

Moving Forward together



Schenectady Day Nursery's Home-School Connection

Fall 2012, Issue 1

Dear Parents and Friends,

The mission of the Schenectady Day Nursery is to provide a 'nurturing, enriching and safe environment where children 6 weeks to 12 years are encouraged to reach their full potential.' Every day our staff work with your children toward this objective. But, we realize that our role is secondary to that of the family. It is our goal to partner with our families to provide the most secure and positive future for all of our students. To that end we will send this newsletter home four times each year and share with you our teaching objectives, current information about child development and health issues. We will keep the dialog going throughout the year but our hope is that this information will be both timely and helpful to our families.

Health and Wellness:

Building minds and bodies for the future.

Childhood obesity is on the rise; one in ten children ages 4-5 are considered overweight and the number of obese children has nearly doubled in the last 20 years. These children are at risk for chronic diseases which can shorten their lives. Healthy habits are established in early childhood; exercise, healthy eating behaviors, limits on sedentary activities (TV, videotapes and video games) and health education should begin early to reduce the future risk of chronic diseases. At SDN we are addressing New York State guidelines and helping students make healthy lifestyle choices at school. We offer some resources to help you make good choices at home too.

source:

<http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

Dietary Guidelines for Americans

www.ChooseMyPlate.gov

The United States Department of Agriculture (USDA) offers a website with a wealth of information that can promote health and reduce the risk for chronic diseases. Topics include everything from picky eaters to trackers that will help families to evaluate the nutrition and health benefits of specific foods and types of physical activities. You will find information about:

- Eating Better on a Budget
- Sample Menus and Recipes
- Daily Food Plans
- Healthy Tips for Active Play
- Preschooler Growth Charts
- Serving Sizes
- And more

Keys to Wellness

Healthy Eating Behaviors

- Focus on good health, not a certain weight goal. Teach and model healthy and positive attitudes toward food and physical activity without emphasizing body weight.
- Focus on the family. Do not set overweight children apart. Involve the whole family and work to gradually change the family's physical activity and eating habits.
- Establish daily meal and snack times, and eating together as frequently as possible. Make a wide variety of healthful foods available based on the Food Guide Pyramid for Young Children. Determine what food is offered and when, and let the child decide whether and how much to eat.

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