Newsletter Article – “Health”

 Hello fellow PTA team members. My goal is to share information to, and provide support for our Councils and Units, regarding improving the health of all children and their families in San Diego and Imperial Counties. If you, or anyone you know, is interested in joining the Health Committee, please email me (health@ninthdistrictPTA.org), to let us know.

Obtaining and maintaining a healthy lifestyle is a foundation of academic success of our children. To promote optimal health and keep immune systems strong during these times: The American Academy of Sleep Medicine recommends that children 3-5 years old should sleep 10-13 hours (including naps); 6-13 year olds should sleep 9-11 hours and 13-18 year olds should sleep 8-10 hours per night. A multivitamin and mineral food supplement, plus Vitamin C, D and Zinc can also boost our children’s immunity. Did you know that 70% of the immune system is located in the gut? Probiotics can help support digestive health and the body’s immunity. In addition, please remind our children to drink plenty of water each day!

You can help to support healthy lifestyles by creating healthy activities on our school campuses.

Some ideas are to:

* Schedule a free Health Assembly <https://etsoutherncalifornia.kaiserpermanente.org/>
* Schedule a school health-related field trip <https://www.wildwillowfarm.org/>
* Promote walking to school <https://www.transportation.gov/mission/health/Safe-Routes-to-School-Programs>
* Research healthy fundraising opportunities: <https://www.fns.usda.gov/tn/best-practices-healthy-school-fundraisers>; <https://www.fundraising.com/blog/post/Healthy-school-fundraising>
* Create a healthy dinner recipe or healthy snack recipe contest

\*Here’s a very helpful link: <https://capta.org/focus-areas/health-safety/>

**August Health Awareness Themes:**

* **Children’s Eye Health and Safety Month** with the [National Eye Institute](https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids)
* **National Immunization Awareness Month** with the [CDCTrusted Source](https://www.cdc.gov/vaccines/events/niam/index.html%22%20%5Ct%20%22_blank)
* [**Psoriasis**](https://www.healthline.com/health/psoriasis)**Action Month** with the [National Psoriasis Foundation](https://www.psoriasis.org/)
* **Summer Sun Safety Month** with the [American Cancer Society](https://www.cancer.org/healthy/be-safe-in-sun.html)

**September Health Awareness Themes:**

* [**Blood Cancer**](https://www.healthline.com/health/leukemia)**Awareness Month** with [multiple organizations](https://www.nfcr.org/blog/september-blood-cancer-awareness/)
* **Childhood Cancer Awareness Month** with the [American Childhood Cancer Organization](https://www.acco.org/childhood-cancer-awareness-month/)
* **National Childhood Obesity Awareness Month** with the [American College of Sports Medicine](https://www.acsm.org/)
* **National Cholesterol Education Month** with the [CDCTrusted Source](https://www.cdc.gov/cholesterol/cholesterol_education_month.htm%22%20%5Ct%20%22_blank) and [American College of Cardiology](http://www.acc.org/)
* **National Food Safety Education Month** with the [CDCTrusted Source](https://www.cdc.gov/foodsafety/education-month.html%22%20%5Ct%20%22_blank) and [U.S. Department of Agriculture](https://wicworks.fns.usda.gov/resources/2020-national-food-safety-education-month)
* **National Recovery Month** with the [Substance Abuse and Mental Health Services Administration (SAMHSA)](https://www.samhsa.gov/)
* **National Sickle Cell Month** with the [Sickle Cell Disease Association of America](https://www.sicklecelldisease.org/get-involved/events/national-sickle-cell-awareness-month/)
* **Pain Awareness Month** with the [American Chronic Pain Association](https://www.theacpa.org/pain-awareness/september-is-pain-awareness-month/)
* [**Sepsis**](https://www.healthline.com/health/sepsis)**Awareness Month** with the [Sepsis Alliance](https://www.sepsis.org/get-involved/sepsis-awareness-month/)
* **Sports Eye Safety Month** with [multiple organizations](https://preventblindness.org/sports-eye-safety/)
* **National Suicide Prevention Week** (Sept. 5–11) with the [American Foundation for Suicide Prevention](https://afsp.org/keepgoing) and other organizations
* **World Suicide Prevention Day** (Sept. 10) with the [International Association for Suicide Prevention](https://www.iasp.info/wspd2020/)
* **World Sepsis Day** (Sept. 13) with [multiple organizations](https://www.worldsepsisday.org/wsd2020)
* **National School Backpack Awareness Day** (Sept. 15) with the [American Occupational Therapy Association](https://www.aota.org/Conference-Events/Backpack-Safety-Awareness-Day.aspx)
* **National**[**HIV/AIDS**](https://www.healthline.com/health/hiv-aids)**and Aging Awareness Day** (Sept. 18) with [The AIDS Institute](https://www.nhaad.org/)
* **National Women’s Health and Fitness Day** (Sept. 29) with the [WIC Works Resource System](https://wicworks.fns.usda.gov/resources/2020-national-womens-health-and-fitness-day)
* **World Heart Day** (Sept. 29) with the [World Heart Federation](https://www.world-heart-federation.org/world-heart-day/)
* Diana Godfrey, Vice President – Director of Health