PS 174 Q – William Sydney Mount School

Fall 2016 Newsletter

Physical/Health Education - Mr. Niccolich

Incorporating healthy eating habits all year long is important to the health of your children but there are certain times of the year, such as Halloween, that have sweet temptations. As long as you have clear boundaries about when and what your children are allowed to eat from their Halloween stash, a limited amount of candy won't undo a full year of healthy habits. If you're looking for healthier alternatives to candy, try these great ideas:

- **Bubbles!** Look for the little mini-bottles that you see at weddings.
- **Stickers.** Kids love stickers anytime and will love the chance to personalize their belongings.
- **Pencils.** With all the technology at our fingertips, kids still love a cool-looking pencil.

Healthy Hint: Whatever you decide, make it fun! It's the healthy choices you make throughout the year that determine your child's overall health.

Thanksgiving is a time when families get together and share great memories and meals. It's also a great time to be mindful of our portion sizes and how much we consume, especially during the holidays when there are so many delicious treats!

You may be surprised to learn these are serving sizes:

- 1 slice of bread
- ½ cup rice or pasta (cooked)
- ¾ cup of fruit juice
- 2-3 oz. meat, poultry or fish (about the size of a deck of cards)

Healthy Hint: Most servings are well over the standard portion size, so we're all getting extra calories we don't need. Try having more vegetables as extra helpings of food.

Please remember to send your child to school with sneakers and sweatpants on their assigned gym day. Check with your child's teacher to find out what day the class has gym.