

SENSATIONAL & SENSIBLE

5 TIPS FOR A HEALTHY SUMMER BREAK



Students really look forward to a carefree and relaxing summer—they’ve earned it after a year of hard work in the classroom. While they enjoy their time off, healthy meals and snacks should not get a summer break. An occasional ice cream cone is okay, but it is important to keep in mind that healthy habits last a lifetime. Here are five great tips to remember as you plan your summer break:



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1. Make sure your children are drinking plenty of water—Central Texas is hot and many times children ask for their favorite sugary drinks or sodas. These drinks do not offer the same benefit as simply drinking water. It’s best to avoid the extra calories and sugar.



2. Keep your children active—Take a brisk walk with a family pet, sign your child up for a summer sports camp or schedule an hour of outdoor play every day.



3. Fruits & vegetables should always be handy—It’s just as easy to grab for an apple as it is for a candy bar. Keep the fruit in a reachable area and also find great ways to mix fruit with yogurts or into tasty smoothies.



4. Computers, phones & other SMART devices should be scarce—While technology keeps children entertained, and there are some great educational benefits offered by our SMART devices, they should not be a substitute for other activities. Limit screen time to no more than two hours a day and encourage outdoor or reading time.



5. Nourish & enrich your children’s minds—As you focus on nourishing the body, also nourish the brain. Visit your local library, area museums and parks. Come up with some summer crafts or science projects.

It is such a thrill to see your children come back in the new year, sharing their summer adventures with us. In Wimberley ISD, we are on your team all year-round to make sure good nutrition is too. For more ideas on keeping children eating healthy and staying active, visit: <https://www.choosemyplate.gov/budget-recipes>