



October 2007

Dear Parents,

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

Physical Education

Sports Leaders and Team Players
Exercise for Good Health

Nutrition

The Scoop on Fats
Milk, Milk, Milk

Health

Treating Illnesses
All about Bones
Fire - Fast and Dangerous
Avoiding Risky Behaviors

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:

- Acknowledge and praise the people in your child's life that you feel are good sports leaders and team players. Emphasize the importance of a good attitude when playing sports, and be a role model for your child at all sporting events by demonstrating good sportsmanship qualities.
- Make exercise and physical activity a habit by scheduling it every day. Keep a log of your daily physical activity on the refrigerator.
- Visit www.MyPyramid.gov to learn more about the milk group, oils, and fats.
- Organize your medicine cabinet at home and dispose of prescription or over-the-counter drugs with expired dates.
- Plan two fire drills this month in your home. Check your smoke alarms to make sure they work. Change the batteries if it has been over a year since you last replaced them.
- Talk to your child about how others might try to influence him/her to participate in risky behaviors. Make sure your child knows that you are there to support him/her if they ever feel peer pressure to drink alcohol, smoke, or use drugs.

Be Healthy and Wise!