

**Thank You to
Our Newest Sponsors**

U.S. Consumer Network
Hosting and Custom Web Design
www.usconsumernet.net

The Fundraising Network
Finding You the Perfect Fundraiser
www.fundraisingnetwork.org

Self Help Directory
Information and Services
www.selfhelpdirectory.org

**Tired of looking for
HEALTH?**

Have it sent to your home
every 2 weeks with the
KAN-DO Healthy Living
newsletter!

Easy to read and covers many
health topics.

Only \$35.00 per year!

865-688-9822
newsletter@kandohealth.org

**Health and Wellness
Services
at Your Fingertips**

www.OnsiteHealthServices.org

Find on-site providers for:

Women's Health
Blood Work
Relaxation Services
Men's Health
And More!

**Back-to-School:
Promoting Your Child's Health**

Summer seems to be getting shorter every year. Pre-season football and band practices are under way, and the first day of school has begun for many school districts.

The start of the school year is an ideal time to reinforce healthy routines, review safety procedures, update immunizations, get a physical, and re-evaluate your approach to managing any chronic conditions your child may need care for during school.

The Basic Requirements:

- ★ Up-to-date immunizations, physicals, and sport physicals.

Adequate Sleep:

- ★ If your child is 5-7 years old, they need 10-12 hours of sleep.
- ★ If your child is 8-11 years old, they need 9-11 hours of sleep.
- ★ If your child is 12 years old or older, they need 8-10 hours of sleep.
- ★ Keep your children on a regular sleeping schedule.



School Meals, School Snacks:

When your children start school, school lunches are probably more appealing than bringing their own, but they can be high in fat, sodium and calories. The challenge is to help your children to pick healthy foods.

Help your children eat healthier by:

- ★ offering a variety – i.e. low-fat milk, cheese and yogurt, fresh fruits and vegetables, whole grain bread/cereals, lean meats, and baked chips.
- ★ being creative – i.e. add cheese or peanut butter to apple slices.
- ★ asking them what healthy foods their friends are eating.

Dodging Colds and the Flu:

- ★ Wash your hands often with anti-bacterial soap.
- ★ Get your flu shot.
- ★ Keep your child home if they have signs of an infection – fever, vomiting, or diarrhea.
- ★ Avoid sharing personal items and drinks.



Health and Learning Problems:

Chronic conditions such as asthma, ADHD and dyslexia, shouldn't keep your child from going to school and learning like everyone else. The key to proper care at school is communication. Good communication among parents, teachers, and school health personnel will enhance your child's learning experience.