



# HEALTH AND WELLNESS NEWSLETTER

## “Back to School” Edition 2018

Welcome to The Mandelstam School’s first edition of our Health & Wellness Newsletter. These quarterly newsletters will provide students & their parents tips on strengthening their mind & body to help them reach their artistic, athletic & scholastic potential.



### Steps to a Great Morning Routine for Kids

Make a **launch pad** in your home to set the stage for a productive day. Try these simple changes to destress your morning, reconnect with your child and set them up for a great start to their day!

1. Choose an area where your kids can get organized for the day & add hooks or a small table for their backpack. **Empower** your kids to organize their “launch pad” the night before.
2. Display a morning routine **checklist** & checklist for what needs to be brought to school. Use a small whiteboard for reminders.
3. Add an affirmations jar to help them start their day on a **positive** note. Have them choose an affirmation & keep it in their pocket as a reminder throughout the day. Here are some examples: *I am loved.* *I am going to rock this day.* *I am smart, strong, and kind.* *I believe in myself.* *I can focus & do my best.* *I can handle anything the day brings.* *I can breathe to calm myself.*
4. **Connect** with your child through a loving ritual (e.g. a secret handshake, a special hug) or make a list of **songs** or **podcasts** your family likes to listen to together. Let them choose one for the car ride to school daily for an enjoyable shared experience.
5. Choose a **powerful** way to wish your child a good day! E.g., *“I believe in you!”* *“Shine like the sun!”* *“Make today great!”* *“Take chances, make mistakes!”* *“I Love you for who you are!”* *“Today is a new day, believe in yourself!”*

### School+ Family: Bridging the Connection

Tired of hearing “good” or “fine” every time you ask your child about their day? Try asking these questions instead to create the bridge between school & home:

- What was the best thing that happened at school today? (What was the worst thing that happened at school today?)
- How did you help somebody today? How did somebody help you?
- If you got to be the teacher tomorrow, what would you do differently?
- Tell me something you know today that you didn’t know yesterday.
- If you could change one thing about your day, what would it be?
- What are your **goals** for this school year? What do you hope to learn? What do you want to accomplish?



### Making the Most of **AFTER SCHOOL**

Check out this great **tool** for organizing your child’s routine after school. Using a “routine clock” can eliminate stress & increase productivity & peace in the home.

#### What you will need:

1. A clock
2. Permanent Markers
3. A list of activities
4. (get a free printable at [overstuffedlife.com](http://overstuffedlife.com))



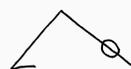
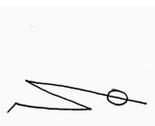
#### How to do it:

1. Sit with your children and engage them in creating a schedule that is both effective & enjoyable.
2. Remove the cover off the clock so that you can access the face.
3. Use the markers to color sections of time for the different activities.
4. Print out a list of the activities & color around it in the corresponding colors.
5. Remember to not only factor in time for HW, responsibilities, & extracurricular activities, but relaxation & family time too!
6. Choose a place to display the clock and empower your children to use this tool on their own.

### How to have **happier bedtimes** & **better sleep!**

Bedtime routines not only take the stress out of bedtime, but can help make it the special time it should be for you and your child. Here are some tips to ease the bedtime process:

1. Be consistent and united. Create the routine together.
2. Get the timing right. American Academy of Pediatrics recommends that Kids ages 3-5 need 10-13 hours (including naps), Kids ages 6-12 need 9-12 hours for optimal health.
3. Dim the lights an hour before bedtime. No screens during this time.
4. Listen to quiet and relaxing music during the hour before bed.
5. Relax with a bath. Add some Epsom salts, lavender or chamomile essential oils to their bath.
6. Listen to a guided meditation.
7. Try this yoga bedtime routine with your child to help them destress & to connect before you wish them a good night. Yoga is as much about the breath as it is about the physical movement, so while doing these poses keep the breath flowing strongly! In - Out- In -Out -In -Out. Thanks to TMS parent **Kassia Zych** for sharing this **YOGA FLOW** routine with us.



Child’s Pose.. Downward Facing Dog.. Ragdoll Pose...Child’s Pose.. Legs on the wall



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## HEALTHY BODIES = HEALTHY & HAPPY MINDS

This quarter our focus is on healthy snacks to support our children & the physical demands of gymnastics. Muscles need protein in order to recover quickly & complex carbohydrates help replenish the fuel they lose during their workout!

Use this **BENTO BINGO** graphic to help you come up with snack ideas for your growing gymnast. Challenge yourself each week to see how many healthy food options you can include for your children's snacks. Be creative and mix & match!

B	E	N	T	O
<b>Fruit</b>	<b>Vegetables</b>	<b>Grains</b>	<b>Dairy</b>	<b>Protein</b>
Bananas	Snap Peas	Popcorn	Yogurt	Hard-boiled eggs
Apples	Cucumbers	Non sugary Cereal	Cheese	Nut butter
Papayas	Peppers	Oatmeal	Cottage Cheese	Beans
Oranges	Carrots	Muffins	Smoothie	Tuna
Mangoes	Broccoli	Rice Cakes	Cream Cheese	Hummus
Avocados	Celery	Tortillas	Kefir	Nuts & Seeds

Here are some snack ideas for school:

- \* ham or bean & cheese quesadilla
- \* sliced apples with a yogurt dip
- \* inside out cucumber sandwich (with protein & cheese inside)
- \* quinoa & carrot muffins
- \* sliced bananas with peanut butter
- \* carrots & celery with hummus
- \* homemade trailmix
- \* pumpkin seeds/sunflower seeds

## Unplugged

Try these **fun** alternatives to "screen time" for you & your family!

1. Printables (e.g., crosswords, mazes, coloring pages, paper dolls.)
2. Have your child help you choose a recipe & make dinner together.
3. Build a fort.
4. Plant a garden and keep it up.
5. Read books!
6. Set up a screen-free playdate.
7. Do a craft project - chose one, have your supplies ready to go.
8. Build a mini-golf course.
9. Take turns writing a story.
10. Rides scooters/bikes together.
11. Go swimming.
12. Play tag or hide-and-seek outside.
13. Put on a show/Sing karaoke.
14. Go on a nature scavenger hunt.
15. Make a photography journal.
16. Play boardgames/checkers.



## TMS CRAFT CORNER

Each quarter we will be sharing a craft idea for you to do with your children. Creating art projects with your kids are a great alternative to screen time! Send in pictures of your completed craft and we will feature them on our Instagram page. Pictures can be submitted to Maggie at [mgonzalez@tmsedu.org](mailto:mgonzalez@tmsedu.org).

### PENCIL TOPPERS

1. Collect the materials (e.g., pencils, pipe cleaners, googly eyes, glitter, feathers, glue, felt)
2. Work with your child to help them create a pencil topper that makes them smile! (Check out [playideas.com](http://playideas.com) for some creative ideas for your toppers)
3. Encourage your child to make one for a friend.
4. Take a pic & send it in!



Calling all TMS parents! Please let us know if you would like to be part of our Newsletter. We are looking for parents to contribute to future editions & would love for you to share your knowledge with our school! Please email [believe@drsummersullivan.com](mailto:believe@drsummersullivan.com) with ideas!