



School Based Health Program Newsletter April 2017 ISSUE 1

Middle School and Friendship

There are some important things that we need to know about middle school friendships. As parents, this information will be valuable for us to think about but also to teach our children to help them navigate these transitional years. Here are some key points:

1. It is normal for friendships to evolve and change. It doesn't mean there is something wrong with you or the other person. It just means you are growing up. Friendships can be fluid at this stage in life.
2. Everything will be okay. Over time your friendships will solidify and you will know who is good for you and meant to be in your life. Be patient, pray for good friends, and pray to be a good friend. True friends are worth the wait.
3. Rather than focus on finding the right friends, concentrate on being the right friend. When you treat people well, you'll attract friends who treat you well too.
4. Even when you find your "people", always leave room at the table to invite someone new in.
5. Love your friends well, but keep a loose grip. Give them space to explore new friendships and explore new friendships yourself.
6. Remember that everyone is learning and gradually maturing. Just because you don't click with someone right now doesn't mean you won't click later.
7. The biggest friendship killers are jealousy, comparison, insecurity, and fear (of rejection, being left out, or being alone). Acting on these emotions can turn you into someone you are not.
8. Form your own opinions about people, and don't believe everything you hear. Just because your friend dislikes someone doesn't mean you should too.
9. Know the difference between committed friends and casual friends. Committed friends make up a small portion of your social network. These are the kind of friends you carry throughout life.
10. Be kind, and keep in mind that kindness is more important than popularity. Making popularity your ultimate goal is a bad idea, because you'll do anything to impress the "right" people, even compromise your values. Treat everyone with equal respect.

Please remember, parents, that your children's friendships will change and ebb and flow and that is okay and a normal part of development. It is hard to see your children's friendships slip away but sometimes kids drift apart for no reason or for an identified reason. It is all okay. Let's all work together to help our kiddos navigate these tricky middle school friendship waters.

Resource: [Liked](#) by Kari Kampakis

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SBH would like to bring awareness to:



*****ALERT*****

FDA alerts consumers of nationwide voluntary recall of EpiPen and EpiPen Jr. Please check the FDA website or Contact Mylan Custom Relations at 800-796-9526

10 Tips: Eating Foods Away from Home by: choosemyplate.gov

Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions can make it easy to eat or drink too many calories. Larger helpings can also increase your intake of saturated fat, sodium, and added sugars. Think about ways to make healthier choices when eating food away from home.

1. Consider your drink

Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.

2. Savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.

3. Share a main dish

Divide a main entree between family and friends. Ask for small plates for everyone at the table.

4. Select from the sides

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

5. Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.

6. Fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

7. Compare the calories, fat, and sodium

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check the [Food and Drug Administration's \(FDA\) website](#).

8. Pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

9. Get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.

10. Quit the "clean your plate" club

Decide to save some for another meal. Take leftovers home in a container and chill in the refrigerator right away.

April is National Garden Month!

Did you know that gardening is a form of physical activity? Switch up your routine and spend time playing in the dirt!

Everyone Needs 60 Minutes a Day!!

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

Moderate physical activities include:



- Walking briskly (about 3½ miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Dancing
- Golf (walking and carrying clubs)
- Water aerobics
- Canoeing
- Tennis (doubles)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Walking very fast (4½ miles per hour)
- Bicycling (more than 10 miles per hour)
- Heavy yard work, such as chopping wood
- Swimming (freestyle laps)
- Aerobics
- Basketball (competitive)
- Tennis (singles)

You can choose moderate or vigorous intensity activities, or a mix of both each week. Activities can be considered vigorous, moderate, or light in intensity. This depends on the extent to which they make you breathe harder and your heart beat faster.

Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all of your moderate activity with vigorous activity. Although you are moving, light intensity activities do not increase your heart rate, so you should not count these towards meeting the physical activity recommendations. These activities include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Resource: choosemyplate.gov

20 Truths about Kindness

How you make others feel about themselves says a lot about you.

You'll never regret being kind.

Kindness is contagious. It inspires others to be kind too.

Kindness is a sign of strength, not weakness.

Nobody is kind all the time. We all mess up. Apologize and pray to do better next time.

Only God can help you be kind without motive or expectations.

True kindness isn't advertised. It counts most when nobody is watching.

Being kind to yourself enables you to be kind to others.

Be kind or be quiet

Kindness is king

Kindness costs nothing-but being unkind can cost you a lot!

Kindness attracts kind friends, who will be life-long friends!

You'll have a hard time finding friends if you're unkind.

Being kind builds bridges. Being unkind burns them.

The happiest, healthiest friendships are based on love for one another.

Be kind whenever you can.

You can be unkind without saying a word. Body language speaks volumes.

Kindness is most appreciated after you've been burned by an unkind friend.

Be kind to everyone-even those who don't deserve it. They need it the most.

You may not be the best at school or sports, but you can be the best at showing kindness!

By [Liked](#) author Kari Kampakis (and Facebook friends)