



THE NDA WELLNESS COMMITTEE
PRESENTS:

BE WELL

HEALTHY ♦ MIND ♦ BODY ♦ SPIRIT

JANUARY 2020

Hello NDA staff and families,

The NDA Wellness Committee would like to present a few health challenges as we usher in the New Year. Our theme is "BE WELL" for a Healthy Mind, Body and Spirit which aligns with NDA's Wellness Mission Statement (see below). We are launching a three-week series of themed wellness activities for the NDA faculty, students and families to assist in achieving our wellness goals. What a great way to **BE**gin 2020 by making positive, daily choices that make an impact on wellness!

NDA will be incorporating "Wellness Wednesdays" for the month of January. The topics that the **"BE WELL"** challenges will focus on over a three-week period are as follows:

WELLNESS WEDNESDAY #1 (January 8): Sleep & Stress Management
Silent Prayer after Mass

WELLNESS WEDNESDAY #2 (January 15): Exercise & Fitness
Just Dance exercise during gym

WELLNESS WEDNESDAY #3 (January 22): Nutrition & Hydration
New food to sample and fruit/herb infused water

Daily morning announcements will include suggestions on how to "Be Well". We hope that this endeavor will prove to be beneficial and that you and your child/ren will embrace the challenges by participating in the activities we have created. Our goal is to provide students with knowledge and confidence to **BE healthy**.

Thank you for your cooperation and support.

Sincerely,

The NDA Wellness Committee

NDA Wellness Mission Statement:

Notre Dame Academy is committed to fostering spiritual, intellectual, moral and physical excellence in our students. The Wellness Committee fulfills this commitment by engaging teachers, food service professionals, administrators, students and the school community in developing a focus on wellness surrounding food, health, and physical education. We define wellness as a healthy balance of mind, body and spirit that results in an overall feeling of well-being. We strive to improve the overall health and wellness of the NDA community by providing information, resources, activities and services that enhance learning and contribute to the development of lifelong wellness practices.

Week I: Sleep & Stress Management



BE Restful



BE Peaceful

Sleep

Sleep is essential for your mind and body, so “wake up” and get plenty of ZZZZZZZzzzzzz’s! A good night’s sleep keeps you alert and focused. It may even boost your immune system, protecting you from illnesses and enhancing energy.

Not getting enough sleep has consequences such as limiting your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, your homework or a date with a special person. It is known to make you more prone to acne and other skin problems. It may lead to inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members. Sleep deprivation may also cause you to eat too much, choose unhealthy foods high in sugar and/or caffeine, cause anxiety, stress and even depression.

Medical Research on screen devices before bed shows that more time is spent texting friends, playing computer games, or just watching TV than sleeping. These activities stimulate our brains and bodies at a time when we should be winding down, and the extra light we expose ourselves to when we look at a screen could be throwing off our body clocks. This is because when it gets dark, our bodies release a hormone called melatonin that helps make us sleepy and pre-bedtime bright light exposure, especially exposure to the blue light emitted by screens large and small, weakens melatonin release.

The following strategies may prove to be helpful to ensure that you are getting adequate, quality sleep:

- Make your bedroom a sleep haven by keeping it cool, dark and quiet
- Avoid consuming caffeine (coffee, tea, energy drinks, soda, chocolate) close to bedtime so you can get to sleep
- Stick to a consistent sleep schedule – go to bed and wake up at the same time each day ... even on weekends
- Cut off screen time an hour before you go to bed. Sticking to quiet, calm activities helps ensure a better night’s sleep.
- Establish a calming bedtime routine such as reading, listening to soothing music, prayer, taking a warm bath or shower
- Get enough sunlight
- Avoid large meals before bed that may cause indigestion; if hungry, choose a small healthy snack
- Eating foods containing the amino acid tryptophan, which causes sleepiness, may help especially if consumed with a carbohydrate to make the tryptophan more available to the brain (i.e. cereal & milk, cheese & crackers, milk & graham cracker)
- Sip herbal tea such as Chamomile which is known to be calming
- Don’t roughhouse or exercise vigorously right before bed
- Manage anxiety or stress which may lead to poor sleep
- Limit the amount of fluids consumed too close to bedtime to prevent the need to get up to go to the bathroom which may lead to trouble getting back to sleep

Resource: National Sleep Foundation

Stress Management

Stress may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest and may be a factor in causing disease. It is important to evaluate your overall lifestyle when encountering significant stress. The most important strategy is to maintain emotionally supportive relationships with family/friends.

Helpful strategies to manage stress include:

- Establish daily routines
- Eat a well-balanced diet
- Be active/exercise
- Sleep better
- Avoid unhealthy habits
- Take brief rest periods to calm yourself
- Laugh more
- Manage your time
- Listen to music
- Help others/volunteer
- Participate in a hobby, color, paint or draw
- Practice relaxation exercises that include prayer, meditation or mindfulness**
- Accept the things you cannot change

** “Mindfulness” is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us.

Note: Accessing mindfulness apps/internet programs such as Headspace www.headspace.com are available online to assist with guided meditation techniques

If stress is getting the best of you, seek professional help and they will provide resources for you.

Be Well - Week I	Sleep & Stress Management - Daily Morning Announcements
Monday: 1/6	Get your ZZZzzz's! – Adequate sleep is important for your health. It is the body's way of preparing for another day. When snoozing, the body repairs damaged tissue, produces crucial hormones, and strengthens brain processes. So, "Wake Up" and get a good night's sleep!
Tuesday: 1/7	Skip the screen time especially one hour before bedtime. Make a plan to limit screen time to 2 hours or less per day and use that extra time to study, practice singing or a musical instrument, read a book, pray, play a game, clean, or stretch.
Wellness Wednesday: 1/8	BE mindful throughout the day of God's Presence and BE Grateful for the many blessings we have at NDA! Today we will have 5 minutes of silent prayer after Mass, so please remain seated after Mass to reflect on our many blessings.
Thursday: 1/9	Sleep for Success – A person with too little sleep will have trouble with concentration, memory, physical performance and decision making. Make it a priority to get a good, night's rest!
Friday: 1/10	Get your "head in the game" by practicing mindfulness meditation. There are many positive benefits for those who take part in unplugging from the world. Take 5-10 minutes a day to relax and rejuvenate. Give it a try!

Sleep & Stress Management Challenges

- Participate in a Mindfulness Activity one day this week. The following is an example of a 5 – 10 minute breathing activity to begin incorporating mindful meditation in your day. Sit on the floor, relaxed and quiet. Close your eyes and focus on your breathing; slowly inhale, then exhale. Continue breathing in and out, in and out, while paying attention to the present moment. Feel your breath by bringing attention to the physical sensation of air movement through your nose or mouth, the rising and falling of your belly or chest. Just sit and pay attention to your breathing rhythm over and over again, without judgement or expectation. Try other Mindfulness Activities using the cards attached.
- Complete a Sleep Diary to keep track if you are getting enough rest each night
- Start an "I am Grateful for" ... list. What are you thankful for?
- Screen time challenge – Limit the amount of screen time each day to 2 hours or less or select 3 days a week where no screen time will be used after dinner.

<p>Mindfulness Activity Card</p> <hr/> <p>Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Sit very still and notice one thing that you can see, hear, feel, taste and smell.</p>
<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.</p>
<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, pants and shoes. Do you notice anything you didn't notice before?</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.</p>

Need Sleep? <http://needsleep.med.harvard.edu>

My Sleep Diary

Please begin to complete the Sleep Diary on a daily basis. It will provide a tracking of your sleep schedule that you can use to improve your sleep. You should complete this diary each morning after the previous night's sleep. Do not use it during the night or keep it in your bedroom. Use it only as a guideline and spend no more than 30 seconds filling it out in the morning.

DAY (Date)	NAPS (Duration)	BEDTIME	TIME TAKEN TO FALL ASLEEP	NUMBER OF AWAKENINGS	DURATION OF AWAKENINGS	FINAL WAKE TIME	OUT OF BED TIME	TIME SPENT ASLEEP (Hours)	NEXT- DAY ALERTNESS (1-10) 10 = most alert
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									

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A resource from the Division of Sleep Medicine
at Harvard Medical School

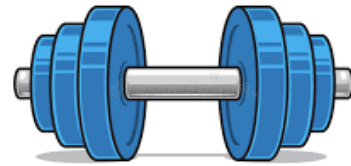


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Week II: Exercise & Fitness



BE Active



BE Fit

Exercise

Physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure – including activities undertaken while working, playing, carrying out household chores, traveling, and engaging in recreational pursuits. Children should accumulate at least 60 minutes of physical activity daily. Amounts of physical activity greater than 60 minutes provide additional health benefits.

The term "physical activity" should not be confused with "exercise", which is a subcategory of physical activity that is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness. Sports offer a great way to exercise for fun and wellness. Participating in individual sports such as swimming, running, biking, hiking and skiing, or team sports such as volleyball, soccer, baseball, football, basketball and hockey will promote physical fitness.

The benefits of Physical Activity including exercise and sports are as follows:

- Develop healthy musculoskeletal tissues (bones, muscles and joints)
- Develop a healthy cardiovascular system (heart and lungs)
- Develop neuromuscular awareness (coordination and movement)
- Maintain a healthy body
- Improve control over symptoms of anxiety and depression
- Build self-confidence, social interaction and integration
- Sleep better at night
- Feel less stressed
- Adopt healthy behaviors (avoidance of tobacco, alcohol and drug use)
- Demonstrate higher academic performance and are ready to learn in school
- Reduce the risk of diseases such as hypertension, diabetes, coronary heart disease, stroke, various types of cancer (i.e. breast and colon cancer)

Ideas to increase physical activity and exercise:

- Participate in a quality physical education program in school
- Engage in organized sports and recreation using available facilities in schools, community centers, fitness centers, or clubs.
- Get the whole family engaged in activities such as skiing, bowling, walking, biking, basketball, ice or roller skating, etc.
- Partake in the daily recess time offered at school
- Spend free time actively walking, cycling, running, or playing exercise video games
- Bodily movement may include other activities like dancing, gardening, playing, household chores, etc. that can add to physical activity
- Home exercise equipment like a treadmill, exercise bike or ellipticals are also helpful for exercise

Let's get moving for good health!

Fitness

Physical fitness is a state of optimal health and overall well-being and more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. It is your good health at its very best being able to handle physical work and play without getting overly tired.

Smart eating and active living are two fundamental lifestyle habits that promote fitness, but are certainly not the only ones. To stay fit, make other lifestyle choices for good health such as adequate sleep, manage stress, wear your seat belt, get regular medical and dental checkups, observe good hygiene practices, etc. Other key factors in the fitness equation are genes, age, surroundings, lifestyle, healthcare, economic and culture which strongly influence what you eat and how much you move.

When you are fit you have:

- Energy to be more productive
- Stamina to handle the mental challenges, stress and emotional highs and lows of everyday life
- Decreased risk for health problems such as osteoporosis, diabetes, cancer and heart disease
- A better chance for a higher quality of life, and perhaps a longer one too
- A more positive outlook on life and more self-confidence

Let's be Fit for Life!

Be Well - Week III	Exercise & Fitness - Daily Morning Announcements
Monday - 1/13	You've got to "Move it, Move it" - Remember 60 minutes of physical activity a day is the goal. Exercise helps our hearts work properly and muscles develop.
Tuesday - 1/14	Plan to be physically active at recess today by playing a game of soccer, basketball, football, kickball, ball tag, etc. to work toward the 60 minutes.
Wellness Wednesday - 1/15	Fit physical activities into your daily routine by taking a 10 minute <i>physical activity break</i> to do jumping jacks, push ups, walk up and down the stairs, jump rope, etc. when doing homework, reading or on the computer. Today we will participating in a fun "Just Dance" challenge during gym.
Thursday - 1/16	Make it an <u>Active Day</u> to move more by walking the dog, riding your bike, clearing the table, sweeping, mopping or vacuuming the floor, dancing, playing in the park, roller or ice skating, shoveling snow, or sledding.
Friday - 1/17	Vary your physical activity and balance between flexibility (stretching), endurance exercises (running, swimming, walking), and strength and resistance (weights, elastic bands). This will help you stay fit and can prevent injuries. Here is a quote for the day from Albert Einstein: "Life is like riding a bicycle; to keep your balance you must keep moving."

Exercise & Fitness Challenge

- Go for a walk or take your dog for a walk
- Log your exercise activities and add them up. Strive for 60 minutes of physical activity daily.
- Begin the day with a 5 -10 minute physical activity
- Participate in the activities planned in NDA's Physical Education program

Week III: Nutrition & Hydration



BE Nourished



BE Hydrated

Nutrition

Nutrition is the science of how food nourishes your body. Being well nourished depends on getting enough of the nutrients your body needs. At every stage in life, healthful eating fuels fitness. Food is what your body uses to build muscle and bone, it helps your brain to function and provides energy.

Everything you eat and drink matters. Food is a source of pleasure, adventure and great taste. People celebrate and entertain with food. Food choices reflect what's important: culture, religion, society, surroundings, availability of foods, emotions, knowledge of food, budget constraints, etc. To eat for health, you don't need to give up your food favorites. Simply learn how to fit them in. Healthful eating is a personal investment. While your genes, lifestyle, and healthcare can strongly influence your health, what you eat and how much you move are key factors in your fitness equation. Good nutrition is about making wise food choices that fit your everyday life.

There is no secret to healthful eating and as Americans, we enjoy an unprecedented abundance and variety of foods. The Dietary Guidelines for Americans is the cornerstone of Federal nutrition policy and nutrition education activities. Using the My Plate key recommendations encourage consumption of food and beverages within an appropriate calorie level. A healthy eating pattern includes a wide variety of nutrient dense foods. Eat fruits, especially unprocessed, a variety of vegetables from all the subgroups – dark green, red and orange, starchy and other vegetables. Also include whole grains, low fat dairy products, a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, and soy products. Include healthy fats/oils from plants and foods such as nuts, seeds, olives and avocados.

A healthy eating pattern limits saturated fats and trans fats (less than 10% of daily calories), added sugars (limit to less than 10% of daily calories), and sodium (limit to less than 2,300 mg/day).

Limiting consumption of sugar can be challenging since it is hidden in many foods and beverages to sweeten them. This adds calories without contributing essential nutrients. Learn to read food labels and ask how food is prepared when dining out in order to make informed food choices.

Daily calorie requirements are determined by age, gender and physical activity level. Please note: every individual person is unique and nutritional assessments using BMI (Body Mass Index), height/weight growth charts, blood work assays, intake records, food allergies or intolerances, medical diagnosis, etc. are used to determine daily requirements of calories, protein, fat and fluid.

Nutrition Trivia: Did you know that a pound of fat is equivalent to about 3,500 calories?

The role of good nutrition in the prevention of chronic disease has been thoroughly studied and shown to be substantial. So, let's be empowered to make small, realistic, healthy shifts toward choosing more nutrient dense foods and beverages. Here's to your health!

Hydration

Water is referred to as the forgotten nutrient. You probably give little thought to water, yet, this clear refreshing fluid is one of your body's most essential nutrients. Water is vital to health and to life itself. It is considered the beverage of life. Water itself is a simple substance, containing just one part oxygen and two parts hydrogen. It supplies no calories. Yet every body cell, tissue, and organ and almost every life-sustaining body process, needs water to function.

Benefits of Water:

- Regulates your body temperature
- Aids in the digestion process
- Lubricates and cushions joints
- Fights bad breath
- Decreases risk for dental cavities
- Prevents and alleviates headaches or fatigue
- Protects your spinal cord and other sensitive tissues
- Gets rid of wastes through urination, perspiration, and bowel movements

Getting enough water every day is important to your health. Every body needs different amounts of water. As a general guideline, most people need 8 to 12 cups of fluid throughout the day. Your body requires more water when you live in warmer climates, experience vomiting, diarrhea, running a fever, or are more physically active. One of the best ways to see if your body is getting enough water is to look at the color of your urine (pee). A Pee Chart is used as a reference to help identify the color of the urine and assess hydration status. Pee Chart:



Here are some Hydration Tips:

- Carry a water bottle for easy access
- Slurp from the drinking fountain
- Consume liquids with your meals
- Choose water when dining out
- Add a wedge of lemon or lime to water for a different taste
- Give mineral water or sparkling water a try
- Don't wait until you feel thirsty to drink water
- If you are physically active, drink water before, during and after the activity
- Consume food/beverages with a high water content such as milk, fruit juices, popsicles, lettuce, grapefruit, celery, tomatoes, melons, broth soups, etc.

Be Well - Week II	Nutrition & Hydration - Daily Morning Announcements
Monday - 1/20 MLK - no school	<p>Paint your Plate with Color! Eat a “rainbow of colorful foods” from fruits and vegetables that supply the pigment-related phytonutrients.</p> <p><u>Orange/deep yellow</u>: sweet potatoes, winter squash, carrots, cantaloupes, apricots, <u>Red</u>: tomatoes, watermelons, strawberries, pink grapefruit <u>Dark green</u>: spinach, collard or turnip greens, salad greens, broccoli <u>Purple, dark red and blue</u>: eggplant, blueberries, beets, grapes, cherries, plums</p>
Tuesday - 1/21	<p>Nourish to Flourish! I hope you started your day with a good breakfast. There are many benefits of breakfast which include helping the brain function, increasing attention span, and improving concentration and memory. It will help you be alert and be happy.</p>
<p>Wellness Wednesday - 1/22</p>	<p>Taste Don't Waste! - Be adventurous and try new fruits, vegetables and whole grains while adding variety to your daily diet. How about including roasted brussels sprouts, cauliflower or sweet potatoes, spaghetti squash, rutabagas, parsnips, snap peas, grapefruit, mangos, Asian pears, pomegranates, kiwi, cherries, berries, quinoa, barley, farro, cous cous, lentils, or beans.</p> <p>Today Miss Rosie will prepare a new food for you to sample. Fruit & herb infused water will be available for you to try too. Drinking water infused with fruit or herbs is a smart and tasty way to hydrate and cleanse without getting overloaded with sugar and calories. There are many health benefits of infused water including appetite control, hydration, immune defense, heartburn prevention, blood sugar regulation and weight management. Don't forget to thank Miss Rosie today and every day for providing you with a nutritious lunch!</p>
Thursday - 1/23	<p>Rethink your Drink - When you are really thirsty water is the best thirst quencher. Reach for milk too as it supplies calcium, Vitamin D to build strong bones and protein for muscle tissue repair. Bottoms up!</p>
Friday - 1/24	<p>Smart Snack Attack - When you are hungry for a snack, choose nutrient dense ones such as pita chips or veggies dipped in Hummus, nut butters on crackers, apples or whole grain bread/bagel, string cheese, yogurt, and fruit. Make a mixture of dry cereal, dried fruit and nuts or have cottage cheese, a hard boiled egg, or popcorn.</p>

Nutrition & Hydration Challenges

- Water Bottle Challenge – Fill up a water bottle with a measured amount of water in the bottle. Keep track of the amount of water consumed to maintain proper hydration.
- Take the “Pee Test” – Check the color of your urine and compare it to the “pee chart”. If your urine is white or slightly yellow, it’s an indication that you are properly hydrated.
- Include a My Plate activity from the USDA website– <https://choosemyplate.gov>
- Children are more likely to try foods they had a hand in preparing. Ask if you can assist in preparing a meal or even help setting the table.
- Add colorful fruits and vegetables to your diet – Be adventurous and try a new fruit or vegetable or a different preparation method for veggies.
- Choose nutrient dense healthy snacks; sliced apples, oranges, pears, cheese & crackers, raisins, yogurt
- Explore food labels on packaged foods in your refrigerator and cupboard to learn more about what is in the foods you eat regularly.
- Make it a habit to sit down and eat dinner together as a family. Relax and enjoy each other’s company without the TV or cell phones. Use the time to talk with about how your day went and what you are learning at school.