



National Childhood Obesity Awareness Month

Childhood obesity is a **major problem** in the US, where 1 in 5 students are obese. Statistics are even higher in Arkansas, with 38% of students being overweight or obese and Jasper School District being even higher than that in several of our schools. These problems can lead to lifelong health issues.

****We all know that when students are healthy, they do better in school by showing up more often, performing better on testes and behaving better in class. How do we help our students be healthier??

Kids make hundreds of decisions each day, from what they are going to wear to school, who they will sit next to on the bus, how much of their lunch they will eat, if they are going to study for that spelling test. We, as educators, have the ability to influence some of these decisions for the better, to empower our students to choose healthy and productive choices.

How can we help?

- Encourage students to eat breakfast, fueling their body for the day ahead. Grab n' Go is the perfect way for students to eat up during their busy morning.
- Allow them free access to their water bottles. Staying hydrated will not only help their bodies stay healthy, but also help their brains work at their best. Did you know the brain is up to 78% water??!!
- Take short activity or "brain" breaks during lessons. These are just 3-5 minute breaks to help the students refocus and reenergize, helping with attention deficit and behavior issues. Try GoNoodle.com, it is a fun and free resource to plug into your day.
- Model healthy behaviors to students like eating well and staying away from sodas and sugary drinks.

Resources: <http://www.cdc.gov/features/preventchildhoodobesity/>
<http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ChildhoodObesity>
<http://www.obesity.org/obesity/resources/facts-about-obesity/childhood-overweight>