

1^{st.} Grade



Newsletter

Project Sponsored by HHSC SNAP -Ed

VOL. 3 ISSUE 1

SPECIAL EDITION AUGUST/SEPTEMBER 2024



BACK TO SCHOOL

1^{ST.} GRADE STUDENTS!

2024 – 2025

Welcome To:

The **UTRGV STEPS** project, an implementation of the

Bienestar/NEEMÁ

Coordinated School Health Program!

WHAT'S INSIDE?

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The Bienestar Coordinated School Health EdTech Curriculum

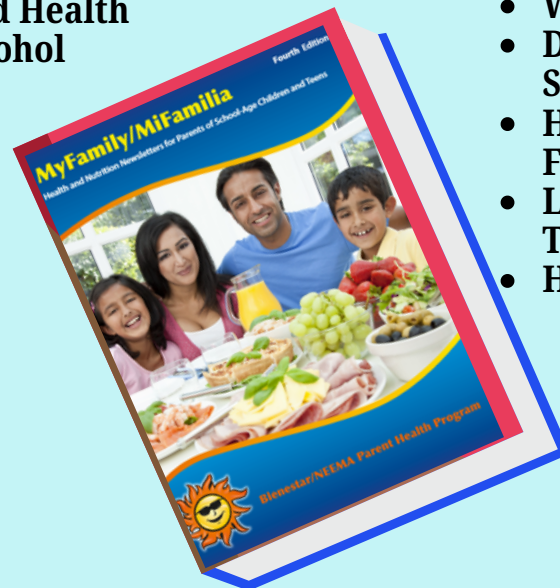


Health Class

- Good Oral Health
- MyPlate
- Three Healthy Meals
- Healthy Drinks
- Exercise Every day
- Path to Good Health
- Drugs & Alcohol Prevention

Family/Community

- Good Nutrition
- Physical Activity
- Be Diabetes Free!
- Whole Foods
- Drink Water, not Sugar
- Heart Healthy Families
- Limiting Screen Time
- Healthy Mouths



Physical Education (P.E.)

- Tempo Creative Moves
- Cooperative Learning Games
- Body Space Awareness
- Jumping and Landing
- Parachute!



Food Service/Nutrition

- School Meals Matter
- MyPlate, MyChoice
- Breakfast is Universal
- Whole Foods
- Get Moving!
- Healthy Beverages
- Know your Heart!
- School Nutrition

It is important for parents to get involved in their child's school activities and monitor activities at home.

PARENTS TO-DO LIST

Physical Activity at school

Find out how much physical activity your child is getting each day at school and what sorts of activities they are doing in gym class or at recess.

Physical Activity after school

Organize family activities that incorporate physical activity, such as walks and bike rides. Even outdoor activities such as raking leaves count.

Screen Time

Limit the amount of time your child spends in front of the television, computer or device.

Personal Hygiene

Make sure that your child understands the importance of hand washing and the connection between cleanliness and staying healthy.

Foods

Limit your child's consumption of sugary or processed foods, which are the main culprits in tooth decay.

Limiting Sugar

Soft drinks and sodas
Avoid or limit consumption of soft drinks and sodas. Choose milk or water most of the time.

Beverages

Limit juice consumption to mealtimes only and dilute juice with water to cut down on sugar intake.

back to school

CHECKLIST



2 MONTHS BEFORE:

- Schedule doctor visits and physicals as needed.
- Sign up your kids for fall sports and after-school activities.



6 WEEKS BEFORE:

- Sort through fall clothing and donate/hand down what no longer fits.



3 WEEKS BEFORE:

- Purchase basic school and school lunch necessities such as backpacks, lunchboxes and water bottles.



2 WEEKS BEFORE:

- Start a back to school bedtime routine



1 WEEK BEFORE:

- Stock up on your child's favorite healthy lunch snacks, and pack them for your child to take to school.



3 DAYS BEFORE:

- Pack supplies in backpacks
- Lay out first day of school clothes
- Set an alarm

YAY!

FIRST DAY OF SCHOOL!

**STUDENTS,
GET READY TO:**

- Learn
- Do homework
- Make Friends
- Have FUN!
- and much more...





<https://www.utrgv.edu/steps/> 🔍



STEPS

The UTRGV - South Texas Early Prevention Studies (STEPS) is a school project with the mission to help improve the health of our Rio Grande Valley children and their families. The main goal is to control, decrease and prevent childhood obesity rates in South Texas by implementing the Bienestar/NEEMA Coordinated School Health Program (BN/CSHP) in schools and to provide parents/families with educational resources to continue implementing healthy behaviors at home.

Hi!

My Name is Ramiro, and these are my friends!
We are excited to see you in the Bienestar health classes where
you will learn how to eat healthy, exercise and much more...
BE THERE!

Maria



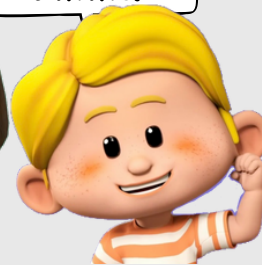
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Images courtesy of SAHRC

This issue was created by the UTRGV STEPS staff for STEPS/SNAP -Ed project.

Project Sponsored By:



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