

# Wellness News

Healthy Kids, Healthy Families, Healthy Lifestyles

## Win an IPOD Shuffle!

February 09 | Issue 2

### Upcoming Events

- **World's Greatest Strongman visits Venice**  
March 2009
- **Principals' Cook-Off**  
April 2009
- **National Screen Time Turn-Off Week**  
April 20 - 26, 2009
- **Healthy Kids Day with Radio Disney**  
May 2, 2009

### Tip of the Month

**5-2-1-0 is a simple and easy way to make healthy choices each day.**

**5** Fruits & Vegetables

**2** Hours or less of screen time

**1** Hour of physical activity

**0** Sugary drinks.

Try 5-2-1-0 with your family today!

The YMCA Student Wellness Initiative is sponsoring an essay contest for 3rd, 4th, and 5th graders. Remember 5-2-1-0 and the fitness and nutrition information you learned last semester in P.E?

Use what you have learned to answer the question for your grade below and earn a chance to win an IPOD shuffle. Prizes will be awarded to the winner in 3rd, 4th, and 5th grade at Laurel Nokomis, Garden, Venice, and Taylor Ranch Elementary Schools.



The Y's Student Wellness Initiative wants to help you rock out while you work out. Enter our essay contest to win an IPOD shuffle.

**3rd Grade:** Getting plenty of activity is important. Everyone has a special outdoor activity that they enjoy. Think about a special activity that you like to do outside. Now write to explain what makes your activity fun.

**4th Grade:** Eating fruits and vegetables each day is important. Think about why it is important to eat plenty of fruits and vegetables. Explain why you should eat fruits and vegetables.

**5th Grade:** Some students spend many hours playing video games. Think about the positive and negative effects of playing video games. Now write to persuade a newspaper editor whether or not students spend too much time playing video games.

There are no right or wrong answers to the questions, so have fun. We will be looking for good writing and we are interested in what you have to say. Please turn in your essay, with your name, grade and school in the upper right hand corner to your classroom teacher by February 27th. Winners will be announced in March. Write On!

What's  
happening  
next



On May 2nd, the South County Family YMCA will be hosting Healthy Kids Day and we've invited Radio Disney to join in the fun. The Radio Disney Road Crew will be at the Y with music, contests and giveaways - and a Grand Prize you won't want to miss! Mark your calendar.



Coming Soon!

Do you love to cook? Or are you content to watch the many chefs on TV do all the work? Or maybe you just like to eat. Either way, watch for something exciting coming to Venice in April. Check the next newsletter for details.

*Be sure to check the Student Wellness Initiative tab at [www.southcountymca.org](http://www.southcountymca.org) for all the latest info*

# Are you Fit for FCAT?

We all know that regular exercise is good for your body. Did you know it is also good for your brain? Recent studies are showing that students' grades and tests scores improve with increased physical activity and higher levels of fitness. So as you head into FCAT season make sure you are getting plenty of rest and eating a healthy breakfast each day - AND step it up a notch in your physical activity. Take brisk walk or run. Go for a vigorous bike ride. Rev up your body and your brain and make sure you are Fit for FCAT!



## Brain Food Breakfast

Research suggests that eating breakfast can help you do better at school. But what should you be eating? Here are some Brain Food Breakfast ideas to help you start your day!

Oatmeal made with skim milk and topped with raspberries, which are a great source of Vitamin C, and may help you to think on your feet.

Scrambled eggs with a little cheese rolled up in a whole wheat tortilla: Choline in eggs helps boost your memory and concentration, and eggs are a great source of protein.

French Toast made with one slice of whole grain bread soaked in a mixture of one scrambled egg, chopped walnuts and cinnamon. Walnuts contain Omega 3 oils that can provide a brain boost, and cinnamon can help to balance blood sugar levels.

## Year-Round Programs



## After school programs at the YMCA

- Homework Assistance
- Swimming Pool
- Skate Park
- Rock Wall
- Enrichment Programs
- Youth Sports

South County Family YMCA  
701 Center Road, Venice, Florida 34285  
941-492-9622  
[www.southcountymca.org](http://www.southcountymca.org)