



Healthy Families

Spring 2022



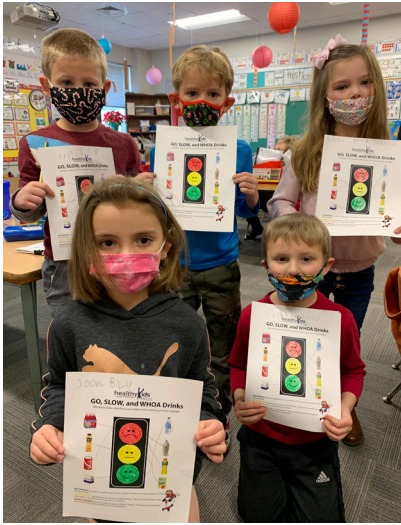
healthy kids
a journey to healthy habits

Sarah Bush
Lincoln

A healthier tomorrow starts today!

KINDERGARTEN

January: Go, Slow, Whoa! Drinks



Sullivan Elementary School

Orie was the Healthy Hero of the Month talking about sugary drinks. During our January lesson, kindergarteners learned that not only are we eating a lot of sugary foods, but drinking them too. We were able to visualize just how much sugar goes into our bodies each time we drink things like soda. Categorizing drinks with the colors of a stoplight was a lot of fun as we played "Go, Slow, Whoa! drinks."

GO drinks like water and low-fat milk meant stand on your tiptoes and touch the sky! **Slow** drinks like juices meant hands on your hips! And **Whoa STOP** drinks like soda and kool-aid meant crouch down and touch your toes! They even got to color and match their own drink stop light to take home.



February:



February was all about trying new things. When asked why trying new foods is so important the main response from kindergarten was "because you don't know until you try it," and "It helps you stay healthy!" Good job! This is correct because sometimes we try a new food and love it. Other times we might not like it right away, but that doesn't mean we should give up on our taste buds.

We read "DW The Picky Eater," and the students got to try their very own sugar snap pea! We talked about the look, feel, sound (snap) and taste. After becoming the kings and queens of trying new things, students designed their own crowns to wear for being a part of the "One Bite Club!"



Shelbyville Kindergarten Center

March: FRUIT AND VEGGIE LAND

Our Healthy Hero, Zoe reminded students in March that two or less hours of screen time is a healthy limit. Although we can still use screen time as a learning tool, sometimes it's best to take a break and get some movement! Together, we read a book "Pterosaur Wants to Play a Game" about a young dinosaur who, after finding out about screen time, forgot about the things he loved to do most like playing with his friends. In the end, just like Pterosaur, kindergarteners realized that too much screen time doesn't allow us to spend time doing other things we love.

So to get some much needed movement we played Fruit and Veggie land. Based on the classic Candy Land rules, this game incorporates lots of exercises like push-ups, jumping jacks, high knees and planks as well as 5-2-1-0 questions where students could be quizzed on Healthy Kids Lesson topics.



April:

We wrapped up a FUN year of Healthy Kids Lessons with our Healthy Hero Ian's Fitness challenge! Getting at least one hour of exercise in each day is so important to stay strong and healthy. Together, we hopped, jumped, twisted and turned through the exercises. At the end each student earned their very own Healthy Hero Medal for all of their hard work! The students learned so much from their Healthy Hero friends!



To top it off, they were sent home with their very own Healthy Hero Activity Book. Take some time to do an activity together, or ask your kindergartener to introduce you to one of the Healthy Heroes.



ELEMENTARY

January:

Simple SWAPS

What better way to start the New Year than remembering how important it is to eat healthy and nutrient-dense foods! During our January lesson students were taught the difference between good "whole" calories and bad "empty" calories. The lesson, titled "Simple Swaps" helped the students understand the concept of empty calories that do not benefit our bodies versus nutrient-dense calories that are healthy. We ended the lesson with the "Simple Swap" card game where students were able to eliminate and identify an empty calorie food with the healthiest swap between four cards. The healthy snack of the month was whole grain rice cakes, and they were a hit!



Main Street Elementary, Shelbyville

February: Food Labels



By looking at nutrition facts on food labels, we can discover exactly what a food or

drink contains. In a previous healthy kids lesson, students learned about whole foods (the five food groups) vs. pretender foods (like fruit snacks or chicken nuggets.) During February's lesson students learned more about these foods by locating different information on food labels including calories, percentage of total fats, sugars, vitamins and the ingredients. Did you know... on the nutrition label the first ingredient listed means the food contains more of that than any other ingredient? Yikes! During our "Food Label Baseball" students quickly learned that if sugar is the first ingredient listed... it's a pretender!

Remember it's what's on the back or side of the box that counts!

March:

EXERCISE

Exercise is so important for our bodies! It helps build muscle, maintain healthy weight, decrease risk of disease and improves things like mood, sleep and focus. The recommended amount of exercise daily is 60 minutes (one hour) or more. During our March lesson the students used their time to get even closer to reaching their daily exercise goals! The Rivers & Mountains game, based off of classics like Candy Land and Chute's and Ladders, this Healthy Kids version was full of colored squares, exercises and Healthy Kids review questions! If you were lucky, landing on high

knees took you up the mountain. But watch out for those planks that take you back down the river. The game board consisted of exercises like burpees, planks, running in place, squats and more!



Stew-Stras Elementary

April:

KickStart

As weather permits, we are excited about visiting schools with the KickStart vehicle to have fun while staying active! Through interactive features like jumping rope, dribbling balls, running through obstacles, balancing and using quick feet, we get to be active together. The Kickstart car always proves to be a blast for the students.



Riddle Elementary, Mattoon



Main Street Elementary, Shelbyville



HEALTHY HEROES CHALLENGE

active! Our challenge is for the school to walk or run a total of 27,280 miles between January and the end of April. By working together, the entire school will earn a

Every other year, the Healthy Kids Program issues the Healthy Heroes Challenge to a local school. This year we chose to challenge the students of Riddle Elementary in Mattoon to get more

rock-climbing wall for its gymnasium. Miss Laura started the kickoff by getting the students excited about the challenge, and healthy Hero Sasha lead jump rope competitions with the students. Good Luck Riddle Elementary, and thank you WomensConnected, a giving circle that supports SBL programs for providing this opportunity!



Let's go Crazy for KIWI!

Kiwi is a small, fuzzy brown fruit with a delicious sweet, tart taste. When picking a kiwi you want to press it softly with your thumb, and if it indents slightly to the pressure, you are good to go. The great thing about this fuzzy fruit is not only its amazing taste, but also all of the great benefits it gives your body. One kiwi fruit alone has twice the vitamin C of an orange. This can help your body fight off colds and flus as it helps build your immune system. Kiwi also has twice the vitamin E of an avocado with fewer calories. This brown and green fruit also has a high amount of fiber which helps your body with digestion. If that wasn't enough for you, the kiwi fruit is also loaded with potassium.

Back to the



IT'S BACK! Come join in the fun and excitement as runners and walkers gather on the EIU campus for Sarah Bush Lincoln's 14th annual Races for all Paces.

May 14, 2022

Register at sarahbush.org/races

**Half Marathon • 10K • 5K • 1 Mile
Toddler Trot & Diaper Dash**

Train for Races and run for FREE

For the first time, Sarah Bush Lincoln is partnering with Mattoon and Charleston elementary schools to train for this year's Races For All Paces One-Mile Fun Run. A running club will be offered for students in first through fifth grades during the month of April until the end of the school year. Students will get a chance to track their steps at school and at home to prepare for the one-mile event. Sarah Bush Lincoln will reward those students participating in running clubs with free entry for this race. We encourage family participation, as there is a race for everybody at this event. All children must be accompanied by a registered adult at the race. For more information, contact your school.



Team Charleston (RED) or Team Mattoon (GREEN)

To add even more fun to this event, we are issuing a challenge to see how many students (and families) we can get to participate in a little Mattoon vs. Charleston healthy competition! Part of the challenge will include headbands for the students to wear during the race to be recognized as Team Mattoon (green) or Team Charleston (red).

SBL Healthy Communities Summer Programs



Fit Girls & Fast Reads | 9 - 11 a.m.
@ Mattoon Public Library

Mondays & Wednesdays beginning June 13 and ending with Run for the Bagel on July 23
Register at sarahbush.org/calendar

Teen Cooking Classes | 11 a.m. - 1 p.m.
@ Mattoon Middle School
June 14 & 16 July 19 & 21
June 28 & 30
Register at sarahbush.org/calendar



Parent & Child Cooking Classes | 11 a.m. - 1 p.m.

@ Eastern Illinois University

June 8 June 23

June 9 July 12

June 21 July 14

Register at sarahbush.org/calendar



Safe Sitter | 8 a.m. - 4 p.m.

@ Sarah Bush Lincoln

June 2 July 1

June 7 July 27

SAFESITTER Safe sitter is a one-day, nationally certified course designed for children over age 11. It uses fun and interactive techniques to teach about child care safety and techniques, behavior management skills and appropriate responses to emergencies. Registration opens April 1, and is \$30 per participant. This course is open to the community. Class size is limited. For more information and to register, please contact Harley Powley at 217-345-6822 or email hpowley@sblhs.org.



Got info or photos of your family being healthy?

Contact Harley Powley, Healthy Kids Educator,
at (217) 345-6822 or hpowley@sblhs.org.