hands, like right when we walk in the door. Plus, before we brush teeth at night, we wash all the way up to our elbows while singing a song from our favorite movie."

Sean L., MA

"If your kids touch their noses and mouths when they're listening to a story or watching TV (watch them—they do!), give them simple fidget toys to hold instead. Of course, don't forget to clean them often!"

Mila R., NC

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*Lysol* purchase.  
Visit [myhealthyclassroom.com](http://myhealthyclassroom.com)



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..... **Healthy & Happy** .....

# Goals for Every Day

Small actions can make a big impact on well-being. By staying active, fueling up with healthy foods and drinks, and doing things to make your body feel good, you become your best self!



1

Hour of exercise



2

Acts of kindness



3

Healthy meals



4

Conversations with  
people important to you



5

Fruits or veggies



6-8

Cups of water



9

Hours of sleep