



# Healthy Kids Today

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## Elementary School Edition

### May 2005

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**Healthy Kids Today** is published by the Winter Park Health Foundation especially for students and families affiliated with schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Killarney, Lake Sybella and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School and Winter Park Tech.



## Summer Sun Safety

Summer fun in Central Florida means trips to the swimming pool and beach, outings to parks and in general, lots of time outdoors.

All of those summer days in the sun can add up. And what they add up to may be trouble. In fact, experts say that by the age of 18, youths will have had 80 percent of their lifetime sun exposure.

They say it is important to stress the importance of sun protection as early and often as you can.

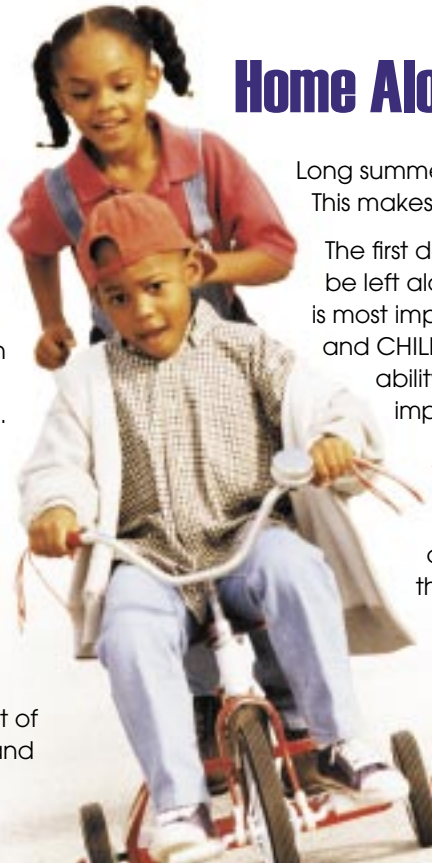
If you don't think so, consider this. The Skin Cancer Foundation reports that more than 90 percent of all skin cancers are caused by sun exposure, yet fewer than 33 percent of adults, adolescents, and

children routinely use sun protection. One in five Americans will get skin cancer in the course of a lifetime.

The Nemours Foundation and the Skin Cancer Foundation offer these suggestions:

- It's important to use a sunscreen with a sun protection factor (SPF) of at least 15 every day, even

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## Home Alone Guidelines for Summer

Long summer days may mean more kids spending time alone at home. This makes it all the more important for parents to set some guidelines.

The first decision parents need to make is whether or not the child can be left alone. And age is not always the best determining factor. It is most important, says Heather Galvin, licensed clinical social worker and CHILL counselor at Maitland Middle School, to assess a child's ability to problem solve and make good decisions. Maturity is an important consideration.

Age, however, is important to consider if siblings are to be left alone together. If an older sibling is in charge, especially for brothers and sisters who are not too much younger, that can be a challenging situation, Galvin said. It is important for the parent to sit down and tell children what is expected from each. The older child should be in charge of safety and of observing behavior, but he or she should not be in charge of disciplining. Parents should handle that when they get home.

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on cloudy days. Dermatologists say a great deal of sun exposure can occur when you least expect it. For example, sun rays can pass through car and residential windows.

- Make sure sunscreen blocks both UVA and UVB rays. Sunscreens with this type of protection are called broad-spectrum sunscreens.
- Lather on sunscreen liberally. People, especially children, often do not put on enough to get full protection.
- Reapply sunscreen every two to three hours and after swimming

or sweating. In direct sun, use a sunscreen with a higher SPF, like SPF 30.

- Try to limit sun exposure when the sun is the strongest—from 10 a.m. to 4 p.m.
- Wear dark T-shirts rather than light-colored T-shirts to block more sun. Note: Wet T-shirts let more light through than dry ones.
- If you put on bug spray after applying sunscreen, the SPF gets watered down. It is a good idea to look for repellents that include sunscreen.

- Don't forget to protect eyes from ultraviolet rays with sunglasses. Wide-brimmed hats help too.

For more information, go to:

**American Academy of Dermatology**  
www.aad.org

**American Cancer Society**  
www.cancer.org

**National Council on Skin Cancer Prevention**  
www.skincancerprevention.org

**The Skin Cancer Foundation**  
www.skincancer.org

## Home Alone

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Rules and schedules will be important. Here are some other issues to talk about, suggested by Galvin and authors of the Kids Health website, www.kidshealth.org, sponsored by the Nemours Foundation:

- Are the children allowed to watch television, DVDs, videos or computer games, and, if so, which ones and for how long?
- Can friends come over, and if so, how many? This can be a problem, especially for older children. Word can get out that there is a home with no parental supervision.
- What can you eat if you want a snack?
- Can you go outside, and if so, where?

- Which appliances can be used—the microwave, computer, etc.?
- Which chores need to be done, and by when?
- When should the children check in with parents?

In addition, it is a good idea for parents to:

- Decide what is to be done if the phone rings or if someone knocks at the door. Practice some “what if” scenarios with the children. Talk about what they could do in different situations.
- Make sure the children know how and when to dial 911 and know the name, location, and phone numbers of where mom and dad work.

- Provide the name, address and phone number of a trusted neighbor or family member who can be contacted during an emergency.
- Make sure alcohol and prescription medication is stored where it is completely inaccessible to children.

And if the kids are home alone a great deal, look for some activities for them to get involved in away from home. When kids get too bored, they can get into trouble. For suggestions, please see the article, Health Smart Summer Fun on page three.

# Health-Smart Summer Fun

Kids don't have to spend spare time on the couch or in front of a computer this summer.

Here is a sampling of fun and healthy activities available for children in the community.

- Children who like to run can start training for Track Shack's 5K Watermelon Run on July 4 beginning in Mead Gardens in Winter Park. The 5K race, about 3.1 miles, is suggested for kids 8 and older. Shorter races of 100 to 400 yards will be available for younger children. Register at the Track Shack at 1104 N. Mills Ave. in Orlando or by going to its website at [www.trackshack.com](http://www.trackshack.com).
- Would-be babysitters aged 11 to 16 can learn about child and babysitting safety in classes offered June 17-18 and again on July 29-30. The sessions will be held at Winter Park Fire and Rescue, 343 W. Canton Ave. Registration forms are available from the Winter Park Public Library or Winter Park Fire and Rescue.
- Check with your school to see if any summer activities are planned. For example, Maitland Middle is offering a course on how to create your own video game from 9 a.m. to 1 p.m. June 13-17 for ages 10 to 14. Students learn to make the game and leave with the game on a CD. Check with the school for more information.
- For kids who like the outdoors, there is the Mead Garden Nature Summer Camp, from June 6 to July 1. It offers kids, ages 6 to 12, a unique, hands-on learning experience and is guided by Orange County school teachers. Kids will investigate plants and wildlife, participate in crafts and games and will hear experts speak on wild animals. Week-long sessions run throughout June and cost \$100. For more information, call 407-628-0995.
- The City of Winter Park offers a "Summer Fun Camp" featuring activities such as swimming, skating, bowling, movies, puppet shows, go carts, gymnastic and reading enrichment. Camp hours are 7 a.m. to 5:45 p.m., activities are between 9 a.m. and 4 p.m. For city residents, the cost is \$60 per child and less for each additional child. Non-residents pay \$75 per child and less for each additional child. For more information, call 407-623-3363.
- The City of Maitland has its own summer day camp at the Maitland Middle School campus. It's for children who are rising first graders through 13-year-olds. It's from 9 a.m. to 4 p.m., June 1-July 29, and extended day services are available. Call 407-539-6269 for more information.
- Suggest your children pick up a notebook and keep an exercise

diary. Have them set goals for themselves.

- Encourage them to try out a good book. The Winter Park Public Library has a summer reading program featuring weekly programs with crafts, a magic show, educational animal displays, a reptile show and storytellers. Full descriptions of all programs will be available at the Library and on its website: [www.wpppl.org/youth](http://www.wpppl.org/youth) after May 10.

- Gather up the family and head out to find a new hiking trail. To find a new trail, go to [www.dep.state.fl.us/gwt/](http://www.dep.state.fl.us/gwt/). The site is maintained by the Florida Department of Environmental Protection.



*Remember: Healthy Kids Make Better Students*

## Help Your Child Prepare for a Healthy School Year

Plans are underway for a Back to School Health Fair to be held from 3 p.m. to 7 p.m. Friday, July 29 and from 9 a.m. to 2 p.m. Saturday, July 30 at Glenridge Middle School. The event is free and offered exclusively to the families of children attending schools within the Winter Park Consortium. The Winter Park Consortium includes Winter Park High and its elementary and middle feeder schools. It is presented by the Winter Park Health Foundation's Coordinated Youth Initiative, which includes the CHILL Counselors, School Nurses, Nurse Practitioners and Healthy School Team programs. Keep visiting the Healthy Kids Today website, [www.healthykidstoday.org](http://www.healthykidstoday.org), for more information, or you can call the Winter Park Health Foundation at 407-644-2300.

**Free School & Sports Physicals** will be available beginning June 27 for students in need attending schools in the Winter Park Consortium. Please call the nurse practitioners for an appointment at 407-623-1415 ext. 256.

# Don't Let Good Nutrition Take a Vacation

Healthy habits don't have to fly out the window when summer comes around.

Here are some suggestions from local nutrition expert Karen Sue Beerbower MS, RD, LD.:

- Encourage your children not to skip breakfast, even if they are sleeping in or rushing off to summer school or day camp. Breakfast gives them the chance to get in foods such as whole grain cereal, a dairy serving in the form of milk or yogurt and some vitamin C, contained in fruit such as orange juice or strawberries.
- Make sure kids stay well-hydrated with water during summer months. Sports drinks are only necessary if kids are engaging in activity lasting more than one hour.
- When it comes to meals, emphasize variety with a minimum of three of the four food groups represented at the meal. A sandwich can be enhanced with a piece of fruit and a glass of milk. A frozen entrée can have a salad added to it, as well as a carton of yogurt. Most kids can tackle canned soups with added cheese or a sandwich.
- When it comes to snacks, which Beerbower prefers be called mini-meals, kids should include foods from different food groups rather than just munching on things like

pre-packaged chips. Cheese, crackers and fruit make a good combination. Other good snacks include smoothies made with yogurt, and sports bars.

For more nutritional information and healthy recipes, check out these websites:

**Karen Sue Beerbower,**  
local nutritionist mentioned above  
[www.nutritionalguidance.org/](http://www.nutritionalguidance.org/)

**Healthy Kids Today**  
[www.healthykidstoday.org](http://www.healthykidstoday.org). This website was designed by the Winter Park Health Foundation especially for families within the Winter Park Consortium of Schools. It is updated weekly and features the latest stories on health and wellness as well as healthy recipes and tips.

**American Heart Association**  
[www.deliciousdecisions.org/](http://www.deliciousdecisions.org/)

**American Institute of Cancer Research**  
[www.aicr.org/information/recipe/](http://www.aicr.org/information/recipe/)

**The Mayo Clinic**  
[www.mayoclinic.com/](http://www.mayoclinic.com/)  
Go to the left hand column and click on "healthy recipes."

**The U.S. Department of Agriculture**  
for information on the new food pyramids  
[www.mypyramid.gov](http://www.mypyramid.gov).

## Summertime Snack Recipe

### Pineapple Pops

Ingredients:

- 2 c. plain yogurt
- 1/2 c. canned crushed pineapple
- 1 can frozen pineapple or orange-pineapple juice concentrate, thawed

Directions:

1. Drain the can of crushed pineapple so all the juice runs out.
2. Put all the ingredients in a medium-size bowl and mix them together.
3. Spoon the mixture into small paper cups. Fill them almost to the top.
4. Stretch a small piece of plastic wrap across the top of each cup.
5. Using a Popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.

6. Put the cups in the freezer until the mixture is frozen solid.
7. Remove the plastic wrap and peel away the paper cup. You'll have pineapple pops to eat and share!

Serves: 6  
Serving size: 1 pop  
Nutritional analysis (per serving):

169 calories  
4 g protein  
1 g fat  
36 g carbohydrate  
0 g fiber  
5 mg cholesterol  
62 mg sodium  
136 mg calcium  
0.1 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

## More Health News to Use



Looking for more news you can use to keep your kids healthy and help them become better students?

Visit [www.healthykidstoday.org](http://www.healthykidstoday.org), a website created by the Winter Park Health Foundation.

The site is updated weekly with news, tips and recipes. It features timely stories on topics like nutrition, the importance of physical activity and

how to help kids cope with life issues. It also includes information on the Healthy School Teams, School Nurses and Chill Counselors in your child's school.

The Winter Park Health Foundation believes "Healthy Kids Make Better Students" and provides financial support for the Coordinated Youth Initiative and its health and wellness services including the CHILL Counseling Program, School Nurses, Nurse Practitioners/Student Health Centers at Glenridge & WPHS, and Healthy School Teams. For more information on the Foundation go to [www.wphf.org](http://www.wphf.org).