



Healthy Students are Ready to Learn

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What do students need to be ready to learn?

- Sleep
- Healthy Diet
- Exercise
- Less Screen Time
- Strategies to cope with stress
- Medical attention for students with illness or chronic medical conditions
- Flu shot/immunizations

5-4-3-2-1

- 5 servings of fruits and vegetables a day
- 4 servings of water a day
- 3 servings of low-fat dairy a day
- 2 or less hours of screen time a day
- 1 or more hours of physical activity a day

Low Fat Dairy

- 3 servings a day
- Milk
- Yogurt (unflavored—add fruit. Or, mix unflavored with flavored to cut the sugar)
- Kefir
- Cheese

Fruits and Vegetables

- Five servings per day. Start with what they like and build on that.
- Carrot sticks, celery sticks
- Apples, oranges, berries, avocado
- Add to soups, sauces
- Dips: hummus

Sleep

- Start preparing for sleep early in the evening
- No screen time 1-2 hours before bed
- Alternative activities: reading, puzzles, sudoku, collages, coloring. Keep supplies handy and make it a routine.

Water

- Four servings per day
- Encourage water
- Add lemon slices
- Reusable water bottles

Screen Time

- 2 hours or less per day
- Includes phone, TV, surfing the web (tablets, laptops), video games

Physical Activity

- 1 or more hours per day (if possible, in addition to activity at school)
- Some or all should work up a sweat if possible
- Walking, running, jump rope, playing—get outside when possible!

Stress Reduction

- Exercise
- Reading
- Art (collage, coloring)
- Mindfulness
- Yoga

Medications at school/How to contact the School nurse

- Inhalers, epipen, other medications
- Leave a message for me with the front office staff and I will return your call