

BodyMind Initiative

Creating Healthy Minds and Healthy Bodies

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STARTING BACK TO SCHOOL WITH a HEALTHY ATTITUDE

During the summer, we often pick up some unhealthy habits. Such as: not getting adequate sleep, choosing sugary foods over fruits and veggies, skipping meals, and late night snacking. How can we make an easy transition from summer, to school, and get back into healthy habits, or adopt new ones?

FROM LATE NIGHTS TO EARLY MORNINGS

During the summer months, our days are long and full of activity, we tend to get to bed later and sleep in. As we get closer to the start of the new school year, it's essential to get our bodies back into healthy habits if we've become lax.

Our bodies respond well to healthy consistent patterns. Such as healthy eating, adequate sleep, and an active lifestyle. When it comes to sleep, it is suggested that teens and preteens need between 8 and 10 hours of sleep. Sleep deprivation can greatly affect school performance and attentiveness.

Getting you and your family back on a regular sleep schedule will not only benefit you once school time rolls around, but it will help your body replenish and restore, and will impact your overall health.

BREAKFAST FOR BRAIN POWER!

With cookouts, family reunions, vacations, sports, camps and slumber parties etc, the foods we eat might be compromised due to hectic summertime schedules. Be it eating in excess or not enough. Whatever the case may be, it's a good idea to reevaluate the foods we are consuming, and make any necessary changes in time for school.



Starting the day off with a healthy breakfast is essential. Breakfast is known as "the most important meal of the day". It's the first meal, and can have a great impact on how we act and feel throughout the day. To keep your child's energy up throughout the day, help them pack healthy snacks, and make a healthy lunch for them to take to school.

Maintaining a Healthy Mindset

Starting back to school can be difficult for kids and parents. Going on to a new grade, possibly at a new school, means new friends and rekindling old ones.

Having a healthy mindset about going back to school is important. Going into the new school year with a positive attitude will help ease some of the jitters. It's normal to feel anxious and nervous, it takes time to adjust, but with a little confidence and a good attitude, things will fall into place nicely!

Sponsored by Covenant Health System and The Center for Prevention and Resiliency at Texas Tech University

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The BodyMind Initiative is a partnership between Covenant health System and the Center for Prevention and Resiliency at Texas Tech University. Our primary goal is to develop and implement a prevention and intervention program that will impact childhood health and wellness within the community. Program delivery includes a curriculum offered within the schools that focuses on resilience, self-care, and wellness, as well as a family component that emphasizes parent support and family education. The BodyMind Initiative hopes to partner with you to make a difference in our community by creating healthy minds and healthy bodies.

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Meet THE Team:

Tenia encourages GETTING INVOLVED AT YOUR SCHOOL!

Getting involved in your school's activities has great benefits. Be it joining a sports team, an organization or club, running for a position in the student council, or creating your own project. There are many ways to get involved and gain new skills, meet new people, and enhance one's life. School isn't just about going to class, and doing homework. There are many opportunities for you to try new things that you might have been leery about before, or were afraid to try because of lack of support or fear of doing it alone. If there is something you'd like to be involved in, but aren't sure how to get involved or where to start, talk to your school counselor, teachers, friends, and your parents. They may be able to suggest ways to get involved and be able to help you figure out if it's right for you. But most importantly, what do you want to do? Write a list of pros and cons, what you want to gain from joining, and any other questions you may have. Getting involved will allow you to discover new things about yourself, and will help ease the monotony of school. Parents, be encouraging and support your child's decision to try new things and get involved in their school's activities. It will not only benefit them, but it will benefit you as well. Your child may teach you something new or reintroduce you to something you were into as a child. When you go to "back to school night" with your child, ask questions and get information or a list of the years activities, sports teams, organizations and clubs. Help make your child's school experience fun and exciting, and sometimes, a little school involvement will help boost your child's feelings about school.

PARENT POINTERS: "ROUTINE GIFTS"

Summer is a season for growth and development of things that sustain our bodies, minds and souls. Abundant sunlight and warmth make all our outdoor leisure activities more accessible and enjoyable. Being outside is a wonderful way to enjoy the gift of time with our families.

I confess that as the school year ended, I was not entirely focused on the gifts of the summer months. I like the school year, I get to share my kid's time, needs for life and educational lessons, with their teachers and schools. I was aware that I might miss the rhythms of a structured school day and that little bit of alone time it afforded me. As the school year wound down my anxiety wound up. How would I have the presence of mind to not only handle all our togetherness, but embrace it! The moments when I see who they are and I appreciate them. The moments when in play, they express real joy.

Our time as parents is hopefully full of beautiful moments with our kids. The reality is that they often come wrapped in the not so beautiful moments. All of these moments wash in and out like the tide and as parents we often feel ill equipped to change the flow. Ready or not summer came and my family and I were launched into a new season. For a while the relaxed routine actually felt nice. We weren't always pressed for time or the need to be someplace. We cruised along with sleeping later, more mealtime interruptions, expanded time with friends and much later bedtimes. A month or so into this summer-time routine, or should I say lack of routine, I noticed things were getting a little hairy around my household. It seemed like normal,



everyday activities were taking more time and energy to perform. None of us seemed at our best - the daily needs of daily life were getting overlooked or missed altogether. I recognized our home and our family life was in a state of disorder. For more than a few days I allowed things to continue as they had during the previous weeks. I needed to take stock of our daily routines. I then tried to identify the things that would take the least amount of effort to adjust. I started to wake the kids up 10-15 minutes earlier. I offered breakfast earlier and at a regular time. Lastly, I accepted that

there would likely be resistance to the new routine. I know how I feel when my personal time or freedom is changed or limited in some way. Certainly my kids will feel the same. They will object and protest, especially when they sense they're going to lose the time they so cherish. Recognizing their loss of freedom and the placement of school year demands upon them, allows us the opportunity to show compassion and kindness to our kids in the face of their struggles.

The start of school is quickly approaching, it will bring definite changes on the routines of our family life. WE can make sensible adjustments as the day approaches and this will certainly help our family make the adjustments. Remembering how tough it is to lose control over our precious free time is priceless when it comes to how we respond to our kid's routine resistance. Parenting in the midst of transitions is always tough. Parenting with compassion and loving kindness will certainly not ensure that power struggles over bedtimes, mealtimes, homework won't erupt, but it will ensure the presence routine gifts no matter the season.



Menu Makeover: Back to School Lunch



CRUNCHY TURKEY SALAD SANDWICH

Ingredients:

- 1 1/4 pounds turkey breast, diced
- Kosher salt and freshly ground pepper
- 1 cup chopped scallions
- 3/4 cup chopped celery
- 1/4 cup light mayonnaise
- 2 tablespoons dijon mustard
- 1 cup seedless red grapes, cut in half
- 6 ounces provolone cheese, cut unto 1/2 inch cubes
- 3 tablespoons chopped fresh parsley
- 12 slices Whole wheat bread
- Serve with baby carrots

Directions:

1. Place the turkey in a medium mixing bowl and season with salt and pepper.
2. Add the remaining ingredients (except the bread) and combine. Serve on sandwich bread

Recipe derived from (Foodnetwork.com)

FRUIT KABOBS:

Ingredients:

- 1 apple
- 1 banana
- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt

Directions:

1. Prepare the fruit by washing the grapes, apples and cut into small chunks. Peel the banana and cut into chunks. Put the fruit onto a large plate.



2. Evenly distribute pieces of fruit onto the skewer.

Recipe derived from (Kidshealth.org)

Nutrition Information (1 sandwich, 10 baby carrots, 1 fruit kabob, 2 tablespoons yogurt): 623 cal, 18g fat, 34.5g protein, 83g carbs. PCF (20% protein, 55% carbs, 25% fat)

coming soon!

AUGUST

23

First day of school

SEPTEMBER

6

Labor Day

LUBBOCK LIVING: Get Involved

These new volunteer orientations are one-hour sessions that are free and open to anyone in the Lubbock area who would like to learn more about community needs, explore where they can serve, and discover how they can make an impact by volunteering. Individuals, groups, and families are welcome. Anyone interested will need to RSVP by visiting www.volunteerlubbock.org and clicking on "Volunteer Opportunities." From there, search for the date of their choice and RSVP online.

Upcoming Orientations:

Saturday, September 11
10:00 am to 11:00 am

Saturday, October 2
10:00 am to 11:00 am

Let's Get PHYSICAL: FIT4Fun Kid's TRIATHLON

On July 17th, 2010 the BodyMind Initiative sponsored the Fit4Fun Kid's Triathlon at the Texas Tech Recreational Center. This community event had over 120 participants, ranging in ages from 7-14. The participants were in two age groups, 7-10 and 11-14, they were to participate in 3 events a swim, bike, and run, the distances were set depending on their age group. The event ended with a few inspirational words from the Lady Raider basketball coach, Coach Curry. There

prizes, and each participant received a medal for crossing the finish line. At the conclusion of the race each child and their families were invited to swim and relax in the Texas Tech Leisure Pool.

The annual Fit4Fun Kid's Triathlon was a huge success! For many of the kids, this was their first triathlon, and expressed their interest in participating again next year!



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