

Fall 2018

Arlington Central School District

Wellness Newsletter

ACSD Wellness Committee is dedicated to creating an environment where wellness, nutrition and physical activity are valued within the District and support the mission to empower all students to be self-directed, lifelong learners, who willingly contribute to their community, and lead passionate, purposeful lives.

Backpack Safety Recommendations



Wear both straps. Use of one strap causes uneven stress on the spine; wearing two shoulder straps allows the weight of the backpack to be distributed across the shoulders.

Wear the backpack centered over the mid-back. The backpack should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should be snug, and the backpack should not extend below the lower back.

Lighten the load. Keep the load at 10% or less of the child's bodyweight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. A backpack with wheels can also help if the child has to carry greater than 10% of their bodyweight.

Muscles of the Month: Erector Spinae



A strong, resilient and functional back is crucial for both general fitness and for physical activities. While most people focus on the major muscle groups in the back -- like the latissimus dorsi and the trapezius, one of the more important and sometimes overlooked areas to strengthen is the erector spinae.

The erector spinae is a group of muscle bundles that are attached to the spine and run vertically in two rows along the back. The erector spinae functions to straighten the back and provides for side-to-side rotation.

Eat Your Breakfast! Homemade Egg Sandwich

Ingredients: 2-3 eggs, Cheese, Ham, Assorted peppers, Roll

Directions:

1. Heat a cast-iron or nonstick skillet over medium heat.
2. Add 2-3 eggs to the pan (Depending on how much you want)
3. Begin to Scramble the eggs (using a nonstick spatula)
4. Add cheese, ham, and assorted peppers
5. Mix until eggs are set, cheese melted and the ham is warmed up
6. Serve on a roll

Mindful Moment – Sleep

Sleep is so important. The amount of sleep a person gets each night has a direct effect on their overall health and well-being. How many hours of sleep do you get a night? The amount of sleep your body need depends on your age. Check out the chart below to see how much sleep is recommended for your age.

<u>Age</u>	<u>Recommended Amount of Sleep</u>
Newborns	16-18 hours a day
Preschool-aged children	11-12 hours a day
School-aged children	At least 10 hours a day
Teen	9-10 hours a day

The ACSD Wellness Committee meets four times during the 2018-2019 school year at the Central Administration Offices, Todd Hill Road, Lagrangeville. If you are interested in joining, please contact Dr. Tina DeSa, tdesa@acsdny.org, 845-486-4460.