

have fun and be safe at the playground

Playgrounds are places to have fun. There are swings, things to climb on and other kids to play with.

But getting hurt is no fun. That's why we want to share some ideas for being safe while you have fun at the playground:

- Make sure a grown-up is there. A grown-up can see things that might hurt you. He or she can help you if you do get hurt.
- Play at a playground that is taken care of. Make sure the equipment isn't broken and there isn't trash or broken bottles.
- Be careful when you climb. Don't climb too high!
- Play with equipment that fits you. If you're an older kid, don't play with stuff meant for little kids. And smaller kids shouldn't try to play with stuff meant for big kids. They could fall off!
- Watch out! Be careful when you swing or use other moving equipment. Make sure no one is standing so close they could get hit.
- Finally, clean up before you go home. That way the playground will be just as nice as when you found it.

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smoking is dangerous, nasty and uncool

Some kids ask if it's OK to have just one cigarette once in a while. They want to be part of the gang. Well, is it OK?

The answer is a flat-out NO! Cigarettes are super-dangerous. Everyone who gets hooked on them started with "just one" once in a while. They taste bad and they smell bad. Yuck!

But what do you say if another kid tries to get you to smoke?

- If someone says: "Your parents will never find out." You could say, "Yeah, you don't know my parents."
- If someone says: "You'll have more fun." You could say: "I don't have to smoke to have more fun." Or, "I do other things to have fun."

Someone could even try to tell you that smoking can't hurt you. That's simply not true!

Source: www.bam.gov

fuel for kids on the go

When you get hungry, your body is telling you it needs food. Food is the fuel you need to stay active. The body uses food for energy. That's why you could feel tired or grouchy when you're hungry.

Snacks are important for young people. They can keep you going after school when you need energy to run, shoot baskets or whatever else you like to do.

But not all snacks are equal. Small servings of healthy foods are good for your body. They're better than sugary drinks and candies. Try these snack ideas next time you're hungry:

- Fresh veggies like carrots and celery sticks
- Raisins
- Pretzels

- Low-fat yogurt
- Crackers—try graham crackers, animal crackers or saltines
- Bagels
- Fig bars
- Fruit juice (100% pure fruit juice, not juice with sugar added)
- Small packages of trail mix
- Fresh fruits such as bananas, oranges, grapes and berries

Don't forget water!

Bodies need water too. This is especially true when you've been playing hard. So drink water (not soda) before, during and after you play. Drink water even if you don't feel thirsty.

Source: www.bam.gov/sub_foodnutrition/fuelup.html

snack attack recipes

TRY THESE EASY RECIPES THE NEXT TIME YOU NEED A HEALTHY SNACK IDEA.

ANTS ON A LOG

Ingredients:

Celery sticks, Cream Cheese (peanut butter can be substituted) and Raisins

Directions:

1. Spread cream cheese on celery stick (log).
2. Put raisins on top of cream cheese.
3. Eat and enjoy!

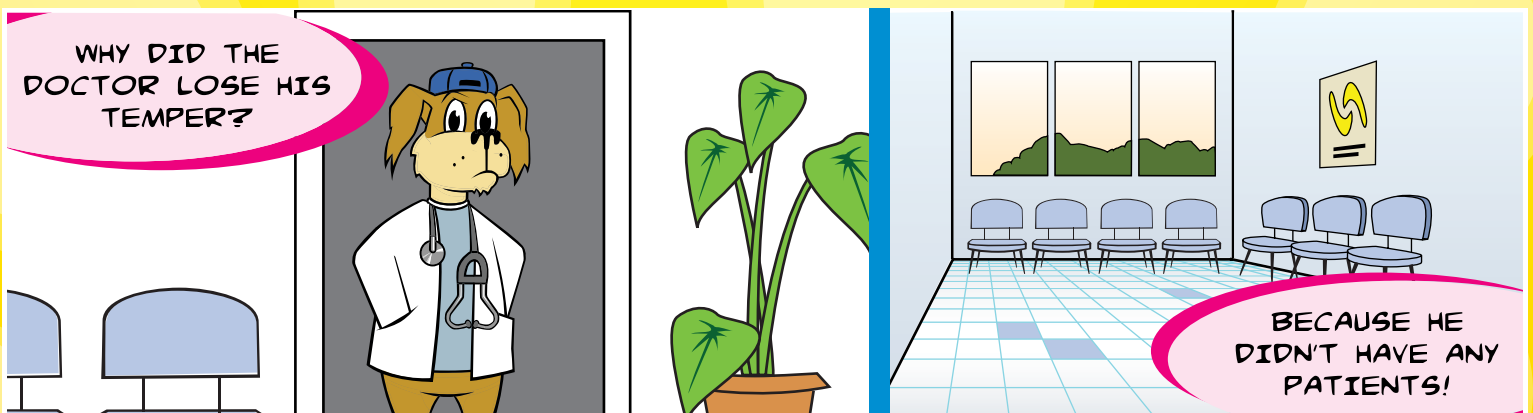
NIBBLING NECKLACES

Ingredients:

Fruit Loops Cereal

Directions:

1. String Fruit Loops on a string.
2. Make a pattern
3. Nibble on the necklace

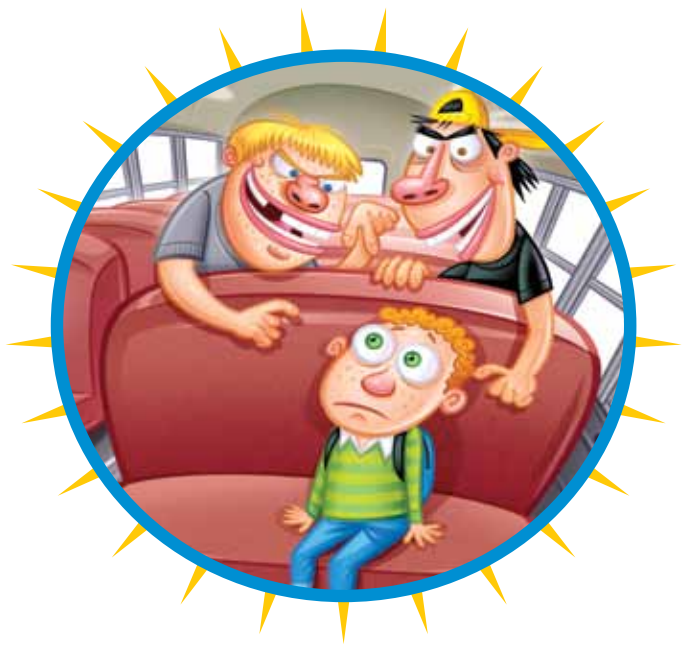


nobody likes a bully

Maybe you've been picked on by a bully. But even if a bully is picking on someone else, it can make you feel afraid. That's how bullies work. They like to show off and pick on others because it makes them feel important. They haven't learned to make themselves feel good in healthy ways. So they threaten and say mean things about others.

But no one should have to be picked on by a bully. There are some things you can do to keep from being a bully's victim.

- Make friends and hang around friends as much as possible. Bullies like to pick on people who are alone.
- Talk and walk. Let the bully know what you think. Tell him what he's doing isn't funny and you don't like it. Then walk away.



- Ignore name calling. Bullies like to know when they've hurt someone by insults. You don't have to give them the satisfaction.

Finally, tell an adult. It's not being a "tattletale." It's just smart. Most bullies are too afraid to pick on someone when an adult like a teacher is around. That's why they wait until recess or between classes.

Sources: www.bam.gov/sub_yourlife/yourlife_bullyroundup.html
www.mcgruff.org/Advice/stopbullies.php

kids want to know:

WHAT HAPPENS WHEN OUR FOOT FALLS ASLEEP?

Have you ever tried to walk after your foot falls asleep? It's hard to do! That's because there's no feeling in your foot. This happens after you've been sitting in the same position for a long time. You sit for so long in one place that the nerves in your foot get scrunched up. The nerves are like wires. They send "feeling messages" to the brain. When they get scrunched up for too long, they lose feeling. They slowly get feeling back when you start to move again. But this makes the tingling feeling you probably get when your foot starts to "wake up" again.

Sources: <http://healthcorner.walgreens.com/display/607.htm>
<http://answers.yahoo.com/question/index?qid=20061121134917AAFpfe5>

Learn a new word...

ALLERGY

(En español: Alergia)

How it sounds: al-ur-jee

An allergy isn't fun. It can make you sneeze. It can also make your eyes itch. Sometimes an allergy can make your skin itchy too. Many things can trigger an allergy. Plants, animals and some types of foods are just a few. Don't worry though. Special health care providers know how to keep allergies under control!