



# PARENT ACTIVITY CALENDAR

**HERE**  
For Healthy Schools

## SEPTEMBER

Make handwashing guidelines from the Global Health Council more fun for your kids!



### Fight Sick with Six!

Studies show that students who make it a habit to wash hands during key times get sick less often. So as your children head back to school, have a conversation with them about how they can “Fight sick with six!” and wash their hands at six key points each day:<sup>1</sup>

- Before every meal or snack
- After using the bathroom
- After blowing their nose, coughing or sneezing
- After touching garbage
- After handling animals, animal cages, animal food or animal waste
- If hands are visibly dirty

Ask them what other times might be good to wash hands. What about coming in from the playground? Talk about other things they can do to help prevent the spread of germs, such as sneezing into their elbow or covering their mouth with a tissue. What ideas do they have?

#### Make a reminder:

- Decorate a four by six card with “Fight sick with six!” for them to tape to their desk
- Make a bracelet with six beads or charms
- Set up a chart on the fridge and let them put stickers for each time they washed their hands each day

## OCTOBER

This challenging game will make food label reading more palatable!

### The Secret Code...What's Inside?

A great deal of sugar, salt and fat is hidden in packaged foods. Learning to read and understand food labels can help students to avoid problems caused by diet, like diabetes and heart disease.

This month, make a game out of reading labels with your kids. You can explain that the labels are like a code, and you're going to “decode” your foods.

1. Choose a type of food—for instance, drinks, snacks or cereals.
2. Get several examples from your kitchen. For instance, you might get a carton of milk, a bottle of soda and a juice box.
3. Ask them which item they think is the healthiest.
4. Compare the amount of sugar, salt, fat and protein in each by reading the labels.
5. Discuss your findings. Are you surprised by which item has the most sugar? Which has the least? How about fats?
6. If some of the drinks have a lot of sugar, you can compare them with candy and other sugary products. You may be surprised to find a soda can have more sugar than a chocolate bar!
7. Do any of the drinks have chemicals with names you can't pronounce?
8. Talk about ways you can make even healthier choices, such as choosing a low-fat milk or watering down juices.
9. You can do this exercise several times for different types of foods.
10. Encourage your kids to continue to read labels and help you make healthy choices for your family.