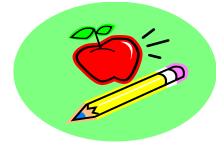


Healthy Eating and Sleep Habits Help Students do Well in School



Children's eating and sleep patterns are linked to higher success in school.

Children who eat breakfast are better able to learn, pay attention, solve problems and are more creative. Children who eat breakfast tend to be healthier than those who skip their morning meal. Skipping breakfast can lead to being overweight and can set the stage for future health problems. Make breakfast easy by including three of the four food groups in Canada's Food Guide. Any nutritious food on the way to school (or work!) is better than nothing at all. Try to include a source of healthy carbohydrates, which provide energy, and a source of protein, which are the building blocks of our bodies. Some food choices could include:

Vegetables and fruit: apples, bananas, blueberries, peaches, cucumber and kale

Grain products: whole grain breads, oatmeal, rice and bran cereals

Milk and other sources of dairy: low fat milk, yogurt, soy beverages and cheese

Meat and alternatives: eggs, tofu, chicken, fish, seeds and peanut or other nut butters.

Lack of sleep can lead to problems with attention, memory, behaviour and mood regulation. Sleep is also thought to be a protective factor against obesity or becoming overweight. To help children get a good night's sleep, it is important to establish a bedtime and wake up time. While individual sleep times vary, children 5-12 years of age need 10-11 hours/night and teens need 9-10 hours/night--- but typically, they are averaging less. Creating a bedtime routine is also important regardless of the child's age and should include 15-30 minutes of calm soothing activities, which do not include television, computer or telephone use.

Establishing healthy habits around sleeping and eating breakfast early in the year will help pave the road to a successful school year.

For more information, please see these websites

<http://www.sleepforkids.org/html/obesity.html>

http://bfl.convio.net/site/DocServer/BFL_BeforeTheBell_recipebook_FINAL1_ENG.pdf?docID=122

<http://www.sciencedaily.com/releases/2013/07/130726191525.htm>

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