



Stay connected and stay healthy

Cotati Rohnert Park Unified School District



## Immunizations and Flu

Vaccines help protect against serious illness for kids and adults. Outbreaks of preventable diseases such as measles or pertussis (whooping cough) still happen in the U.S. Vaccinations also protect others (especially people who cannot be vaccinated) by making it more difficult for a germ to spread. When enough people become immune to an infection, because of a vaccine or past infection, it reduces the likelihood of infection for others who aren't immune. This is called "herd or community immunity."

For school entry, there are many required immunizations. If you believe your child should not be vaccinated, contact your physician to ask about a medical exemption.

Every year, people of all ages are hospitalized or die from influenza (flu). Changes occur in the flu virus, so a new flu vaccine is needed every year. We are entering flu season now, so it is a good time to get your flu vaccine. Learn more and get your flu vaccine this fall.

There is a lot of information about immunizations out there. Some trusted resources can be found here. Be aware, information from the internet and social media may not always be factual or helpful.

## Life is Naturally Sweet Added Sugars are Not



The food we eat may naturally contain sugars like fruit (fructose), grains (maltose) or milk (lactose), or they can have **added** sugars such as white/brown sugar, agave, honey or other sweeteners such as corn syrup. This added sugar can be from processed foods or the things you add to your food to sweeten it. The taste of sweet foods can become a habit- an unhealthy habit. The daily recommendation for added "free" sugar is 25 grams. One can of soda contains 32 grams of added sugar. Too much sugar puts you at risk for many diseases (heart, liver, kidney, cancer) and other health problems like obesity, diabetes and cavities. 10 tips: Cut back the sweet treats.

## HEALTHY EATING

### Kid-friendly flourless banana pancakes

Ingredients:

- 1 riped Banana
- 2 eggs, lightly beaten
- Butter or oil
- Optional topping (nuts)

Directions:

- Mash the banana
- Stir in the eggs
- Heat a pan over medium heat
- Drop the mix into the pan
- Cook for about 1 min
- Flip the pancakes
- Top with nuts and butter (optional)



## GET MOVING

### Get Up and Walk

Walking is one of the easiest ways to exercise. Just get up and take some steps.

Benefits to walking::

- It's relaxing
- Can improve strength
- Helps build healthy bones and muscles
- Helps your brain pay attention
- Can decrease the risk of chronic diseases

\*Have some FUN:

Walk and Roll Bingo Challenge



## KEEP CALM AND...

### Think Positive

How we think can affect how we feel and how we respond to the world around us. We are in control of what we think. One skill we can teach ourselves is positive self-talk. Here are some examples:

- This is hard, but I can do it
- I may not know how to do this yet, but I can learn if I keep trying.
- I can learn from my mistakes.
- I can solve problems.
- I got this.
- I am valuable.

Click for positive thought cards

