

HEALTH & PHYSICAL EDUCATION

Stay Active Over Break!

Even when we are on break and unable to participate in Physical Education class it is still important to be active! Being active can include a whole list of activities! Look at the list of activities on the second page of the newsletter for ideas for your family to be active over break!

Just For Fun:

Which NFL team has won the most Super Bowls?

- a. Pittsburgh Steelers*
- b. New York Giants*
- c. Dallas Cowboys*
- d. Green Bay Packers*

Quote of the Month:

*“Faith makes things possible, not easy.”
–Ozell Williams*

What’s Happening in Our Schools?

Walker Walks

John H. Walker Middle school has come up with a healthy alternative for students to get to school. Students that want to participate fill out a Walker Walks Pledge form and return it to the school. Students are to keep track of their own walks to and from school each week. Every 10 walks logged gives the student a chance to enter in a drawing to win different prizes! This past Fall John H. Walker Middle School had many students participate in this great attempt to get students moving more often!

CPR

Would you know what to do in a cardiac or breathing emergency? The right answer could help you save a life. Increasing the percentage of students trained in CPR increases the likelihood of someone promptly initiating time-critical CPR to a



victim. As part of the health curriculum, Nutley High School seniors will receive instruction in cardio pulmonary resuscitation and use of an AED during their second marking period health class. The instruction is

based on the nationally recognized American Red Cross program.

Building Character Education at Radcliffe School.

Students must learn and continue to be reminded that reaching your goals is not easy. In order to encourage students to overcome adversity and stay positive in following their dreams, Mr. Aramando organized and hosted a performance with three very special guests—Nick Longo of Nutley, Ozell Williams of Colorado, and Gary Ford of Texas. These three individuals are some of the best tumblers on the planet in the sport of cheerleading and have gotten national and international recognition for their unbelievable abilities.

The performance opened with unexpected tumbling entrances into the gymnasium, shocking everyone. After an explosive beginning, the guests each took a moment to tell their stories. Many were shocked to find out the long, hard road that each of them took to get to where they are now. Each speaker left the students a valuable message—whatever your dreams are, work tirelessly, stay positive in the face of adversity, and never, ever give up. After some more tumbling and excitement, including some flips over Mr. Aramando, the event became interactive and students had the opportunity to ask questions. Many of them dug deeper into the stories that were told by the performers, who were happy to elaborate. After one final round of applause, the guests revealed their YouTube channels and Instagram names for the students to follow.

Staying Active Over Break!

Day 1 : **Elementary** -Grab a ball and practice throwing using the correct form 100 times in a row! See how many times you can throw without dropping it. **Secondary**- While you are watching TV try to do crunches, push-ups, and planks during each commercial!

Day 2: **Elementary** - Commercial Challenge- Every commercial you watch do 100 jumping jacks before the TV show you are watching comes back on. **Secondary**- Do 5 push-ups. Try to do 5 push-ups in every room of your house!

Day 3: **Elementary**- Do 5 crunches. Try to do 5 crunches in every room of your house. **Secondary**- Using household items hold weight in each hand and try to complete 25 squats. ** Soup cans work well and are easy to hold!

Day 4: **Elementary**- Write down all the active words that you can think of on the back of this sheet. When you are done go act them out. **Secondary**- Think of FitnessGram Tess. What does each test measure? Do one exercise that would help improve your FitnessGram score in the spring!

Day 5: **Elementary**- Work those muscles by crawling, bear walking, and crab walking around your house. **Secondary**- Remember cobra and downward dog pose? Try to hold each position for 15 seconds, 10 different times.

Day 6: **Elementary and Secondary**- For the last day of 2014 put your favorite song on. Make up a dance to it! Ask someone to join you!

Day 7: **Elementary**- Roll up a towel and put it on your floor. Practice jumping with two feet over it as many times as possible. Try to beat your score later in the day. **Secondary**- Set a goal for yourself. Attempt to jump rope ____ times in a row. The number depends on your goal. If you beat that number set higher goal for you to beat.

Day 8 : **Elementary and Secondary**- Come up with a fitness related activity using limited equipment. Make sure the game is fun as well as safe. Teach the game to a friend and play. If you come up with a game bring the rules.

Day 9: **Elementary**- Put on your coat and go outside and play! Is it snowing? Build a snowman! **Secondary**- In 30 second intervals do the following- crunches, plank, push-ups, jumping jacks, high knees, mountain climbers, squats, lunges, and an additional plank.

A Letter From Retail Dietitian Samantha Ioviono: Healthy Ways to Satisfy Snack Attacks

“I’m hungry!” It’s the first thing out many kids’ mouths as they burst through the door after school. Most kids need to refuel before they get busy with after-school activities and/or homework. What’s a **perfect after-school snack**? Anything that **tastes good, provides nutrition**, and has **enough staying power to hold them until dinner** without spoiling their appetite for a full meal later. To do all that, **a snack needs to combine a healthy carbohydrate** such as whole-grains, fruits, or vegetables **with some protein** such as beans, low-fat cheese, peanut butter, or lean deli meats. Snack time is a great opportunity to give kids extra fiber, protein, vitamins and minerals, and other nutrients they may be missing in other meals. Let kids help prepare their snack or provide 1 or 2 options for them to choose from. Kids will be more likely to try something they’ve prepared on their own!

Snacks On-The-Go:

Before rushing out the door to bring your kids to all of their activities, grab a quick healthy snack to hold them over until dinner. These are some easy snacks to satisfy their tummies:

- Packaged low fat cottage cheese with fruit
- Low sugar, fruit flavored yogurt
- Whole-grain crackers & string cheese
- Slices of lean deli meats and low-fat cheeses
- Washed and cut fruit and veggies.
- Low fat popcorn

Quick and Simple Ideas:

For snacks that can be whipped up in mere minutes, try the following:

- **Veggies and Dip:** Serve cut-up veggies with salsa, a low-fat dip, or hummus.
- **Ants On A Log:** Fill celery sticks with peanut butter and top with raisins.
- **Crackers and Cheese or Peanut Butter:** Serve whole-grain crackers with reduced-fat cheese or peanut butter. Look for crackers and peanut butter made without saturated or trans fat.
- **Banana or Apple “Sandwiches”:** Spread chunky peanut butter on slices of banana or apple; top with another slice.
- **Fruit and Yogurt Smoothies:** Whip reduced-fat yogurt and fresh or frozen fruit in the blender; add a little nut butter if desired.
- **Homemade Trail Mix:** Mix equal parts of unsalted nuts and dried fruit such as raisins, cranberries, cherries, or apricots.
- **Updated Chips & Dip:** Serve baked tortilla chips with tomato or peach salsa.
- **Mini Quesadilla Roll-Up:** Sprinkle a whole-wheat tortilla with grated reduced-fat Cheddar or Jack cheese. Roll up and heat for a few seconds in the microwave until the cheese melts. Serve with salsa (be sure to let the cheese cool a few minutes before eating.)
- **Bean cuisine:** Fill half of a whole-wheat pita with hummus and chopped veggies. Or, puree black beans or pinto beans and spread on a whole-wheat tortilla. Top with salsa and chopped lettuce and roll up.

If you have any nutrition-related questions, please contact Samantha Iovino, Registered Dietitian at Nutley Park ShopRite! She can be reached at 973-235-1213 or samantha.iovino@wakefern.com.

Happy & healthy snacking!

Best,

Samantha Iovino, RD
Retail Dietitian – Nutley Park ShopRite