



Almira Gators



Mr. Burkhardt

The Healthy Heart

October 2019 Issue #1

Don't SIT-Get FIT!

At what time should your child go to bed?

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Sleeping time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

Brains and Bodies.....

Will not grow as well if they do not get the proper amount of sleep. Below is a chart, so check out your bed time and wake times, and see if you are getting enough sleep.

Why do you need this much sleep? Your body heals from a busy day and gets ready for the new day.

Your brain is what is most important. All the things you learned today will be sent to long term memory (meaning you will remember it) tomorrow.

If you are not getting enough sleep your brain cannot put your lessons learned in the long term memory bank.

Your body will be tired the next day, your brain will be tired too. You will not think well and you might be a bit crabby. That is when mom or dad say's it is time for a nap. You are just too tired to keep going.

So, GO TO BED! And GO TO SLEEP so you can be bigger and stronger and smarter and ready to learn even more things the next day. **Sweet Dreams!**

Missing Pieces of a Healthy Diet!

What's missing from your diet? Let's talk about 4 items and how they can enhance your health.

- € First, eggs, besides being a great source of protein, eggs provide us with vitamin B-12. Eggs are often associated with high cholesterol but we now know they are safe for people even with high cholesterol. Try mixing one egg with two egg whites if you are worried about fat content.

- € Dairy, 2 reasons to keep dairy on your meal table, calcium and potassium. Pasta eaten in excess can make you gain weight. Keep your serving to one cup and toss with olive oil, veggies and shrimp!

- € White potatoes are NOT high in calories. If prepared different ways, potatoes are high in potassium and fiber. Try topping them with salsa, greek yogurt or hummus.

- € Nuts are fattening if you eat too many. Otherwise, they are an excellent source of health fats and protein. One serving is roughly the size of a shot glass. Whole grain bread is in, white is out. That's the easiest way to remember what's better when you make a sandwich.

Tips to stay Healthy

during cold and flu season

By now you know that frequently washing your hands with soap for 20 to 25 seconds is the first line of defense against germs that lead to illness. Here are other ways to help you fight the good fight:

Step 1: Regularly disinfect the kitchen sink, the trash can, the bathroom faucet, and the tub. They're some of the germiest places in a home, according to studies. The champion of contamination? The kitchen sponge. Clean it in the dishwasher weekly.

Step 2: Take a brisk walk five times a week. Studies show that regular exercise can help reduce your likelihood of catching a cold.

Step 3: Work probiotics (a.k.a. good bacteria) into your daily diet to help your immune system ward off bad bacteria. Try yogurt, fortified drinks, or a tasty treat like the 90-calorie Attune Milk Chocolate Crisp Probiotic Bar (\$1.20, attunefoods.com for stores).

Drug Free Week

October 23-31, 2019



Halloween Rules and Guidelines below.

Always use common sense.

Young children should always go trick-or-treating with an adult.

Never trick-or-treat alone.
Have at least 2 buddies go with you.

Plan your entire route and make sure your family knows what it is.

Make sure that you are wearing a flame retardant costume.

Wait until you get home and your parents check your candy before you eat it.

Be very cautious of strangers.

Accept treats only in the doorway. Never go inside a house.

Be sure and say thank you for your treats.

Don't play near lit jack-o-lanterns.

Visit only houses where the lights are on.

Walk, Do not run.

Walk on sidewalks and driveways.

Cross the street at the corner or in a crosswalk.

Take a cellular phone with you if possible.

Wear a watch.

Carry a flashlight.

Have an awesome time on
your trick or treating!

Peace and BOO!

Mr. Burkhardt, PE Teacher

Thank you JR. CLEVELAND BROWNS FUTP60 CLINIC Darrell Taylor



EXTRA SPOOKY FAMILY FUN COOKING

SPOOKY CANDY-COATED APPLES



Ingredients: 6 small apples, scrubbed, stems removed 2 12-oz. bags white candy melts
1/4 cup semisweet chocolate chips

How to Make It

Step 1: Line a baking sheet with parchment. Grease with cooking spray.

Step 2: Insert a wooden skewer or heavy-duty cake-pop stick through top of each apple. In a medium microwave-safe bowl, melt candy melts on high until smooth, stirring halfway through, about 3 minutes total.

Step 3: Dip apples in melted candy by tilting bowl and turning apples to coat, spooning additional melted candy over apples, if necessary. Place dipped apples on prepared baking sheet. Place sheet in refrigerator to chill for at least 30 minutes.

Step 4: Melt chocolate chips in a small microwave-safe bowl on high until smooth, stirring at 20-second intervals, about 1 minute. Spoon chocolate into one corner of a ziplock bag; using scissors, cut a small hole in corner. Pipe eyes and mouth on each apple. Chill apples at least 10 minutes or until ready to serve.

WHAT ARE WE DOING IN PE?

K-2: We had NFL Cleveland Browns Skill clinic - Catch, Run, pass a Football, and running some football drills. Walk, run, hop, jump, skip, leap, gallop, slide, swing, sway, bend, stretch, and twist with variation in speed, direction, force, shape, and level in general and personal space. Also participating and understanding the PACER run.

3-5: We had NFL Cleveland Browns Skill clinic - Catch, Run, and pass a Football to a moving partner. Take and meet the age appropriate standards for the Welnet / Fitnessgram (a fitness test) assessment of health-related (healthy lifestyle) fitness. Also, we are finishing up Volleyball skills.

6-8: Participating Volleyball and Football activities. In Volleyball, the students focuses on receiving the bump as return over the net, serving over the net by using underhand and overhead serves. For Football activities, such as receive the snap in football, back peddles or slides back and throw the ball forward, utilizing all the combinations of movement skills needed.

Hey KINDergarteners — Are we having FUN yet?

