

## Influenza immunization begins this month

### Fall into the routine

When you make influenza immunization an annual event, you protect yourself, your family, and our communities from infection and illness.

Annual influenza immunization is recommended, this fall and every fall, for all Albertans six months of age and older.

Influenza immunization will be made available, free of charge, starting in mid-October.

Influenza immunization clinic schedules are posted online at [www.albertahealthservices.ca](http://www.albertahealthservices.ca).

Clinic schedules are available by calling HealthLink Alberta at 1-866-408-5465.


**iwalk**

Did you know that **October is International Walk to School Month**? To find out more, click to [www.iwalktoschool.org](http://www.iwalktoschool.org)

### Keep those school parties fun and healthy

School parties and holiday celebrations are some of the most exciting times of the school year.

At many of these celebrations food is the main focus of the party. Keep the party fun *and* healthy by featuring one of these ideas:

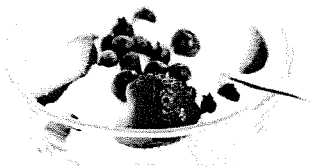
- Roasted pumpkin seeds
- Graham cracker with a spoonful of yogurt topped with a slice of fruit
- Snack mix with a crunch (dry cereal, whole grain crackers, air-popped popcorn, pretzels)
- Whole grain crackers and low fat cheese
- Veggie sticks
- Yogurt topped with fresh fruit

#### • Fresh fruit kabobs

There are many options to make parties both tasty and nutritious.

Use one of these ideas or be creative and come up with one of your own!

For more information and celebration snack ideas please visit [www.albertahealthservices.ca](http://www.albertahealthservices.ca) and search for a downloadable version of *Steps to a Healthy School Environment: School Nutrition Handbook*.



*Yogurt topped with fresh fruit is a great party snack.*

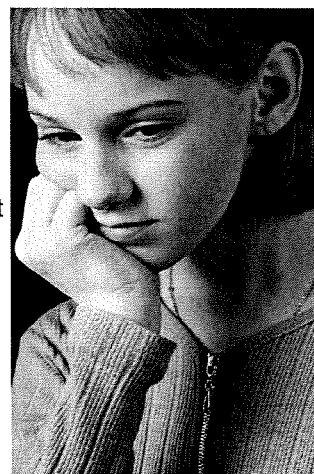
## Advice for cheering up your children...

As parents, it is important to teach healthy coping skills to our children, especially since one in five children will face a mental health challenge at some point in their childhood or adolescence.

In honour of World Mental Health Day, held on Oct. 10, 2011, we offer a few suggestions for how you can help your child beat the blues. Be sure to join in the activities – mental health awareness is good for all of us!

- **Dance, dance, dance.** Put on your favourite music and dance your heart out.
- **Exercise.** It releases happy hormones known as endorphins.
- **Take a power nap.** A 20-minute snooze can rejuvenate the mind, body, and soul.
- **Write.** Sit down and write about your feelings, or about things you are grateful for.
- **Treat yourself with compassion.** Be kind to yourself and quit judging yourself.
- **Bond with nature.** Go somewhere where you can be with nature and relax.
- **Whatever you feel you lack, offer it to someone else.** Helping others is a great way to take your mind off your own worries!

For more information about World Mental Health Day, visit the World Federation for Mental Health's website at <http://www.wfmh.org>.



*One in five children will face a mental health challenge at some point in their childhood or adolescence.*

## Keep their smiles intact

### *Mouthguards key for kids*

**Do you and your children have smile protection when playing all sports?**

Mouthguards work like shock absorbers. They help prevent painful and costly mouth injuries.

Thousands of people every year suffer from injuries to teeth, lips, tongue and cheeks.

### **Where can you get a mouthguard?**

A mouthguard made for you by your family dentist gives the best protection and comfort.

Sporting Goods stores sell pre-formed mouthguards for you to fit at home.



*If your children play sports, be sure to get proper mouth protection for them. Mouthguards can help prevent painful—and costly—mouth injuries.*

## Maintaining the energy

### *Children need meals or snacks throughout the day*

To give your child energy and nutrients throughout the day, encourage them to eat a meal or snack every 3-4 hours. Snacks can be very simple to make, and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Some easy snack ideas include:

- Berries and yogurt
- Apple and peanut butter
- Whole grain crackers and cheese
- Red and green peppers with hummus
- Half a sandwich and milk
- Fruit salad and almonds

To make a healthy snack the easy choice keep sliced veggies and fruit in the fridge!

Here's a simple recipe:

### **Yogurt Parfait**

$\frac{3}{4}$  cup (175 mL) low fat yogurt

$\frac{1}{2}$  cup (125 mL) fresh fruit or berries

$\frac{1}{3}$  cup (75 mL) high fibre cereal

**Directions:** Mix together or layer in a cup



*Consult Canada's Food Guide for ideas on snacks for your kids. But you can never go wrong with an apple...*

For more information and snack ideas please visit

[www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf](http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf)

## Dancing and exercise: Natural partners

Here are some dance-related activities that can give you and your friends a workout while having fun...

- Start the music and move around the room to the beat.
- Mirror the movements of a partner.
- In a big group, all members of the group can try to follow the movements of one leader.

- Each leader can choose how the others will move for 16 beats of music.
- Move in a way that works out your heart.

Is your face red?

Are you breathing heavy? Are you having a hard time holding a conversation? These are all signs you are working hard!