

## Welcome Back to School! Can You Find the Hidden Words?

C B U D Y K G M I W K P M H O Z A R  
L E A R N A B R F E U L T I P L B B  
A B Y H M U E K P K T A D E C H A M  
S F R E A D I N G R M Y B G I Y C E  
S K A O L C H O V C X G K B O O K S  
R Q P O I L V Y P B N R F H T R P G  
O N F C A K U A E R E O V M K U A H  
O R I T F V E N N U W U F C H L C J  
M J A E C I G F C S V N H L F S K K  
D N Y Y U R K O I H U D R A C X R B  
N U H B E M E X L E B N E K M O J E  
L R E K W A N Y E S I O O S W L A Y  
T E R A S E R S O T L O X E I U P M  
G A U J M P U Y J N B K M U D A B U  
M U H U J B L O A E S O L X D V R A  
H I R D I N G R T O H A N G E Q B T  
R W M A S T E O H R U L E R M I A S  
L G O C W A N T O A N T W O B V G E

Words are hidden across,  
down and diagonally

### Word List:

- Backpack
- Books
- Pencil
- Marker
- Erasers
- Math
- Folder
- Crayons
- Reading
- Bus
- Notebook
- Ruler
- Lunchbox
- Flag
- Classroom
- Playground
- Homework
- Brushes
- Learn
- Art

## FALL PRODUCE SCRAMBLE

Unscramble the letters and fill in the blanks below with the names of fruits and vegetables in season throughout the fall. The numbered letters uncover a secret message!

SPALPE

16 \_\_\_\_\_ 4

NIPKUMP

\_\_\_\_\_ 6 \_\_\_\_\_ 13 9

DISARESH

\_\_\_\_\_ 10 3 \_\_\_\_\_ 18 11

ACEBBAG

\_\_\_\_\_ 19 \_\_\_\_\_ 12



ESPAR

\_\_\_\_\_ 1 \_\_\_\_\_ 15

COLOBRIC

\_\_\_\_\_ 5 \_\_\_\_\_ 7

UHASQS

\_\_\_\_\_ 8 \_\_\_\_\_ 2

MECRUBUC

\_\_\_\_\_ 17 \_\_\_\_\_ 14

DECODE THE MESSAGE:

1 T 2 F 3 V 4 F 5 T 6 A 7 V 8 G 9 E 10 D 11 Y 12 13 14 15 16 17 18 19



# Healthy Kids News



**Coming this fall!**  
Healthy Kids  
Halloween Hustle, Oct. 11,  
Centerra, Loveland

**Congratulations  
Schools on  
the Move 5210  
Challenge  
winners!** page 2

**Healthy team  
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healthy cereal,**  
page 6

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Recycle! It's easy, fun and helps the earth. Please pass this newsletter on to a friend or recycle it when you're finished.



## Healthy school spotlight

### Congratulations to the 2014 Schools on the Move 5210 Challenge Winners

84 schools and more than 12,000 students and staff participated in the 2014 Challenge! Here are the winners:

#### Top Ten Large Schools

Ponderosa - \$1,500  
 Berthoud - \$1,000  
 Grandview - \$750  
 McGraw - \$500  
 Letford - \$500  
 Milliken - \$500  
 Dunn - \$250  
 Bethke - \$250  
 Zach - \$250  
 Cottonwood Plains - \$250

#### Top Ten Small Schools

BF Kitchen - \$1,500  
 Timnath - \$1,000  
 Irish and Mountain Schools - \$750  
 Big Thompson - \$500  
 Carrie Martin - \$500  
 Lincoln - \$500  
 Mary Blair - \$250  
 Namaqua - \$250  
 Riffenburgh - \$250  
 Sarah Milner - \$250

#### Top Five Weld Schools

Platte Valley - \$1,500  
 Mead - \$1,000  
 Heiman - \$750  
 Galeton - \$500  
 Eaton - \$250

#### Staff Participation – Catered Lunch

BF Kitchen	Milliken
Riffenburgh	Tavelli
Beattie	McAuliffe
Ponderosa	Hieman
Grandview	Billie Martinez

#### Video Challenge

Ponderosa - \$1,000  
 Tavelli - \$750  
 Coyote Ridge - \$500

## When is my child too sick to go to school?

By Lisa Whittaker, PA-C

"Is my child too sick to go to school?" This is one of the most common questions I am asked when seeing a child for an acute illness.

As a parent of three children, I understand how difficult it can be for a parent to take off work to care for a sick child. However, the decision to exclude a child from school is based on minimizing the spread of illness to other students during the time when an ill child is most infectious to others.

The following chart, created from the Colorado Department of Public Health and Environment guideline "Infectious Diseases in Child Care and School Settings," can help parents reasonably decide when their child is too sick to go to school based on their child's symptoms.

*(story continued on page three)*

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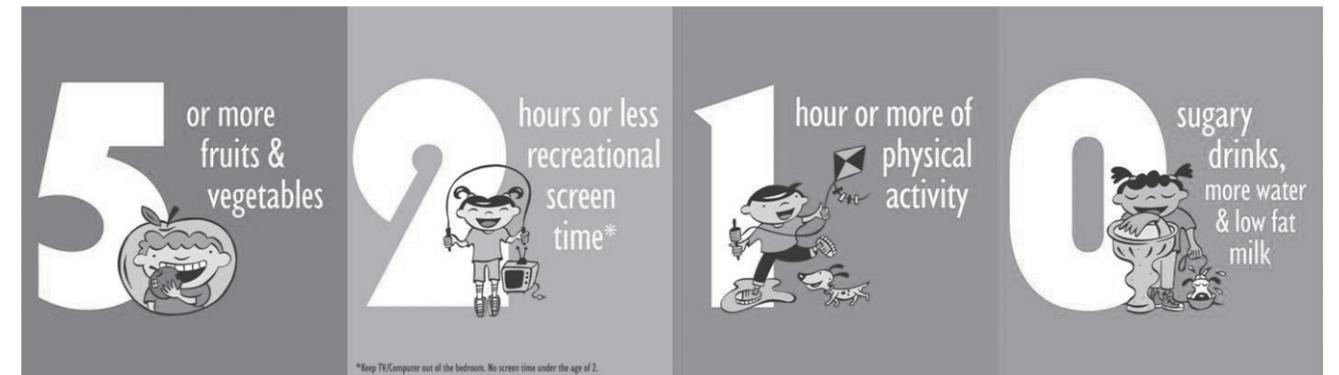
Healthy Kids Club is a community health program sponsored by University of Colorado Health to promote health and fitness for children and families. Healthy Kids Club programs include the Schools on the Move 5210 Challenge, the Healthy Kids Run Series, Fit Families on the Move summer program, BstrongBfit and classroom health education.

[healthykidsclub.org](http://healthykidsclub.org)



## 5210 Every Day!

Make the bedroom an electronic-free zone.



A recent study found by the time children enter kindergarten, they've watched an average of 4,000 hours of television. That's more time than they've spent in preschool!

The number one way to get better sleep is to turn off the technology, especially in the bedroom. Bright screens in a dark room can make it harder to sleep. Looking at them can trick the brain into thinking it is still daytime, and that delays the release of chemicals that make you sleepy. Sleep deprivation can cause lack of concentration, poor academic performance and possible medical issues.

#### Too much screen time:

- Displaces healthy activity.
- Can add weight.
- Reduces creativity.
- Limits self-regulation.
- Affects healthy choices.

#### What to do?

- Turn off electronics an hour before bed.
- Make the bedroom an electronic-free zone.
- Establish good nightly routines.
- Monitor your own use of screen time.

*Adapted from webmd.com*

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## Healthy Tip.

*How to pick a healthy cereal.*



Breakfast is the most important meal of the day, but finding quick and healthy breakfast cereals can be a real challenge.

On average, children's cereals contain 40% more sugar than adults' cereals.

Unsweetened whole-grain hot cereals such as oatmeal with fruit on top are a much healthier choice, providing a rich source of naturally occurring vitamins and minerals and no empty calories. The reality, however, is that hot cereals can be less convenient for busy families. Check out our recipe for Overnight Oats on page four.

Remember these tips when choosing a cold cereal:

1. **Go for Fiber.** Choose cereals that have 3g or more of dietary fiber.
2. **Save on Sugar.** Pick cereals that have less than 7 grams of sugar per serving.
3. **Limit sodium.** Select cereals that have less than 240mg of sodium per serving.
4. **Pack in the Protein.** Look for cereals that contain at least 3 grams of protein.

Source: webmd.com

## Helping Kids Handle Worry.

Kids who can handle stress develop a sense of confidence and optimism that will help them master life's challenges, big and small. Learn how parents can help:

**Find out what's on their minds.** Be available and take an interest in what's happening at school, on the team, and with your kids' friends.

**Guide kids to solutions.** You can help reduce worries by helping kids learn to deal constructively with challenging situations. Problem-solve with kids, rather than for them. By taking an active role, kids learn how to tackle a problem independently.

**Keep things in perspective.** Without minimizing a child's feelings, point out that many problems are temporary and solvable, and that there will be better days and other opportunities to try again.

**Make a difference.** Sometimes kids worry about big stuff —parents can help by discussing these issues, offering accurate information, and correcting any misconceptions kids might have.

**Highlight the positive.** Ask your kids what they enjoyed about their day, and listen attentively when they tell you about what goes great for them or what they had fun doing.

**Be a good role model.** The most powerful lessons we teach kids are the ones we demonstrate. Your response to your own worries, stress, and frustrations can go a long way toward teaching your kids how to deal with everyday challenges.

*Adapted from kidshealth.org.*



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*(story continued from page two)*

SYMPTOM	KEEP HOME FROM SCHOOL IF:
<b>COUGH</b>	<ul style="list-style-type: none"> <li>• Severe, uncontrollable coughing or wheezing.</li> <li>• Difficulty breathing.</li> <li>• Becomes red or blue in face.</li> <li>• Makes high-pitched whooping sounds after coughing.</li> <li>• Vomits after coughing.</li> </ul>
<b>DIARRHEA</b> stools that are more frequent and looser than usual	<ul style="list-style-type: none"> <li>• Vomiting, fever &gt;101, abdominal pain, yellow skin or eyes, etc.</li> <li>• Diarrhea cannot be contained in a toilet.</li> <li>• Blood or mucous in the stool.</li> <li>• Still in diapers.</li> </ul>
<b>FEVER</b>	<ul style="list-style-type: none"> <li>• Temperature is over 101°F orally within the previous 24 hours.</li> <li>• Symptoms in addition to fever, including rash, sore throat, vomiting and/or diarrhea, behavior changes, stiff neck and/or difficulty breathing.</li> </ul>
<b>EARACHE</b>	<ul style="list-style-type: none"> <li>• Child doesn't feel well enough to participate comfortably in usual activities.</li> <li>• Child requires more care than day care or school personnel are able to provide.</li> </ul>
<b>HEADACHE</b>	<ul style="list-style-type: none"> <li>• Headache is severe</li> <li>• Vision problems, stiff neck or behavior changes.</li> </ul>
<b>JAUNDICE</b> yellowish color of the skin or eyes	<ul style="list-style-type: none"> <li>• Symptoms, medical exam, and/or testing indicates contagious illness (i.e. Hepatitis A).</li> </ul>
<b>PINK EYE</b>	<ul style="list-style-type: none"> <li>• Any indicated medication needs to be started (ONLY IF bacterial).</li> <li>• Accompanied by fever or behavioral change.</li> </ul>
<b>RASH</b>	<ul style="list-style-type: none"> <li>• Rash is oozing or causes open wounds.</li> <li>• Accompanied by behavior change, fever over 101°F orally, joint pains, bruising not due to injury.</li> </ul>
<b>SORE THROAT</b>	<ul style="list-style-type: none"> <li>• Positive for strep until 24 hours after beginning appropriate antibiotic therapy.</li> </ul>
<b>STOMACH ACHE/ ABDOMINAL PAIN</b>	<ul style="list-style-type: none"> <li>• Pain is severe.</li> <li>• Pain appears after an injury.</li> <li>• Vomiting, fever, diarrhea, jaundice, etc.</li> </ul>
<b>SWOLLEN GLANDS</b>	<ul style="list-style-type: none"> <li>• Fever, difficulty breathing or swallowing, etc.</li> </ul>
<b>VOMITING</b>	<ul style="list-style-type: none"> <li>• Vomited more than two times in 24 hours.</li> <li>• Bloody vomit.</li> <li>• Recent head injury.</li> <li>• Fever, diarrhea, etc.</li> </ul>

If you keep your child home based on the above symptoms, he or she should be allowed to return to child care or school once the symptoms have subsided OR a health care provider clears the child (and/or determines the illness is not communicable) AND the child feels well enough to participate in routine activities.

*Lisa Whittaker is a physician assistant at University of Colorado Health Family Medicine at 2121 E. Harmony Road in Fort Collins.*

## Healthy Team Snacks!



Colorado's childhood obesity rate is rising at the second-fastest rate of increase with a ranking of 23rd in the nation. As fall sports are underway, it's important for parents, coaches and others to make sure kids have access to healthier foods—including post-play snacks.

So, the next time your child finishes their football game, ballet class or playing outside with friends, try giving them one of these healthy post-play snacks.

- Fresh veggies like carrots, celery sticks and cucumbers.
- Fresh fruits such as bananas, oranges, berries and grapes (try freezing your grapes for a new taste sensation!)
- Snack-sized boxes of raisins.
- Unsweetened applesauce cups.
- Pretzels.
- Low-fat yogurt.
- Crackers — try graham crackers, animal crackers, or saltines.
- Bagels.
- Fig bars.
- Small packages of trail mix or nuts.
- Turkey jerky.
- Air-popped popcorn.
- Dried whole grain cereal.

If you would like to share this information with your team, Healthy Kids Club has Healthy Team Snacks! magnets available. Contact laurie.zenner@uchealth.org

# Healthy Kids Recipes

Get the whole family cooking with these healthy, delicious recipes.

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products and lean protein.

**Fruits:** Use fruits as snacks, salads and desserts. At breakfast, top your cereal with bananas or strawberries or add blueberries to your pancakes.

**Vegetables:** Eat more red, orange and dark-green veggies like tomatoes, sweet potatoes and broccoli.

**Grains:** Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice and pasta.

**Dairy:** Choose skim (fat-free) or 1 % (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

**Protein:** Eat a variety of foods from the protein group each week, such as seafood, beans and peas, nuts, lean meats, poultry and eggs.



## No-cook Overnight Oats

A healthy breakfast alternative for families on the go.  
Makes 4 servings.

### Ingredients

- 2 cups rolled oats
- 2 cups liquid-water, any type of milk or even orange juice (use less liquid if you want thicker oatmeal, more if you like it runny)
- Flavor mix-ins: honey, agave, jam, maple syrup, cinnamon, vanilla extract, citrus zest, nuts, dried fruit, shredded coconut, seeds or even nut butter



### Instructions

1. Combine oats, liquid and flavor mix-ins.
2. Cover and refrigerate overnight.
3. The next morning, top with fresh ingredients -- fruits, granola, honey, a dollop of peanut butter.

## Broccoli, White Bean and Cheddar Soup

Makes 6 servings (1 cup each).

### Ingredients

- 14 ounce can reduced sodium chicken broth or vegetable broth
- 1 cup water
- 1 pound broccoli crowns, trimmed and chopped (about 6 cups)
- 14 ounce can cannellini beans, rinsed
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper
- 1 cup shredded extra-sharp Cheddar cheese

### Instructions

1. Bring broth and water to a boil in a medium saucepan over high heat.
2. Add broccoli, cover and continue cooking until tender, about 8 minutes.
3. Stir in beans, salt and pepper and continue cooking until the beans are heated through, about 1 minute.
4. Transfer half the mixture to a blender with half the cheese and puree. Use caution when pureeing hot liquids. Transfer to a bowl.
5. Repeat with the remaining broccoli mixture and cheese. Serve warm.

Source: *Eating Well.*

## Autumn Salad

Makes 6 servings (1 cup each).

### Ingredients

- 1 medium Granny Smith apple, sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- 1 cup low-fat raspberry vinaigrette dressing

### Instructions

1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with ½ cup of raspberry vinaigrette dressing, to lightly cover the salad.

Source: *National Heart, Blood and Lung Institute.*

## Mashed Cauliflower

Mashed cauliflower is a great replacement for mashed potatoes.

Makes 4 servings

### Ingredients

- 1 head cauliflower
- 4 cups low-sodium chicken broth
- Sea salt and cracked black pepper, to taste
- Small pat of butter

### Instructions

1. Rinse the cauliflower.
2. Cut it in 4 pieces and remove any large pieces of stem.
3. Put cauliflower in a medium pot with broth. Add a couple of pinches of salt. If broth does not cover cauliflower, add water until it is covered.
4. Boil about 10 to 15 minutes until cauliflower is tender.
5. Spoon out cauliflower into a blender. Add a couple large spoons of broth to blender. Cover blender with lid. Use caution when pureeing hot liquids. Blend on high until creamy. You may have to add more broth, a spoon at a time (do not add too much), until cauliflower blends.
6. Add a small pat of butter and pepper to serving bowls.

## Black Bean and Butternut Squash Burritos

You could also try using sweet potato or pumpkin as a way to change up the butternut filling.

Makes 4 burritos or 3.5 cups of filling.

### Ingredients

- 1 medium butternut squash, peeled, cubed, & roasted or you can use 2 ½ -3 cups frozen
- 1/2 cup uncooked short grain brown rice (yields: 1.5 cups cooked)
- 1-2 tsp olive oil
- 1 cup chopped sweet onion
- 2 garlic cloves, minced
- 1 red pepper, chopped
- 1 tsp kosher salt, or to taste
- 2 tsp ground cumin, or to taste
- 1/4 tsp cayenne pepper, or to taste
- One 15-oz can black beans (about 1.5-2 cups cooked), drained and rinsed
- 3/4 cup shredded cheese
- 4 tortilla wraps (large or x-large)
- Toppings of choice: (avocado, salsa, sour cream, spinach/lettuce, cilantro, etc.)

### Instructions

1. Preheat oven to 425°F and line a large glass dish with tinfoil. Drizzle olive oil on squash and give a shake of salt and pepper. Coat squash with hands. Roast chopped butternut squash for 45 mins. or until tender.
2. Cook brown rice.
3. In a large skillet over medium-low heat, add oil, onion, and minced garlic. Sauté for about 5 minutes, stirring frequently. Now add in salt and seasonings and stir well.
4. Add chopped red pepper, black beans, and cooked rice and sauté for another 10 minutes on low.
5. When butternut squash is tender remove from oven and cool slightly. Add 1 ½ cups of the cooked butternut squash to the skillet and stir well. You can mash the squash with a fork if some pieces are too large. Add cheese and heat another couple minutes.
6. Add bean filling to tortilla along with desired toppings. Wrap and serve. Leftover filling can be reheated the next day for lunch in a wrap or as a salad topper.

Source: *Oh She Glows.*