

# St. Luke's University Health Network

## Healthy Kids, Bright Futures: Virtual Resources and Education

The St. Luke's Community Health and Preventive Medicine Team is excited to provide your school with resources promoting healthy behaviors throughout the school year. During the rest of the school year, we will be sending a monthly packet full of virtual resources and education including but not limited to:

- Nutrition and Healthy Eating
- Physical Activity
- Gardening
- Mindfulness and Stress Reduction
- Literacy
- Vaping and Substance Use Disorders

Each month will have a theme relating to the 6 Pillars of Lifestyle Medicine. The Pillars of Lifestyle Medicine are described on the following pages.

Each resource will be identified with the appropriate age group from elementary school to high school, and for the entire family. We look forward to working with you this year!



# My Weekly Healthy Living Tracker

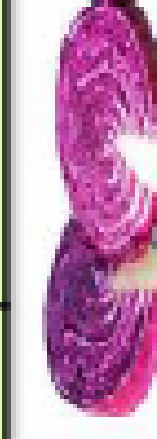
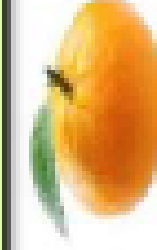
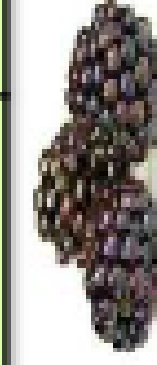
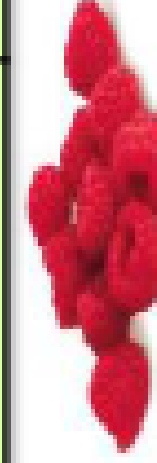
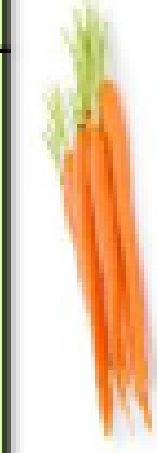
Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Use the chart below to write your daily hours or minutes of physical activity, sleep, reading, and servings of fruits and vegetables you get each day. See below for some recommended amounts!

**Tips:**

- Strive for at least 150 minutes of physical activity per week! (children 6-17 should get at least 1 hour per day)
  - Strive for at least 8 hours of sleep per night!
  - Strive for at least 20 minutes of reading per day!
  - Strive for at least 5 servings of fruits and vegetables per day!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total for the Week
Physical Activity								
Sleep								
Reading								
Fruits and Vegetables								



One new fruit or vegetable I tried this week: \_\_\_\_\_



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



# LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.



**NUTRITION** Food is Medicine. Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds.



**SUBSTANCE ABUSE** The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease. Positive behaviors that improve health include cessation of tobacco use and limiting the intake of alcohol.

# 6 WAYS TO TAKE CONTROL OF YOUR HEALTH



**EXERCISE** Regular and consistent physical activity that can be maintained on a daily basis throughout life – walking, gardening, push ups and lunges – is an essential piece of the optimal health equation.



**STRESS** Stress can lead to improved health and productivity – or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.

Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life — are “just what the doctor ordered” to powerfully prevent, treat, and, often, even reverse chronic disease and select autoimmune conditions.



**SLEEP** Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental and coping behaviors to improve sleep health.



**RELATIONSHIPS** Social connectedness is essential to emotional resiliency. Studies show that isolation is associated with increased mortality. Considering a patient's home and community environment improves overall health.

## LIFESTYLE MEDICINE'S UNIQUE VALUE PROPOSITION

- Allows the body to protect and heal itself by promoting healthful lifestyle choices
- Educates, guides and supports positive behavior changes
- Places a focus on evidence-based optimal nutrition, stress management, sleep and physical activity
- Encourages active patient participation
- Treats the underlying, lifestyle-related causes of disease
- Uses medications as a supplement to therapeutic lifestyle changes
- Considers the patient's home and community environment

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine.

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

# February 2021: Form and Maintain Relationships

Friendships are important for your child's happiness- and health too. Social interactions strengthen kids' immune systems, increase motivation and lower stress. Unfortunately, lots of children are separated from their friends right now due to social distancing, school schedules and shifting parent schedules. Here are some ideas to help your child maintain friendships (and cultivate new ones) during the COVID-19 pandemic.

## Set up a virtual meeting or playdate.

While meeting in person can be tricky during COVID-19, there's always the option of saying hello through Zoom, Skype, Facetime or your favorite video chat platform. While it's important to have screen time limits, it may be worth "stretching" these to accommodate social connections.

For video chat activity ideas, visit:

<https://www.connecticutchildrens.org/coronavirus/resilience-is-connection-strong-relationships-create-strong-kids/>

## Watch a movie or TV show "together".

Choose an age-appropriate movie or television show and invite a friend and their family virtually. Since the start of the coronavirus pandemic, many streaming services now offer these options - for example, Netflix has a feature for online viewing parties.



# February 2021: Form and Maintain Relationships

Communicate the "old-fashioned way": Write a letter.

We've all gotten so used to connecting with technology, this one can get missed. But trust us: It's meaningful for kids to put some words down on paper with the purpose of communicating with a friend. It never gets old waiting for their friend to reply!

Start a pandemic book club.

Curling up with a good book isn't just safe (and educational!) during quarantine- it can also be a bonding experience. Have your child and their friends pick a book they're excited about reading, and set up regular video chats for them to share insights, ideas and perspectives.



Source: <https://www.connecticutchildrens.org/coronavirus/is-your-child-missing-friends-due-to-covid-19-here-are-5-ideas-for-social-connection-and-quarantine-playdates/>

# The NEW Back to School

St. Luke's Behavioral Health School-Based Team



View the series "The NEW Back to School", brought to you by St. Luke's Behavioral Health School-based team.

St. Luke's is committed to providing high-quality health care to children of all ages. From wellness visits to treatment of complex issues, St. Luke's Pediatric providers care for children in a manner that is comfortable for the child and comforting for the parents.

To access these videos, visit:

<https://vimeo.com/showcase/7636131>

# February 2021: National Children's Dental Health Month

During the month of February, the American Dental Association celebrates National Children's Dental Health Month. This month-long national health observance reinforces the importance of oral health in children as well as helping parents with tips to keep their child's smile on track!

Need dental services for your child or children, even yourself? Check out Star Community Health's Dental Clinics and Vans [here](#).

See the next 2 pages for a coloring activity (in English and Spanish) for your children to learn about their oral health!

## WHEN should kids #ChooseWater?

<b>6-12 months</b>  <b>4-8 oz</b> a day	<b>12-24 months</b> <b>At all ages!</b>  <b>8-32 oz</b> a day	<b>2- 5 years</b>  <b>8-40 oz</b> a day	<ul style="list-style-type: none"><li>■ <b>Any time of day</b> is a good time to drink water – try it with a snack!</li><li>■ Before, during and after exercising or playing a sport</li><li>■ When it's hot outside</li></ul>
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 [healthychildren.org](http://healthychildren.org)  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

American Academy of Pediatrics   
DEDICATED TO THE HEALTH OF ALL CHILDREN®

**St Luke's**  
UNIVERSITY HEALTH NETWORK

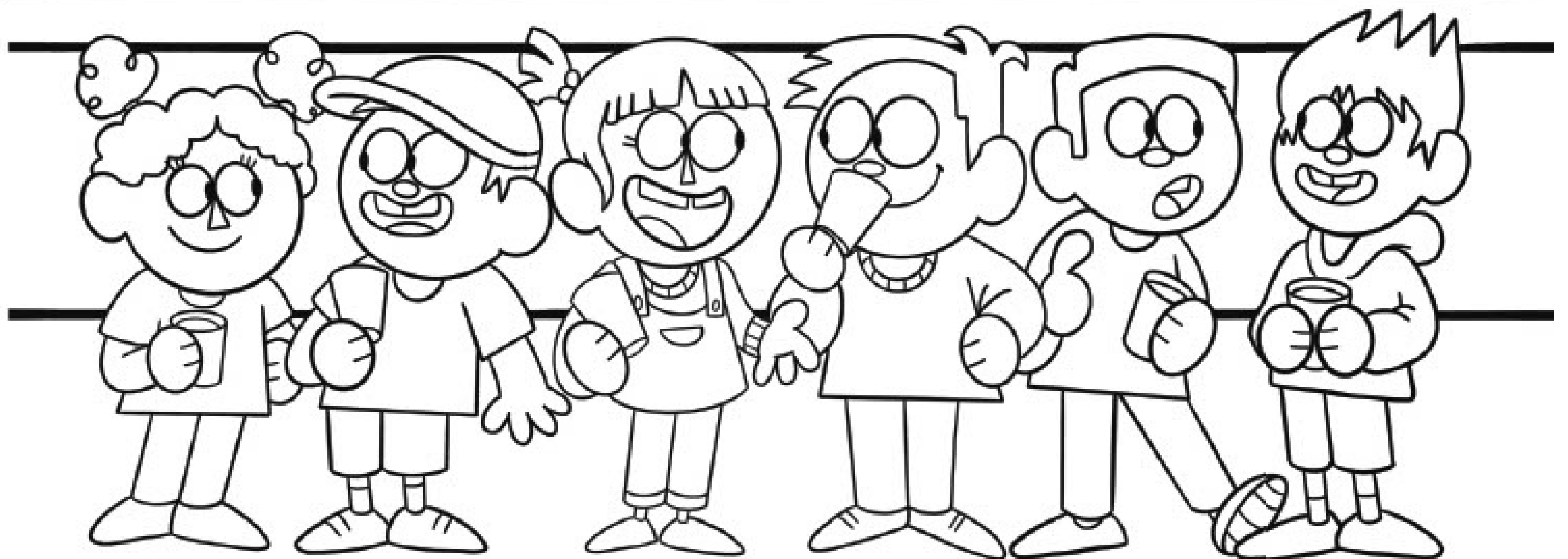
  
**HEALTHY KIDS**  
**BRIGHT FUTURES**

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**St Luke's**  
UNIVERSITY HEALTH NETWORK



# WATER



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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2021](https://ada.org/NCDHM2021) for activity sheets.

#### HEALTHY SMILE TIPS

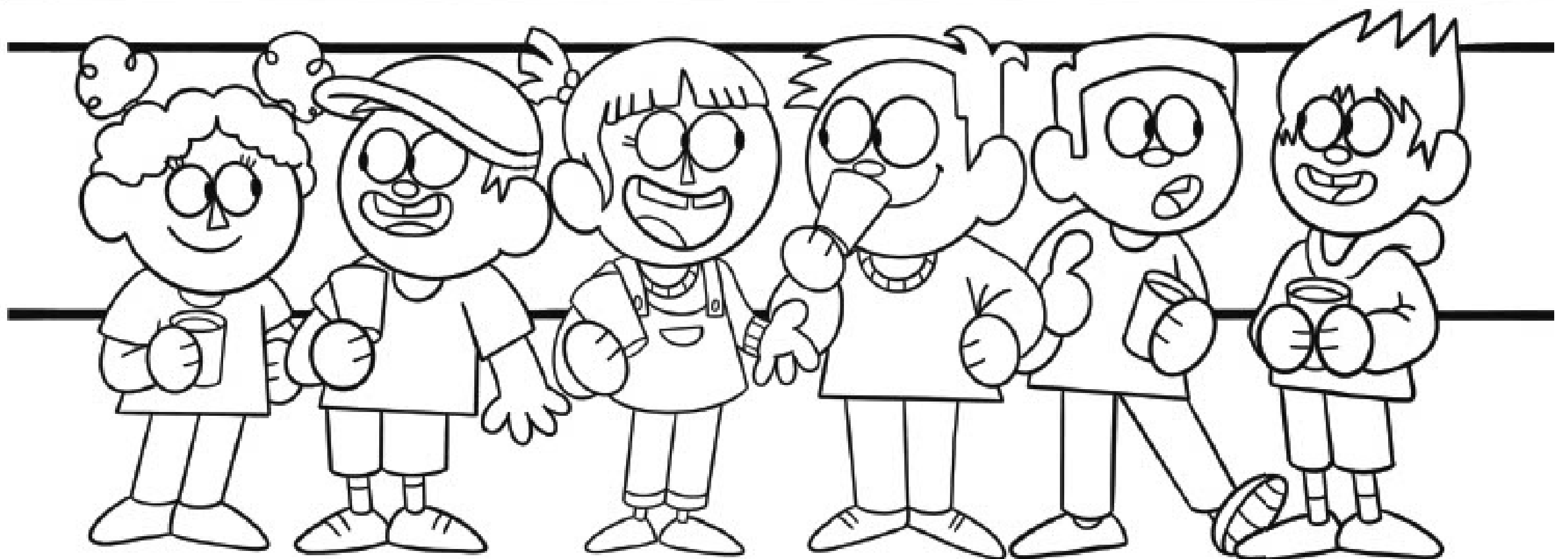
- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

#### SPONSORS



**ADA** American  
Dental  
Association®

# AGUA



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Febrero es el Mes Nacional de la Salud Dental de los Niños. Visite [ADA.org/NCDHM2021](https://www.ada.org/NCDHM2021), donde encontrará hojas de actividades.

## CONSEJOS PARA SONRISAS SANAS

- Cepilla tus dientes dos veces al día con pasta dental con fluoruro.
- Limpia entre tus dientes a diario.
- Lleva una dieta sana que limite bebidas azucaradas y picoteos.
- Visita a tu dentista regularmente para prevenir y tratar enfermedades orales.

## PATROCINADORES

**AIDPH**  
AMERICAN INSTITUTE OF DENTAL PUBLIC HEALTH

**ADA** American  
Dental  
Association®

# Literacy

Grade Levels: Elementary



It is recommended to read at least 20 minutes per day to keep your reading skills sharp! Use this Reading Bingo card to help you reach your 20 minutes per day. Try to fill out the whole Bingo Card!

## READING BINGO

Read to a pet or a stuffed animal	Read in bed before going to sleep	Read to a sibling or friend	Read to a family member over the phone or virtually	Read an autobiography about someone who inspires you
Read a comic strip	Read the rules of a sport you like and then practice it	Read outside on a bright day	Read for 15 minutes while standing up	Read a recipe for a fun new salad and try making it
Read the instructions for planting a seed and try growing it	Build a fort inside and read in it	 HEALTHY KIDS BRIGHT FUTURES St Luke's UNIVERSITY HEALTH NETWORK	Write your own short story	Read a poem
Read with a caregiver aloud (you read a paragraph, then they read a paragraph)	Write out the steps to making your favorite meal, then make it with your family	Read the instructions to a board game and play it	Read the Nutrition Facts Label on your favorite cereal box	Read for 15 minutes, then go for a walk for 15 minutes, then read again
Read a magazine article or book about the Lehigh Valley	Read aloud as you make different voices for each character	Read a book then draw a cover for it	Read the same book as a friend and talk about it with them	Read a recipe for vegetable soup and write a grocery list of what you need for it

# Nutrition

## All Grade Levels

(Some activities may be for elementary-aged children)

As we celebrate healthy relationships this month (and every month!), we encourage you to make family mealtime a part of your routine. Sitting down to a meal together positively impacts academic achievement, self-esteem, mental wellbeing, and physical health. It's also a perfect opportunity for older siblings or caregivers to role model healthy eating habits for younger, perhaps "pickier" eaters. Family meals also offer the opportunity to connect as a family and discuss challenging topics facing our society today. Check out [The Family Dinner Project](#) for family-friendly recipes, dozens of interactive game ideas, and mealtime conversation-starter prompts.

This month, make a concerted effort to block off at least 30 minutes most evenings to dine and converse as a family together. To make the most of your precious time together, turn off the TV, mute cell phones, and eliminate any other electronic distractions. You can also foster togetherness by involving children in grocery shopping. Have kids pick out a healthy recipe to help make and plan a grocery list together, or let them select a new fruit or vegetable to try while at the grocery store or making selections online.

To help encourage your students and families to collaborate in the kitchen, share [these video](#) step-by-step recipe demonstrations from Team Nutrition. [This tip sheet](#) offers more ideas for involving children of all ages to help out in the kitchen safely. Eat well, together!



# Recipe

## All Grade Levels

Not only does eating meals together offer myriad of benefits, but so does cooking together! Kids are able to express their artistic creativity, develop motor skills, practice math and literacy when reading recipes, and are more likely to try new and healthy foods when they're involved in the process.

Try this Mac and Cheese recipe from the [Academy of Nutrition and Dietetics](#). Nutrition bonus: Have kids fold in some spinach, stir in some chopped broccoli, or top with some fresh tomatoes for added flavor, color, and vitamins!

Who doesn't love comfort food like Mac 'n Cheese? This recipe has a surprise ingredient!

### Ingredients

8 ounces whole-grain macaroni noodles, uncooked  
1 tablespoon *trans*-fat-free butter spread  
1 tablespoon whole-wheat flour  
10 ounce bag (2 cups) cubed frozen butternut squash, thawed  
2 ounces (½ cup packed) reduced-fat cheddar cheese  
Sea salt, to taste



### Directions

*Before you begin: Wash your hands.*

1. Boil noodles according to directions. Drain and reserve 2 cups pasta water.
2. In pot over medium heat, cook butter spread with flour for 1 to 2 minutes.
3. Whisk in 1 cup pasta water.
4. Add squash and cook/mash until smooth. (Note: Add more pasta water as needed for a smooth cheese-like consistency.)
5. Add cheese and stir until melted.
6. Fold in cooked noodles until combined and season with salt.

### Nutrition Information

Serving size: 1 cup

*Serves 4*

Calories: 300; Total Fat: 6g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 10mg;  
Sodium: 290mg; Total Carbohydrate: 53g; Dietary Fiber: 6g; Sugars: 2g; Protein: 13g.

# Bonus Recipe

## All Grade Levels

Recipe bonus for this month! If you're craving something sweet to celebrate Valentine's Day this year, be sure to check out this video recipe for [No-Bake Chocolate Cherry Oat Bars](#) from the Academy of Nutrition and Dietetics! This is a tasty fiber-filled heart healthy treat you can make with kids to celebrate the lifestyle medicine pillar that is healthy relationships! Bon appetit!

**Both crispy and chewy, these bars make a great dessert for little ones.🐦** Plus, they are full of whole grains.

### Ingredients

2 cups rolled oats  
1½ cups rice cereal  
½ teaspoon salt  
½ cup peanut butter  
4 ounces chopped 60-percent cacao bittersweet chocolate, or ¾ cup chocolate chips  
¼ cup coconut oil  
¼ cup honey  
1 cup (about 5 ounces) dried cherries

### Directions

*Before you begin: Wash your hands.*

1. Line a 13-by-9-inch baking pan with parchment paper, leaving a bit of paper to hang over the sides.
2. Combine oats, rice cereal and salt in a large bowl.
3. Melt together peanut butter, chocolate chips, coconut oil and honey in a saucepan over medium heat, stirring frequently.
4. Pour wet mixture over oat mixture. Stir to combine.
5. Stir in dried cherries.
6. Pour mixture into prepared pan. Press to evenly cover the bottom of the pan.
7. Chill for at least 3 hours. Remove from pan using overhang of paper as handles. Cut into 28 bars. Store in the refrigerator.

### Cooking Note

- Substitute gluten-free rolled oats and rice cereal, if needed.

### Nutrition Information

Serving size: 1 bar

Serves 28

Calories: 141; Total fat: 7g; Saturated fat: 3g; Cholesterol: 0mg; Sodium: 70mg;  
Carbohydrates: 19g; Fiber: 2g; Sugars: 9g; Protein: 3g; Potassium: 112mg;  
Phosphorus: 83mg



# Gardening

Grades 3-4

Encourage togetherness with indoor home garden activities. Did you know that you can grow vegetables from kitchen scraps? Carrot tops, avocado pits, romaine bottoms, potato eyes, orange seeds, green onion roots, and more can all be replanted! What a creative and sustainable way to grow food and learn how plants grow - together! Try this activity from [KidsGardening.org](https://www.kidsgardening.org) with your kids or encourage students and their families to experiment together in the kitchen! This experiment can be done indoors so makes the perfect winter weather project. Adults can handle any knife skills involved and guide younger family members to sow seeds, scoop soil, and water plants! Engage in conversation by reviewing plant parts, foods or drinks they can make if the scraps come to fruition, importance of environmental sustainability, and other ways to reducing food waste!





# ALL GRADES!

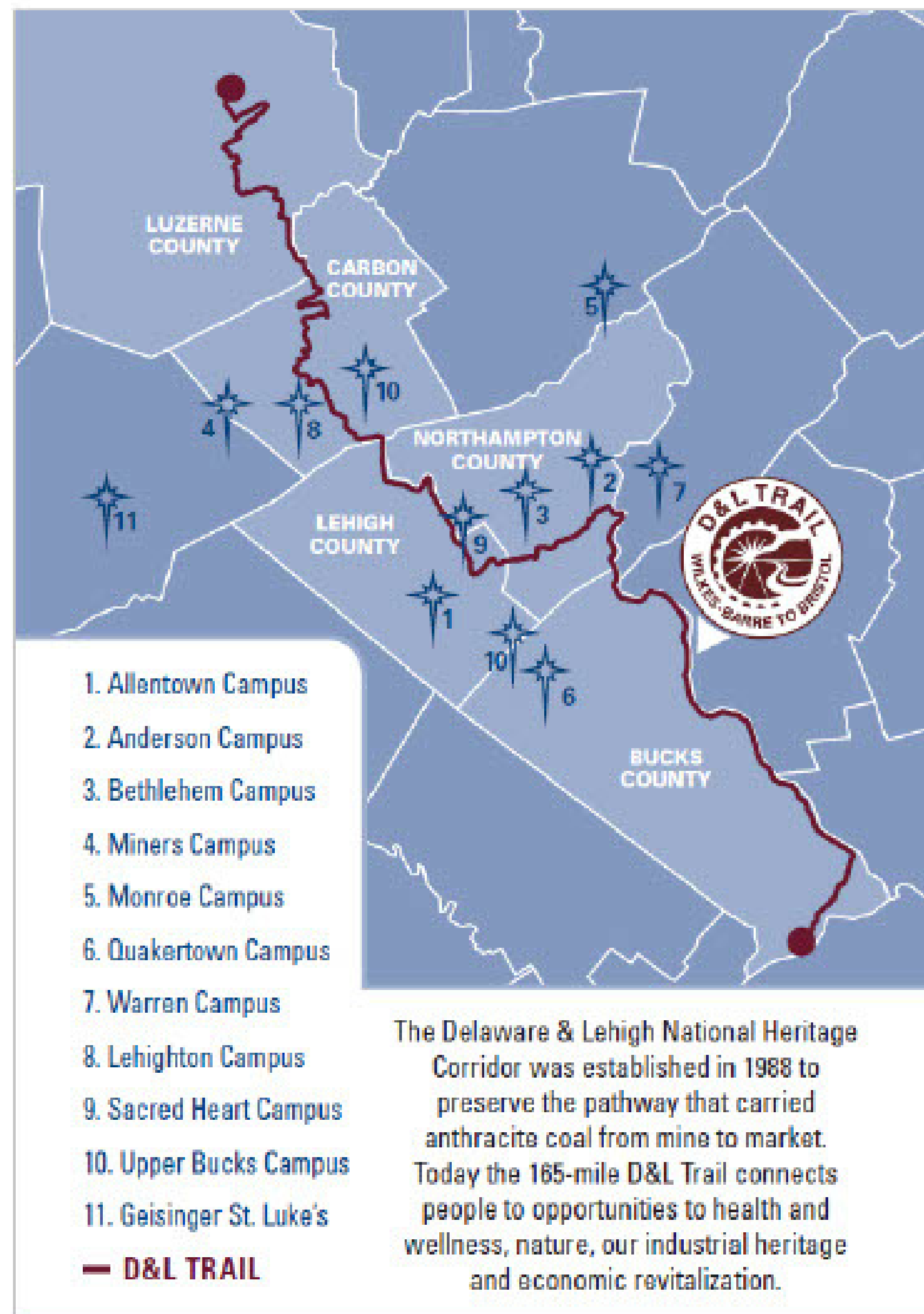
## School Program

Be active and enjoy nature in your own community!

Get Your Tail on the Trail is a free program to encourage healthy lifestyles!

All you have to do is get moving and log your miles! Whether you're taking a family walk, riding your bike, or playing basketball, you can log your miles and earn free gear! Every mile counts!

Visit us at [tailonthetrail.org](http://tailonthetrail.org) to sign up with your school! Challenge your classmates to a friendly competition!







## 2021 Winter Mini-Challenge



*Join St. Luke's University Health Network and the D&L as we begin our Winter Mini-Challenge (30 miles in 30 days)!*

**February 1 – March 2, 2021**

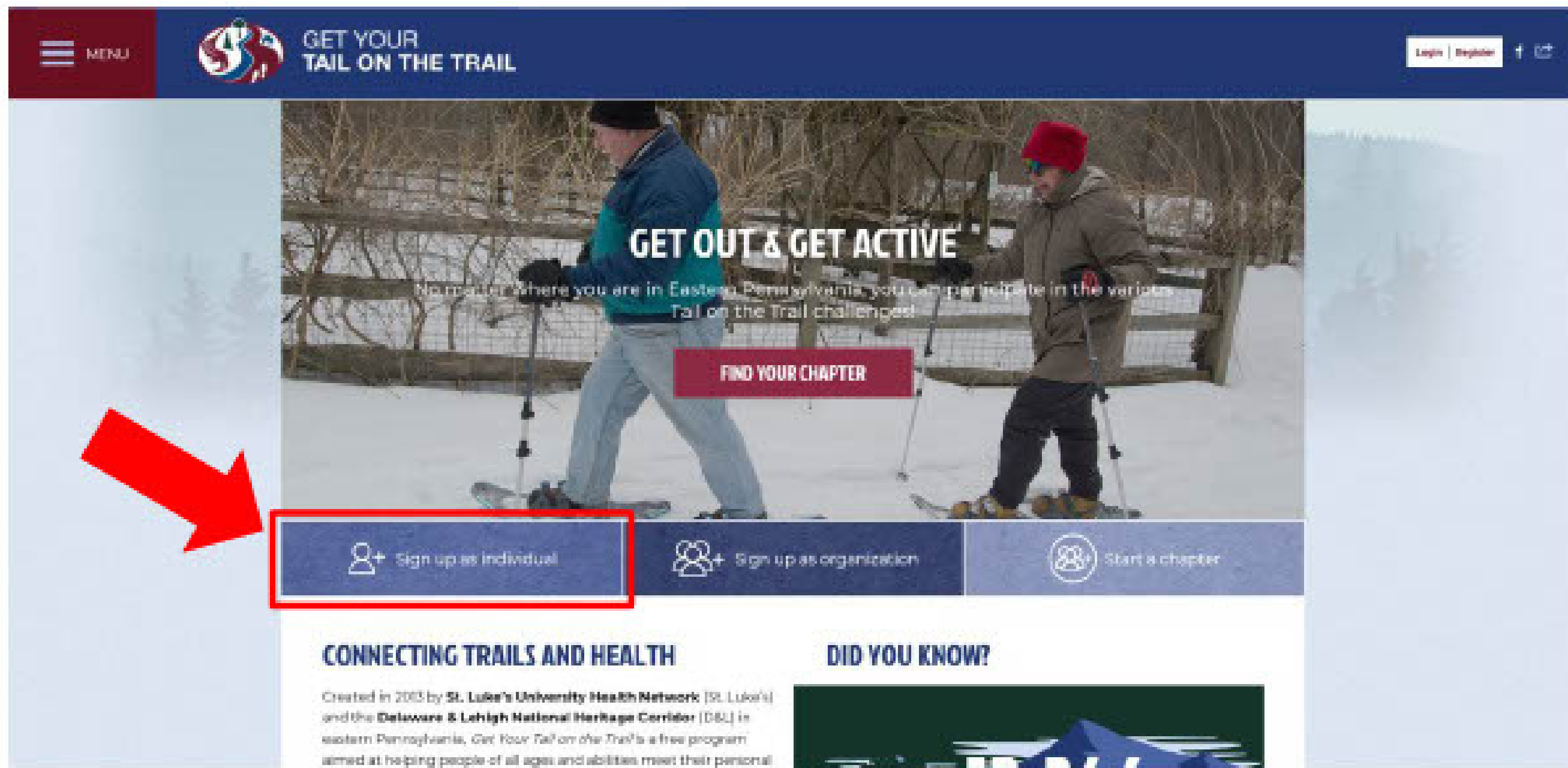
Log onto [www.tailonthetrail.org](http://www.tailonthetrail.org) to sign up for the challenge.

**Complete the 30-Mile Challenge for a Prize!**

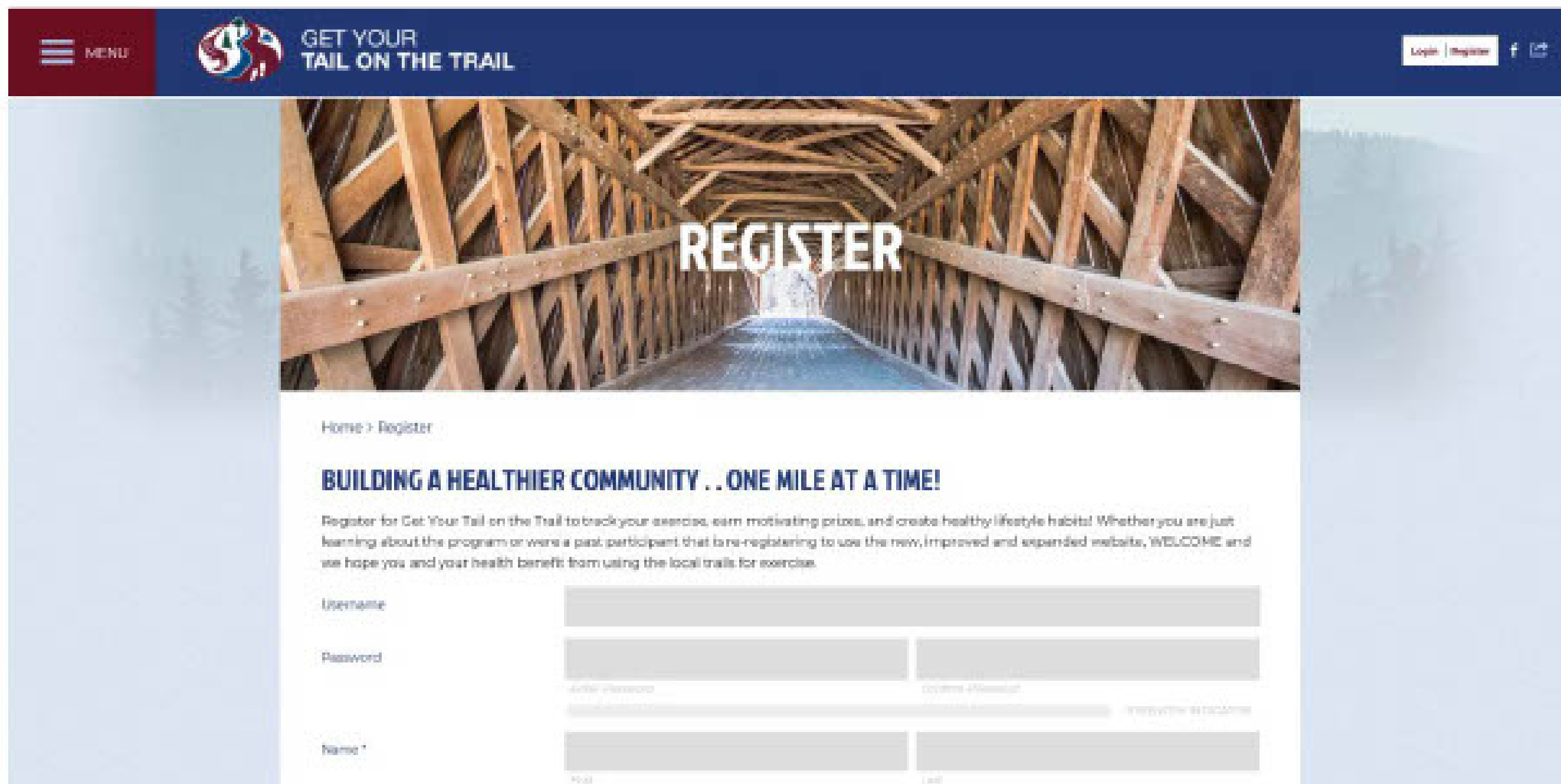


# School Based Tail on the Trail Sign-Up Instructions

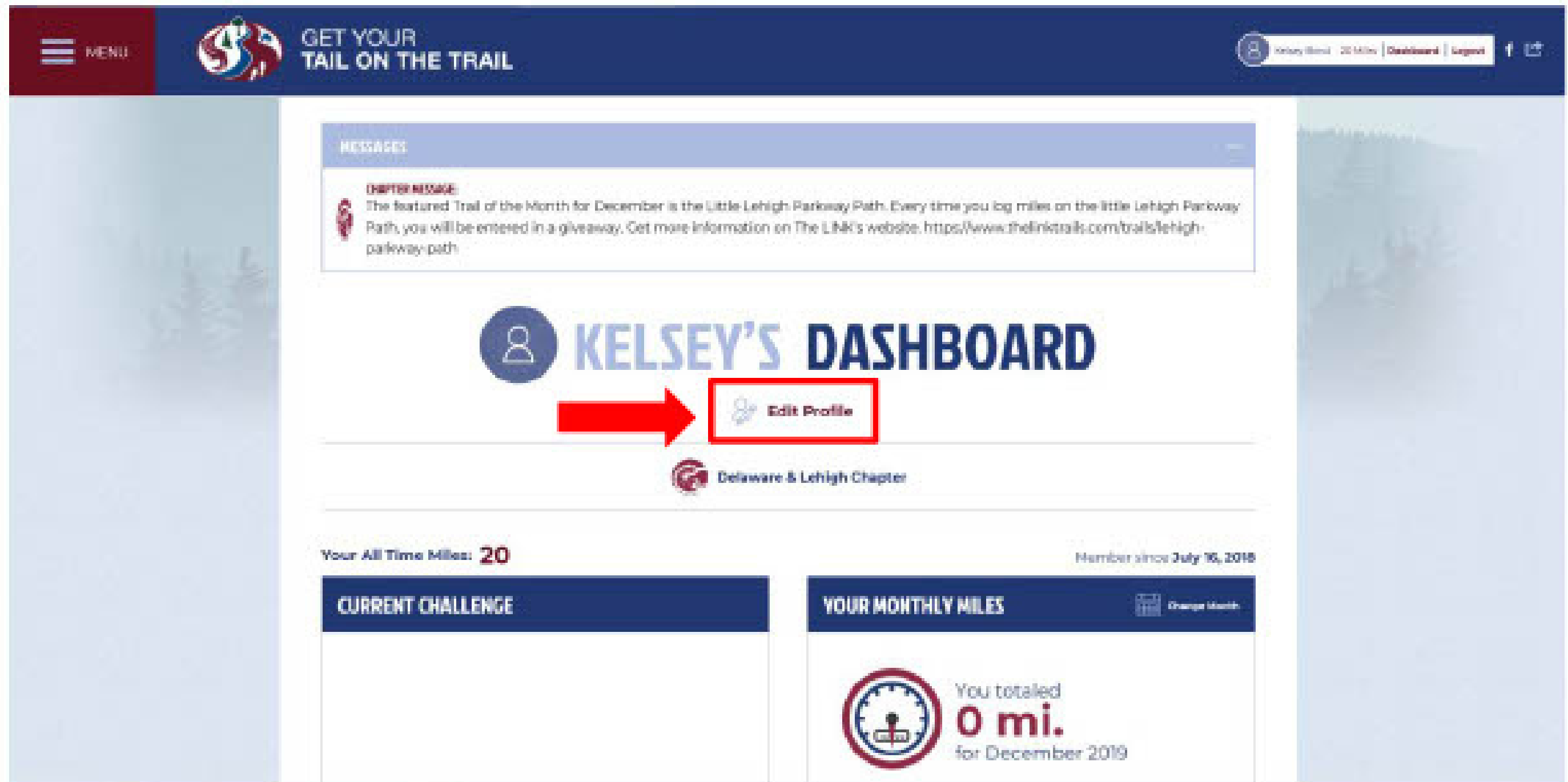
1. Go to [www.tailonthetrail.org](http://www.tailonthetrail.org)
2. Click "Sign up as individual" on the homepage



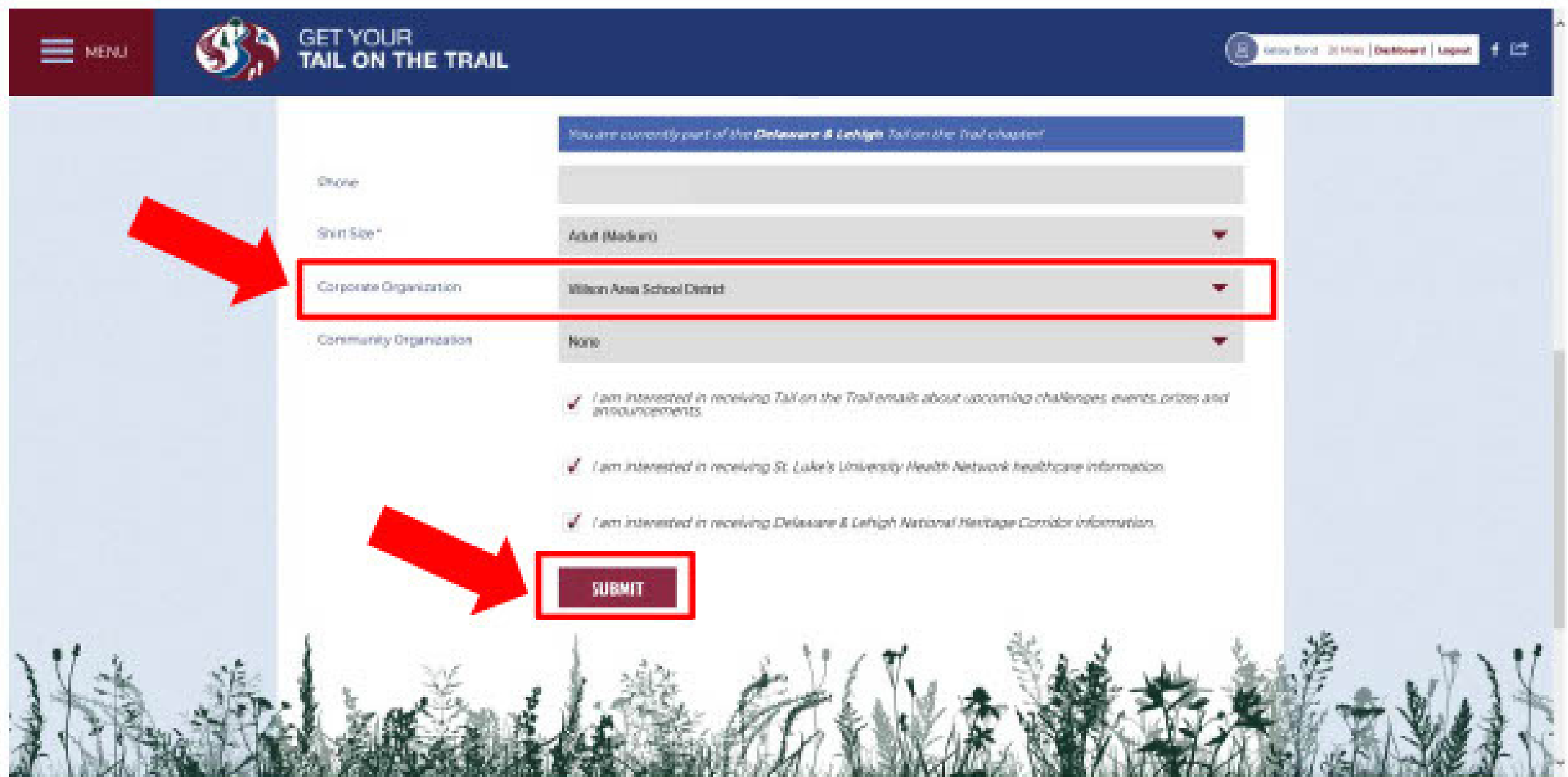
3. Fill out the Registration form



- Once you've created your account and are logged in, you should be located on the "Dashboard" page. From this page, click "Edit Profile"



- Once you click "Edit Profile", scroll down to the section titled "Corporate Organization". Click the drop down and select your school district. Click "Submit" to save all changes.



Thank you for signing up for Get Your Tail on the Trail! If you have any questions or need help signing up, please reach out to Kelsey Bond at [Kelsey.Gasper@sluhn.org](mailto:Kelsey.Gasper@sluhn.org).

# Additional Resources

## St. Luke's WellNow:

St. Luke's is introducing this section of our website to provide you with information and resources to get you started living a healthy lifestyle. We encourage you to explore, learn and come back frequently. Make St. Luke's not just where you come when you are sick, but the place you go to be healthy. WellNOW... Prevention IS medicine!

<https://www.slhn.org/wellnow>

WellNow Facebook Page: <https://www.facebook.com/SLUHNWellNow>

WellNow Pinterest Page: <https://www.pinterest.com/WellNowSLUHN/>

## St. Luke's COVID-19 Community Support & Resources:

St. Luke's continues to work with our community partners to ensure our regional residents have enough food, adequate shelter and access to mental health services during this difficult and uncertain time. Pandemics like COVID-19 affect the economy in many ways, and more of our friends and neighbors find themselves in need of services they might never have imagined. Below is a list of important resources for individuals and families who have been impacted. The situation is changing rapidly, so we encourage you to check back for the latest information. <https://www.slhn.org/covid-19/community-support-and-resources>

## St. Luke's Website:

[slhn.org/](https://www.slhn.org/)

## St. Luke's Facebook Page:

<https://www.facebook.com/slhn/>



## Walk with a Doc/Walk with a Tot:

Walk with a Doc and Walk with a Tot are walking programs through St. Luke's that help you learn about a healthy topic and encourage you to get out for some exercise. Due to COVID-19, they are currently virtual and posted to the St. Luke's Facebook weekly.

Hear from our Doctors, Advanced Practitioners, Medical Students, and Dietitians teach you about important health topics - even some geared towards children and students! Check out these Walk with a Doc's on the COVID-19 Vaccination from Dr. Mascitti (English) and Dr. Terreros (Spanish):

English: <https://vimeo.com/502169324>

Spanish: <https://vimeo.com/507114151>



# Be S.M.A.R.T about COVID!



## Be S.M.A.R.T. about COVID!

SEE OUR TIPS FOR  
STAYING HEALTHY

**S**OCIALLY DISTANCE  
**M**ASK UP  
**A**VOID CROWDS  
**R**EMIND OTHERS  
**T**RAVEL WISELY

For more tips on protecting yourself and staying safe during the COVID-19 pandemic, visit:  
<https://www.slhn.org/covid-19/protect-yourself/tips-for-staying-healthy>

# St. Luke's University Health Network Healthy Kids, Bright Futures:

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