



## Wellness is a Way of Life!!!!

Welcome everyone to the very first issue of the **Riverside Wellness Report**. The purpose of this newsletter will be to provide parents, students and staff with quick **Facts, Stories and Suggestions** as it relates to healthy living and wellness.

Healthy living and wellness are buzz words that we always hear. But what do they really mean? Is it going for a walk with your pet? Taking the stairs rather than the escalator at the mall? Choosing healthy food choices? Or just ensuring that you get enough sleep each night? The answer to all these questions is yes!!! Healthy living is a way of life were **you choose** to make decisions that will have a positive impact on your overall wellness.

Hopefully, this newsletter will help in the process of making good **Wellness** decisions and we believe that little changes can make big **Benefits**.



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### Upcoming Events

- ◆ Riverside Finding Your Fit Challenge
- ◆ Bishop White X-Country Run Oct. 15

## The All Important Breakfast

As parents and teachers we are always trying to figure out how to help our kids learn effectively and perform well in school. Guess What? There is a simple way to give our children a fantastic head start – and it's really not a miracle at all.

It's **breakfast**. When kids eat a good breakfast, they pay more attention in class, participate more enthusiastically, and even perform better on tests.

Breakfast at home is great, and if time is short or if your kids aren't hungry when

they first wake up, many schools offer breakfast, too. And yes, **Riverside** does have a one!!!! Make sure your kids don't miss out on this daily miracle meal!

### Healthy Breakfast Choices!!

1. Oatmeal
2. Egg
3. Whole Grain Toast
4. Fruit & Veggie Slices
5. High Fibre Cereals
6. Fruity & Yogurt Smoothie
7. Veggie Omelet

## “Active Healthy Kids Canada” (Report Card-2013)

How do our children rank in terms of active healthy living? According to the the latest report card released by Active Healthy kids Canada [www.activehealthykids.ca](http://www.activehealthykids.ca), not so good!! In fact, Canadian Kids only received a D- on their physical activity levels. Sadly, only 4% of our 12 - 17 year olds are meeting the recommended physical actively guidelines ([www.csep.ca/guidelines](http://www.csep.ca/guidelines)).



Our school has Newly painted Hop-Scotch and 4 Square grids on our parking lot!!! Thanks Parents!!!

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([www.csep.ca/guidelines](http://www.csep.ca/guidelines))

## How to Increase your Physical Activity!!!

Here are some simple tips to increase your physical activity levels:

- 1.) Use **Active Transportation** – walk, bike, use stairs!!
- 2.) **Park at the back** of the parking lot!!
- 3.) Limit **X-Box, Playstation use**
- 4.) Do something you enjoy - **run, jump, swim, skateboard, snowboard, ski, skate.**
- 5.) Take the **dog for a walk**
- 6.) **Dance** to your favourite music
- 7.) **Rake** the leaves, **shovel** snow, carry the groceries home

## Healthy Banana Muffins



These muffins are super-simple; all the ingredients are mixed into one bowl, making it easy for teens to prepare or younger kids to help!

They won't last long!!

### Ingredients:

- 1 cup mashed bannans
- ½ cup brown sugar
- 1/3 cup low fat yogurt
- 3 tbps canola oil
- 1 egg
- 1 ½ cup whole wheat flour
- ¼ cup flax seed
- 1 tsp baking soda
- 1 tsp baking

### Directions:

1. Mix bananas, sugar, yogurt, oil and egg in a large bowl.
2. Add flour, flax seed, baking powder and baking soda
3. Bake for 18-20 min