

# Welcome AUGUST

## ARDHS NSLP 2018

### August is National Back to School Month!

Studies show that children who eat a nutritious breakfast function better during the school day. These children have better concentration and more energy than children who skip breakfast. Hunger will affect a child's performance in class making them cranky or restless. Breakfast is important to adults as well. Breakfast helps kick-start your metabolism, which helps you burn calories throughout the day. Be sure to start your morning with a healthy breakfast. Protein in the morning will give you energy throughout the day. Protein also provides the amino acids your brain needs to function at an optimal level, making it a great choice for breakfast. Eggs are the classic option, and studies have shown eating them at breakfast increases feelings of fullness and helps maintain healthy blood sugar levels.

Morning routines are vital, but we cannot overlook the importance of our evening routine. Getting enough sleep is crucial to children and adults, especially during the school year. Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness. Children who get enough sleep have a healthier immune system, and better school performance. Younger children need between 10-12 hours of sleep per night. Adolescents (13-18 year of age) need at least 8-10 hours per night. Visit <https://sleepfoundation.org/sleep-topics/sleep-hygiene> for great ideas to help you and your child get a good night's rest.



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August 3<sup>rd</sup> is National Watermelon Day. It's the perfect addition to your outdoor barbeques.

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August 5<sup>th</sup> is National Mustard Day. Try adding some to your marinades for summer grilling.

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