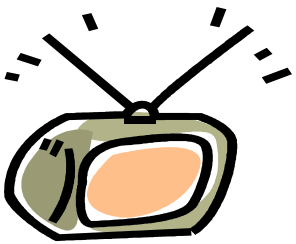


Screen Time: How much is too much?

Screen time is any time you spend watching TV, playing on the computer, or playing video games. Most kids our age spend about four hours or more in front of a TV or computer screen each day.



Doctors say that is too much! They recommend that kids

our age spend 2 hours or less in front of a screen. They say we should use our time to do something creative or physical, like playing outside, painting, or participating in sports.

Fun Facts:

On average students watch four or more hours of TV every day. How much do you watch? Log your time for a week and see.

Think about how much time you spend in front of the TV or computer. Do you have more than 2 hours of screen time? If so, take some of the time you are normally in front of a screen and go play or create something fun!

You might also try exercising while watching TV. Use the time during commercials to run in place, do jumping jacks, stretch or jump an invisible jump rope.

Just remember, screen time isn't bad, we just need to make sure we don't spend all our free time in front of a SCREEN.

Joke of the Month:

☺ Why did the biscuit go to the doctor?

It was feeling crummy.

November 2009

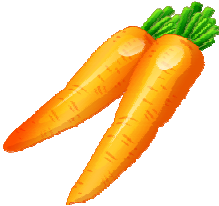








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Game of the Month: "Which Snack Has Less Fat?"

Find three **healthy** food options from the same food group vertically, horizontally or diagonally. There are four different groups represented in this puzzle.

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**When choosing snacks, look for snacks with only one ingredient. They tend to be the most healthy. Can you name ten foods and drinks with only one ingredient? For more information on food choices go to:

www.mypyramid.gov/kids/index_print.html

Spotlight on: Cross Creek Elementary Students

Yay! Look what some of Ms. Burke's students did at Cross Creek Elementary. Ms. Burke is an art teacher at Cross Creek Elementary in Thomasville, Georgia. She used the article from the October Kid2Kid newsletter to teach students about colorful fruits or veggies. She explained how they can help the body and mind. Then she asked her students to choose their favorite fruit or veggie and create a portrait of it. Take a look at what they did! More pictures to come in other editions of Kid2Kid. Send us your ideas too!



Pumpkin
By: Kaityln M.



Corndance
By: Collin K.



Pineapple
By: Gabby S.

The school nutrition program is involved too. They introduce all of the Cross Creek students to a healthy fruit or vegetable each day in addition to breakfast and lunch.

Way to go, Cross Creek Elementary!

Do You Want to be a Kid2Kid Writer?

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to kid2kid@healthmpowers.org.

Be sure to ask your teacher and parents first, though.

Send your article to us on or before December 18th. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

Activity of the Month: Red Target

This game works best when played around a house or building. Players all begin in front of the house. Red Target is the player who is "it." The Red Target faces the other players and declares, "I'm thinking of a type of (shoe, car, candy bar, etc.)." The other players then try to guess what the Red Target is thinking of (for example, Nike, Adidas, or Keds). The Red Target calls out the name of the player who eventually guesses the correct item. Then, the Red Target and the player who guessed correctly take off running around the house in opposite directions. The first person to make it back to the starting line becomes the Red Target. (After players get tired, the rules can change to: the first person to get back to the starting line is NOT the Red Target.)

Kid2Kid Newsletter Monthly Focus

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to kid2kid@healthmpowers.org.

December- Give the gift of health to others. Encourage healthy eating and exercise.

January- Limit high fat foods.

February- Exercise or play for 60 minutes every day.

March- Read food labels.

April- Limit high sugar foods.

May- Healthy summer fun.