



September 2009

Dear Parents,

We will be covering the following physical education, nutrition, and health topics this month in the Healthy and Wise publication:

Physical Education

Fall Outdoor Soccer League Sign-ups
Getting Fit

Nutrition

What is Cholesterol?
Nutrition Facts Labels and Ingredient Lists

Health

Cold and Flu Season
The Muscular System
Head Lice - Pediculosis
Steps to Good Communication

We hope you enjoy this month's featured articles and activities. Please help your child complete the assigned home activities from the Healthy and Wise publication. Consider doing some of the additional activities below:

- If your child has never participated in an organized soccer league, you might want to explore the league opportunities in your community this month. Visit www.usyouthsoccer.org to locate state soccer associations.
- Fitness is Free! All it takes is a commitment of time. As a family, set some specific fitness goals this fall. Post your goals on your refrigerator and track your progress each week.
- While putting away groceries, ask your child to find the serving size and calorie content on various packaged foods. With younger kids, point out graphics that may also give healthful information about the food.
- Discuss the benefits of getting a flu shot and determine if this is a good option for you or other family members.
- Fast-spreading infestations of head lice are most common in the fall, when children return to school. Discuss some of the best ways to avoid head lice with your child. Check your child's hair periodically.
- Each evening, encourage your child to talk about his/her day to help him/her build strong communication skills. A healthy dinner, followed by an evening walk with lots of conversation can keep your family Healthy and Wise!

Have a **Healthy and Wise** month!