



How to keep your school's sports teams hydrated

Are you taking a school team to a track meet, or other sporting event? Make sure to keep them hydrated with the best hydrating beverage...water!

Sports drinks are not necessary for shorter or less intense activities, or as a daily drink at school. For young athletes, a healthy snack and water before the event will have the same effect as a sports drink. It is also important to consume water during and following the activity.

Young athletes may favour flavoured beverages, so try adding slices of fruit. There is no need for added sugar.

[Click here](#) for more information on healthy beverages!

TV In Classrooms!

TV can be a learning tool in the classroom, but its use often defaults to situations which are not beneficial to students:

- *Rest time:* TV may quiet students, but it doesn't help them settle down and will keep them from napping.
- *Lunchtime:* Eating while watching TV makes kids less in tune with their feelings of satiety, may expose them to advertising and gives them less time to socialize, which is an important skill to develop and is an important part of school.
- *Recess:* We all know the benefits of an active recess, even when the weather is not cooperating and students are stuck inside.

Here are some alternative ideas to watching TV in the classroom:

- Read a story before the young ones need to settle down for a nap.
- Allow children to play board games or card games at lunchtime and promote socialization using their "inside voices".
- On rainy days, bring kids in the gymnasium, dance around in the classroom, or walk like different animals down the hall.

How to fuel up for an after school sports event

Student athletes should make lunch their main meal when preparing for after school events (about 3-4 hours before). Lunch should include carbohydrates for energy (grains, vegetables and fruit, milk and alternatives), protein for satiety (milk and alternatives, meat and alternatives), and fluid for hydration (water).

Add a nutritious snack 30-60 minutes before the practice or game as needed. Here are some quick and easy snack ideas:

- ½ whole grain bagel with cheese
- Yogurt and fruit
- Homemade trail mix (whole grain cereal with dried fruit, nuts)
- Small whole grain muffin with milk
- Vegetables and hummus

For more ideas on eating (and playing!) well at school, [click here](#).

Foundations for a Healthy School Training Seed Grants!

The Ontario Healthy Schools Coalition (OHSC) has developed Foundations for a Healthy School Training Seed Grants (of up to \$1500) to promote collaborations between education, public health, parents and students to host education opportunities (e.g. workshop, symposium, or conference) focused on the [newly revised Foundations for a Healthy School resource](#).

Deadline for application is **Friday, March 13, 2015**. Contact OHSC Administrative Coordinator Arlene Morell amorell@rogers.com for details.

