This Month’s Topic: Healthy Me

In December, we are focusing on “Healthy Me”, and we are not just talking about the food we put in our bodies. Being healthy means that you have balance in all areas of your life. Some ways you can be healthy are:

* **Being on time and ready to go**
  + **[Time Management Tips](https://www.parents.com/parenting/moms/healthy-mom/time-management-tips/)**
  + [**Time Management Success**](https://www.time-management-success.com/time-management-for-parents.html)
* **Being prepared:** school, extra-curricular activities, disasters
  + [**Disasters Happen: Prepare Now/Learn How**](https://www.ready.gov/september)
* **Balanced nutrition: Choose My Plate**
  + [**Preschoolers**](https://www.choosemyplate.gov/health-and-nutrition-information)
  + [**Kids**](https://www.choosemyplate.gov/kids)
  + [**Teens**](https://www.choosemyplate.gov/teens)
* **Regular Physical Activity and Sleep**
  + [**Physical Activity**](https://www.choosemyplate.gov/physical-activity)
  + [**Sleep Duration Recommendations**](https://plainviewtx-my.sharepoint.com/personal/cailey_stoerner_plainviewisd_org/Documents/Documents/Counselor%20Meetings/Web%20Presentation%202018/healthy%20me.docx)
* **Resources to meet basic needs** 
  + **Snack Pak for Kids**
    - [**Snack Pak Website**](https://www.sp4k.org/)
    - [**Facebook Page for Plainview’s Snack Pak**](https://www.facebook.com/SnackPak4KidsPlainview/)
    - [**Identifying Hungry Children**](https://cdn2.hubspot.net/hubfs/2835781/Identifying%20Hungry%20children%20copy.pdf?t=1535388858885)

Disclaimer: The PISD Counselors are not medical doctors, and are in no way providing medical information. The information provided on this site are suggestions that families can implement to help their students with a wide range of topics.