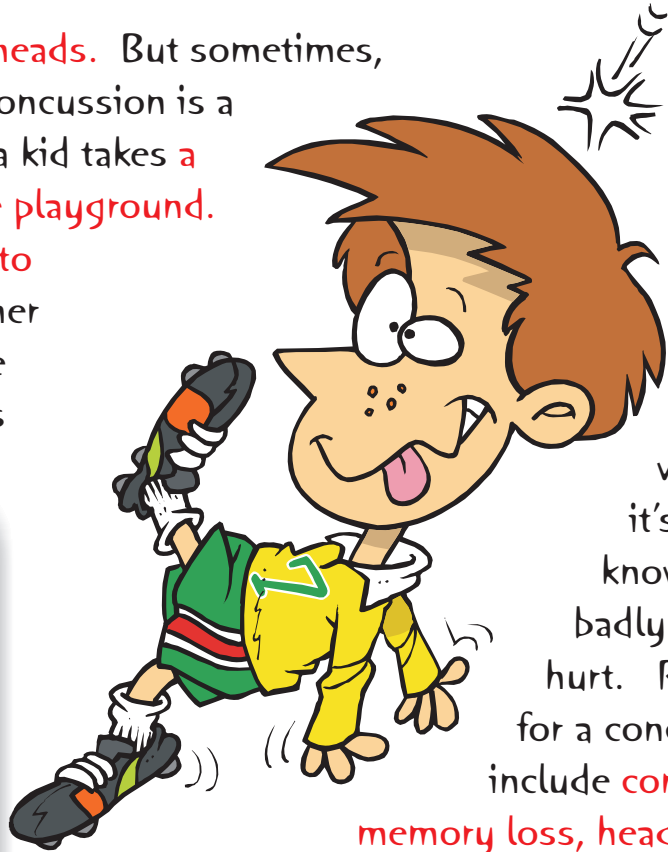


HEADS UP.

We're always **telling kids to use their heads**. But sometimes, they take that advice too literally! A concussion is a mild brain injury that can occur when a kid takes a **hit to the head during sports or on the playground**.

Concussions can also be caused by **auto accidents, falls, and collisions** with other people or solid objects. Kids are more vulnerable than adults, and sometimes



with kids it's hard to know how badly they're hurt. Red flags for a concussion include **confusion, memory loss, headache, dizziness, irritability, fatigue, nausea, blurred vision, and loss of consciousness (however brief)**. Symptoms may not occur for hours or even days, and when someone gets one concussion, they're more prone to get another (so-called "second impact syndrome"). **A proper diagnosis, rest, and avoiding another hit** are the keys to recovery.

the big number

2.4

Each year, kids ages 5-18 account for 2.4 million sports-related visits to the emergency room in the U.S.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!TM

This newsletter is provided as a wellness resource by our school system's School Meals Program

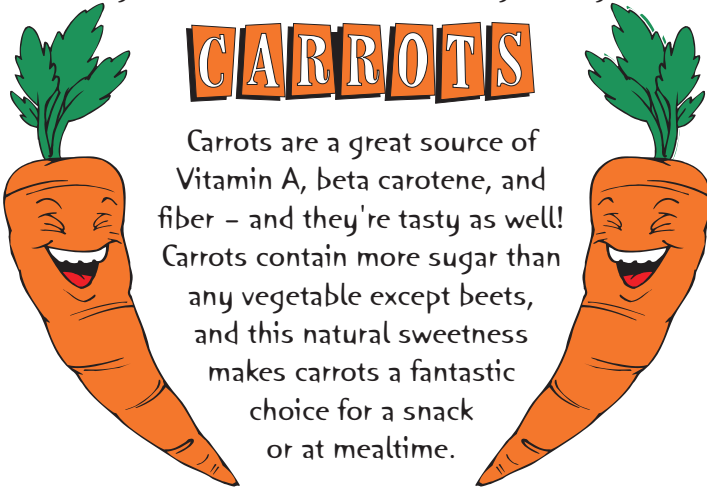
WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“HEADS UP”

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!



Carrots are a great source of Vitamin A, beta carotene, and fiber – and they're tasty as well! Carrots contain more sugar than any vegetable except beets, and this natural sweetness makes carrots a fantastic choice for a snack or at mealtime.

LEARN EASIER

Keep your backpack organized and you'll do better in school! When you get home each day, take everything out of your backpack and divide it up – stuff that stays home, homework for that night, stuff that needs to be signed, etc. Before you go to bed, get it ready to go again for the morning.



LIVE HEALTHIER



Every vitamin does something special for your health. Vitamin D helps build strong bones and teeth. Dairy products, fish, and fortified cereal are good sources of vitamin D, and your body can also make vitamin D from sunlight – that's why it's called the Sunshine Vitamin!

PLAY HARDER

Over 18 million American kids, adolescents, and young adults play soccer in youth leagues, high school, and college. Soccer is great fun – but it's great exercise, too. Think of all the running you do during an hour of practice: in that short time, the average kid can burn up to 700 calories just by having fun and running around!



Required Course

We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify.

Applying for free meals at school is quick and easy, and a single application also qualifies your children for breakfast, too, at schools where both meals are available. That's up to 10 meals a week that we can help you out with. Please let us know if you have any questions . . . and please enjoy convenient, economical, healthy School Meals every day at school!

School Meals
We serve education every day™