



HEALTH AND WELLNESS
POWERED SCHOOLS

LET'S GET PHYSICAL





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (October - December) we have prepared a toolkit for students in after school programs to stay active during the fall. In addition, we have included pages on how to prevent & treat minor injuries that may occur while exercising.

Fall is a season good for outdoor exploration. Encouraging children to spend more time outdoors helps them develop strength, coordination, and motor skills. Playing outside also has a benefit on mental health, reducing stress and anxiety, while also promoting social skills. By promoting outdoor physical activity, we can create a positive impact on children's development.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



IMPORTANCE OF STRETCHING

Importance of stretching:

1. Prevent Injuries
2. Improve posture
3. Recover faster
4. Unlock full range of motion

For non-athletes, emphasize postural benefits. Also, a stretching routine can build a mind-body connection, similar to yoga.

For headstrong athletes unconcerned with injury prevention, emphasize that stretching improves their athletic performance and unlocks their full potential.

STATIC VS DYNAMIC STRETCHES

Static

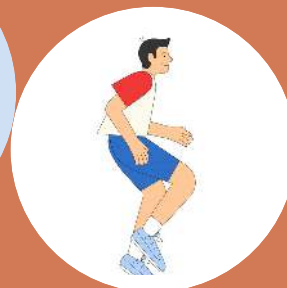
Stretch to an endpoint and hold for 5-10 seconds.

Best for winding down post-workout or at the end of the day.

Dynamic

Active movements for 5-10 reps that stretch muscles and joints

Best for preparing your body for physical activity.



Get up and go Exercises

Regular physical activity supports physical health and improves mood, focus, and social skills. Fun physical activities counteract sedentary habits of the classroom and improve participation in afterschool programs. In addition to traditional exercises here are some great tips to get the fun started!

Dance Parties!



Play upbeat music and let kids dance freely or follow along to simple routines like zumba.

Create scavenger hunts that require kids to move around, climb, jump, or stretch to find clues.

Scavenger Hunts



Nature Walks



Take a walk with a twist! Have kids point out interesting looking bugs, birds, or shapes in nature to make it interactive and exciting.



Exercise lowers blood sugar, helping prevent diabetes.

Exercise causes your muscles to absorb more glucose from your blood.

We recommend exercising 30 mins after eating to reduce blood sugar spikes.



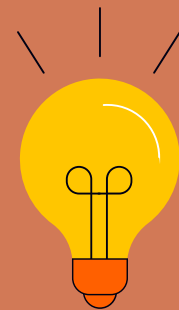
THIS IS A FUN VARIATION ON HIDE AND SEEK. THIS IS A FLEXIBLE GAME THAT CAN BE PLAYED PREFERABLY OUTSIDE OR INSIDE AS NEED BE. STUDENTS WILL HAVE THE OPPORTUNITY TO STRETCH THEIR LEGS AND GET ACTIVE THROUGH THIS INTERACTIVE GAME!!

HOW TO PLAY:

- 1) MAKE TWO TEAMS: TEAM 1 AND TEAM 2
- 2) EACH TEAM SHOULD GATHER SEVEN OBJECTS FROM THEIR BAG OR CLASSROOM
- 3) TEAM 1 SHOULD SHOW THE OBJECTS THEY HAVE CHOSEN TO TEAM 2
- 4) TEAM 2 SHOULD TURN AROUND AND COVER THEIR EYES UNTIL TEAM 1 IS DONE HIDING ALL OF THE ITEMS
- 5) AFTER TIME IS UP, TEAM 2 SHOULD TRY AND FIND ALL OF THE OBJECTS
- 6) IF TEAM 2 WOULD LIKE A HINT ABOUT ONE OF THE OBJECTS, THEY NEED TO PERFORM AN EXERCISE THAT IS DECIDED UPON BY TEAM 1.
 - SIMILARLY, TEAM 1 WOULD HAVE TO PERFORM AN EXERCISE DECIDED UPON BY TEAM 2 WHEN THEY WANT A HINT DURING THEIR TURN
- 7) WHEN TEAM 2 IS DONE, IT WOULD BE THEIR TURN TO HIDE THE OBJECTS AND TEAM 1 SHOULD GET STARTED TO HUNT

MATERIALS:

MISCELLANEOUS OBJECTS FROM SCHOOL BAG OR CLASSROOM



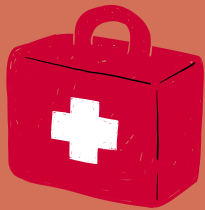
SAMPLE EXERCISES FOR HINTS:

- TEN JUMPING JACKS
- TEN PUSH UPS
- JOGGING IN PLACE FOR A MINUTE
- FIVE SQUATS

HOW TO TREAT CUTS AND SCRAPES



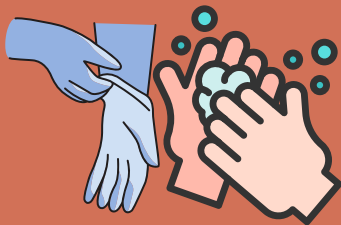
1) ALERT YOUR TEACHER, SCHOOL NURSE, PARENT, OR ANY ADULT PRESENT THAT THERE IS AN INJURY



2) LOCATE A FIRST AID KIT



WARNING:
DO NOT USE HYDROGEN PEROXIDE. WHILE IT KILLS GERMS, IT ALSO DELAYS HEALING



3) USE GLOVES OR WASH YOUR HANDS THOROUGHLY WITH SOAP AND WATER

IF LIGHT CUT OR SCRAPE

IF HEAVY BLEEDING

4A) RUN THE AREA UNDER SOAP AND WATER FOR SEVERAL MINUTES

DO NOT SCRUB OUT THE WOUND BUT MAKE SURE TO REMOVE ANY DIRT PARTICLES FROM THE AREA



4B) APPLY PRESSURE TO THE WOUND WITH A CLEAN CLOTH OR BANDAGE FOR ABOUT 5-10 MINUTES

IF THE CLOTH GETS SOAKED, PLACE A NEW CLOTH ON TOP. **DO NOT REMOVE THE OLD CLOTH**
DO NOT PROCEED WITHOUT ADULT SUPERVISION



5) APPLY AN ANTISEPTIC LOTION, CREAM, OR PETROLEUM JELLY



6) COVER THE AREA WITH A BANDAGE OR GAUZE PAD

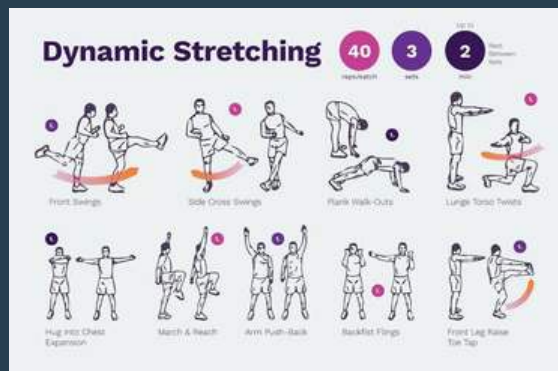
REMINDERS:

- CHANGE THE DRESSING OFTEN
- CHECK THE AREA EVERYDAY TO MAKE SURE IT IS CLEAN AND DRY
- **DO NOT BLOW ON THE INJURY--** THIS CAUSES GERMS TO GROW

Resources, Handouts & Flyers

First Aid for Cuts and Scrapes

Dynamic Stretching Routine



Kid-friendly Yoga Routines

58 YOGA POSES

fun and easy yoga poses for kids



First aid for cuts and scrapes

To take care of cuts and scrapes:

- Calm your child and let him or her know you can help.
- Apply pressure with a clean cloth or bandage for several minutes to stop bleeding. For a lot of bleeding, press on the wound firmly for 5 to 10 minutes with a clean cloth. Do not stop to look at the cut. If the cloth becomes soaked with blood, put a new cloth on top of the old cloth. Do not lift the first cloth.
- Wash your hands well.
- Wash the cut area well with soap and water. Do not scrub the wound. Remove any dirt particles from the area. Let the water from the faucet run over it for several minutes. A dirty cut or scrape that is not fully cleaned can cause scarring or infection.
- Apply an antiseptic lotion, cream, or petroleum

importance of exercise for kids

Youth Fitness 101 - Warm Up

