

Dagwaagin Minobimaadizi

Back-to-School Essentials

Your back-to-school essentials for preparing a healthy school year.

Did you know? Physical activity, healthy sleep schedule and healthy nutrition throughout the school year can help you perform your best in school and prevent chronic diseases, like type 2 diabetes.

PHYSICAL ACTIVITY

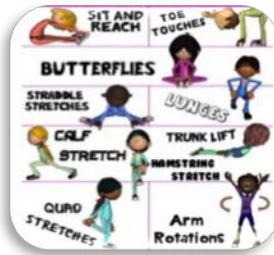
Did you know? Enjoying physical activity for only **60 minutes each** day can help prevent diabetes.



Enjoying physical activity outdoors is a great and fun way to spend time as a family. **Parents and guardians** play an important role in developing a healthy, active lifestyle.



This school year will be different, some students will be in-school or at home doing E-learning. **Remember to take breaks** between each class to give your body a stretch.

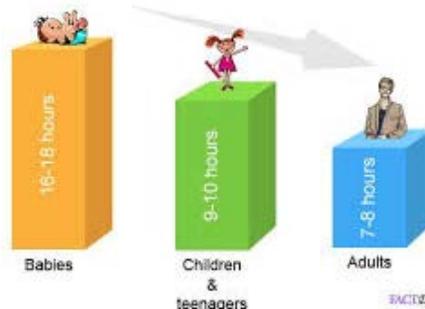


Try these ideas to help stay active and safe at home.

HEALTHY SLEEPING HABITS



Build a sleep routine and stick to it. Children who do not get enough sleep can experience mood swings and trouble concentrating which can negatively impact school work.



Sleep is very important to your child's health and well-being. Each life stage requires different amount of sleep.

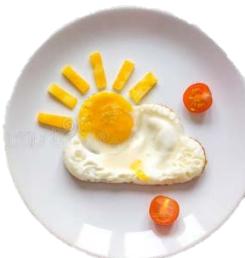


Keep the bedroom free from tech & artificial light

Avoid "blue light" before bed. Blue light electronics (light from phone and tablet screens) can affect sleep by stimulating the mind and making it difficult to fall asleep.

SCHOOL NUTRITION

Did you know? Kids who help plan and prepare their lunch are more likely to eat it, and enjoy it!



Break the fast. By the time children wake up for school, their bodies are hungry for nutrients. Research shows that eating breakfast can help improve school performance.



Lunch wise. Getting your kids involved in planning their own lunch is one of the best ways to ensure they'll actually eat it. Use the Canada Food Guide to help with planning your meals.



"Smart Snacks". Children need plenty of nutritious snacks to keep them going between meals. Try to plan snacks that include a protein, whole grain and fruit or vegetable source.

Questions?

If you have any questions you can connect virtually with your Diabetes Wellness Team:

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