

A+

Healthy Students Are Happy Students

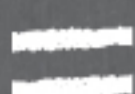
A new school year is already underway. **Help your favorite students put their healthiest feet forward with tips from NorthShore University HealthSystem.**



A Formula for Success

Remember this simple equation:

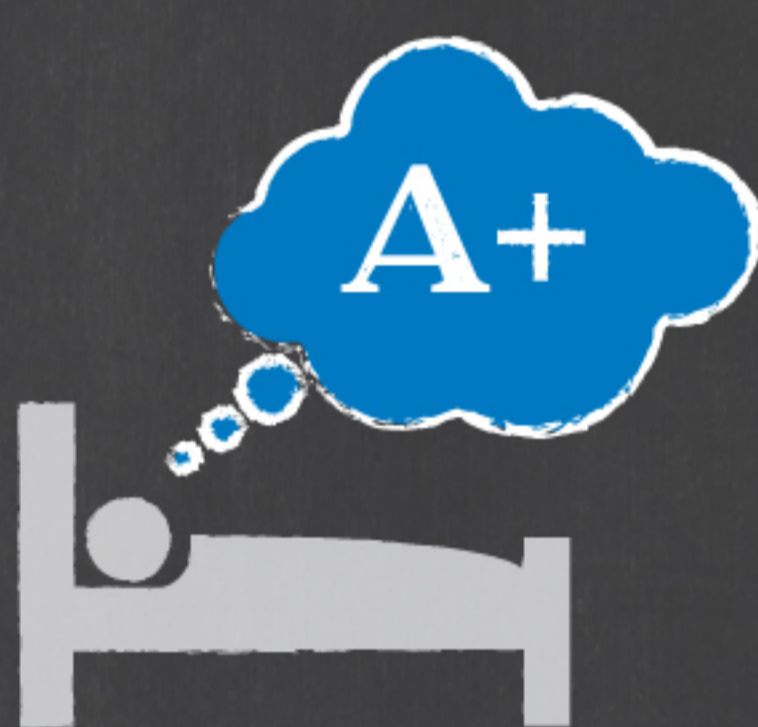
Healthy Bodies



Healthy Minds

Zzz Your Way to A's

Lack of sleep has been shown to negatively affect attention span and information retention.



On average, A & B students slept

25 mins.

more than students who earned lower grades

They also went to bed earlier by approximately

40 mins.

Here's how much your students should be sleeping to be at their best:

Preschoolers	11 - 13 hours
Children aged 5 - 10	10 - 11 hours
Children aged 10 - 17	8.5 - 9.25 hours



Pump Up Their Grades

A key step toward being a good student involves practicing good nutrition and exercise habits. This has benefits for both the mind and body.

Studies explored the relationship between **school recess & cognitive skills, attitudes and academic behavior.**

59% of students showed a positive response to physical activity.

0% of students showed a negative response to physical activity.



Just 15-30 minutes of daily physical activity can improve academic focus & classroom behavior. **Walking to school counts!**

Pediatricians recommend one hour of physical activity a day for full benefits.



Eating breakfast correlates highly with **improved cognitive function, memory & grades.**



Research shows that the **quality of a student's diet & academic performance** are closely linked.

Wash Your Hands



22 million school days are missed annually to the common cold

Studies show that scheduled hand washing

4x a day

reduced gastrointestinal illness by over **50%**

Screen Time

Research shows that excessive TV watching can negatively impact academic achievement:



Increases likelihood of dropping out

Decreases likelihood of obtaining a college degree



Kids with TVs in their bedroom watch approximately

1.5 hrs.

more television a day.



That means they watch

10.5 hrs.

more a week!

The Perfect Backpack

Shoulder straps are padded & at least 2 inches wide

Top of the backpack doesn't extend above shoulders

Bottom of backpack doesn't fall below hips

Waist straps can take 50-70% of weight off shoulders and spine



Weights & Measures

☐ A backpack shouldn't exceed 15% of bodyweight for teens & 10% for children.

☐ Always use both shoulder straps to maintain even weight distribution.

☐ When removing a backpack, place it on a table or desk to avoid lower back strain.

Sources

www.northshore.org
www.leadershipforhealthycommunities.org
www.med.umich.edu
www.webmd.com
www.itsasnap.org