



Topic of the Month

Free - Help Yourself!

"Take On The Day!" Evening Checklist



You'll thank yourself in the morning!

Do you have your:

- Homework finished?
- Homework packed?
- Backpack by the door?
- Clean mask with your backpack?
- Lunch packed or lunch money gathered?
- Breakfast prepped?
- Clothes chosen and laid out?
- Gym shoes, too?
- After-school plan set?
- All after-school gear gathered and by the door?



Go get'em, Tiger!

Taking care of ourselves can take a lot of support. At Sawtooth Mountain Clinic, we're here to help! Ask a nurse or provider if you'd like to talk.

Whether you've got kids headed back to class, or you've been out of school for decades, the return of autumn is a great time to pause, check in with yourself, and see if you've got any health habits that could do with some polishing up.

And remember: progress, not perfection, is the goal! Small steps can make a big difference.

Be Good To Your Body

1. Take COVID-19 seriously. We can increase our chances of having school remain in-person by getting vaccinated and masking up when needed.
2. Make sure that everyone in your family is current with their other vaccines too, including the flu shot. This will help avoid other illness that make kids miss school.
3. Stock up on healthy breakfast, lunch and snack items, so that prep is easy. Brains work best when they're well-fueled with protein, whole grain carbs, fruits/veg and a little fat. Flip this over for tips and recipes.
4. How big is that backpack? It should never weigh more than 10-20% of your child's weight. Make sure the straps are wide and padded, and that it's worn on both shoulders.
5. If at all possible, walk or bike to school or work. (Remember the helmets!) Not only is it a chance to get some activity, it's a great way to jump-start the day.

Cut Your Brain Some Slack

1. Find a quiet, tidy to space for study. It's easier to focus when both sight and sound "noise" are minimized.
2. Set a routine homework time. Whether it's after snack time, playtime, or dinnertime, set a consistent time for studying.

Make Sleep A Priority

The later nights and mornings of summer may not be a problem June through August, but come September, a good night's sleep is of prime importance for everyone.

Back-to-School Healthy Habits for Everyone



People with tired brains don't learn as well and can find it hard to pay attention.

1. Limit screen time and turn them all off at least an hour before bedtime. The light from electronics can interfere with sleep.
2. Run the wiggles out during the day. Plenty of physical activity during the day helps young (and older!) bodies rest and recover at night. Kids should be getting at least 60 minutes of moderate to vigorous activity each day.
3. Take a warm bath or shower before bed. As your body cools, it also relaxes.
4. Kids need lots of sleep! Children between ages 3-5 years need 10-13 hours a night, ages 6-13 need about 9-11 hours, teens need between 8-10 hours, and adults need 7 -9 hours.
5. Cut out caffeine. It has crept into beverages that people of all ages drink. Kids are especially sensitive to caffeine, and it can interfere with their ability to get a good night's rest.
6. Make bedtime "book time" too! This has multiple benefits: it ensures screen-free time before bed, it helps everyone drift off to sleep with positive images; and if you're reading with your kids, it offers a chance for quiet, peaceful snuggles that reinforce the joy of reading.

For more back-to-school tips, check out: <https://healthychildren.org/English/news/Pages/Back-to-School-Tips.aspx>

For information on Safe Schools During COVID, visit <https://bit.ly/3yj3j9v>

Slow Cooker Overnight Oatmeal

The "night- before" breakfast!

4 cups liquid (water, milk, some of each, maybe a little apple juice....)
 1 ½ cup steel cut oats (**NOT** rolled or old fashioned oatmeal)
 ¼ tsp. Salt

Optional seasonings:
 dried fruit
 chopped nuts
 spices such as cinnamon, nutmeg, allspice, cardamom, coriander...

Preparation the night before:

Grease the inside of your slow cooker.
 Add liquid, oats, salt and anything else that sounds good.
 Stir, cover and cook on low for 7-8 hours.
 Top with whatever you like: fresh fruit, butter, maple syrup, peanut butter, cream....
 Or go savory with some cheese, an egg, or avocado!

Delicious!

Breakfast - Beyond Cold Cereal

1. English Muffin Sandwiches: Toast a whole-grain English muffin. Top with ham & cheese, PB & J, or cream cheese & cinnamon.
2. Breakfast Tacos: Scramble and cook an egg. Serve with salsa and cheese in corn or whole wheat tortillas.
3. Breakfast Burritos: Meat and/or beans, cheese, & salsa in a tortilla.
4. Yogurt Parfait: Layer yogurt with fresh/ frozen fruit and granola.
5. Banana Dog: Spread a couple tablespoons of peanut or almond butter on a whole-wheat hot dog bun. Peel a banana, and place inside bun. Eat like a hot dog.
6. Leftover Pizza
7. Whole-grain Waffle: Spread with a nut butter and sprinkle with raisins or dried cranberries.
8. Trail Mix: Mix up some whole-grain breakfast cereal, nuts, and a favorite dried fruit (try diced apricot, pineapple or mango).
9. Quick omelet: Scramble eggs with your favorite combo of veggies (try spinach, mushrooms, diced tomatoes and/or bell peppers). Pop in the microwave until puffy; stir & cook until done.

Add a piece of fresh fruit and a glass of milk and you're good to go!

Mix-And-Match School Lunch Ideas

1. Vegetables

Salsa	Broccoli	Lettuce
Kale	Cauliflower	Spinach
Carrots	Cabbage	Parsnips
Celery	Kholrabi	Onions
Sprouts	Tomatoes	Squash
Cucumbers		
Snow Peas		
Snap Peas		

2. Protein

Beans	Meat	Greek Yogurt
Sardines	Nuts:	Seeds:
Egg	Almonds	Sunflower
Peanut Butter	Pecans	Pumpkin
Hummus	Cashews	Sesame
Tofu		
Edamame		
Trail Mix		

3. Whole Grains

Panini Bread	Quinoa
English Muffin	Pasta
Dry Cereal	Crackers
Muffins	Rice Cakes
Rice	
Pita Pockets	
Mini Bagels	
Wraps	
Tortillas	
Sliced Bread	
Rolls	

4. Fruits

Oranges	Grapes	Nectarines
Bananas	Strawberries	Dried Fruit
Pears	Mango	Blueberries
Applesauce	Peaches	Melons
Apples		

Eat-All-Week Roasted Veggies

Make a big batch of these on the weekend and enjoy them all week. They taste great hot, cold, or at room temperature, so they pack well for lunch.

Chop your choice of vegetables into bite-sized pieces. Preheat oven to 450 degrees. Put olive oil in a large baking pan. Add the longest cooking vegetables and stir to coat well. Sprinkle with salt, ground pepper, dried herbs, and seasonings of your choice. While they cook, chop the next longest cooking vegetables. Add when appropriate, plus more olive oil if needed. Chop the quickest cooking veggies and add for the last 10-15 minutes. Salt, pepper, and dress to taste. **Enjoy!**

30-40 minutes	20-30 minutes	10-15 minutes
Potatoes	Beets	Summer squash
Winter Squash	Mushrooms	Bell Peppers
Sweet Potato	Eggplant	Asparagus
Carrots	Tomatoes	Cauliflower
Parsnips	Onion	
Rutabaga	Garlic	
Turnips	Broccoli	
Brussel Sprouts		