



## Wellness Committee Newsletter

January 2019

Our goal for the new year is to focus on reducing daily screen time to increase your child's health, educational productivity and overall well-being.



### UPCOMING MEETINGS

January 31 March 21 May 30

Open to the public

for more information please check out:  
<https://coronadousd.net/departments/food-services-student-nutrition/cusd-wellness-policy/>

*Keep your kids healthy by focusing on the importance of good habits. It starts by encouraging them to eat and play the right way. It's how they can live **5-2-1-0**.*

What is **5-2-1-0**?

- **5 or more servings of vegetables and fruit per day**

A diet that is rich in fruits and vegetables provides vitamins and minerals, which are important for supporting growth and development, and a healthy immune system!

- **⇒ 2 HOURS OR LESS OF SCREEN TIME ⇐**

Recreational screen time includes TV, computer, video games, tablets and smartphones. All have been linked to obesity, lower reading scores and attention problems.

- **1 hour or more of physical activity**

Activity that makes you breathe harder and your heart pump faster makes you stronger. Active kids grow up to be active adults.

- **0 sugary drinks, drink more water!**

Soda is high in sugar and has no nutritional value. Just one can of soda has 140 empty calories. Many sodas also contain caffeine, which kids don't need.

For more information, please visit: <https://sdcoi.org/resources/5210-everyday/>  
<http://www.AAP.org>