

Nutrition Tip!

Do you know how much food to eat? Sometimes the portion size and serving size are the same, but sometimes they are not. Big portion sizes can mean you're getting more food than your body can stomach to maintain a healthy weight.

- Portion is how much food you choose to eat at one time, whether served at a restaurant, from a package or in your own kitchen. Portion control can be manageable with the right amount of effort.
- Many foods that come as a single portion actually contain multiple servings.
- Serving Size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the

School Spotlight of the Month

St. Columba hosted an hour long, school wide field day for K-8 students. Holy Family students also joined the field as an opportunity to familiarize themselves with the St. Columba campus, faculty and students. Holy Family Catholic School will merge with St. Columba for the next school year.



Students rotated through four different games and activities that worked on physical techniques such as throwing accuracy, movement and agility. One such activity was an obstacle course. Other objectives included positive communication,



manufacturer suggests on the package.

How can we eat and serve smaller portions?

1. **When cooking at home:** Offer the proper “serving” to each member of the family, then put the extra food away. Save leftovers for another meal.
2. **When dining out:** Skip the appetizers and split a large salad or main dish with a friend.
3. **When ordering takeout at home:** Eat one slice of pizza instead of two, and order a small instead of a medium to split among the family so the pieces are smaller.
4. **Watching movies at home or at the theatre:** Don't eat while watching TV, a movie, or when you're on the computer. It's harder to control how much you're eating if you don't pay attention to what and when you're putting food in your body.

collaboration and team building skills.

The event was filled with positive student/teacher interactions as teachers cheered and celebrated students through the various activities.



Health & Hygiene

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful to your health. You may look tired, feel moody, and perform poorly. Sleepiness can also make it hard to get along with your family and friends as well as hurt your schoolwork. If you're an athlete it can affect your sports or cause an accident.

Students aged 6 to 13 need 9-11 hours of sleep. Students over the age of 13 need 8-10 hours of sleep. At the same time, there is an increasing demand on time from school, sports and other extracurricular and social activities. In addition, students become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep.

5. **At snack time:** Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes before eating.

You may be surprised to learn these are serving sizes:

- 1 slice of bread
- ½ cup rice or pasta (cooked)
- 1 small piece of fruit (super-large apples are 2+ servings)
- 1 wedge of melon
- ¾ cup fruit juice
- 1 cup milk or yogurt
- 2 oz. cheese (about the size of a domino)
- 2-3 oz. meat, poultry or fish (this is about the size of a deck of cards)

Tips for a Good Night's Sleep

1. Have a regular and consistent sleep schedule and bedtime routine.
2. Make your sleeping area conducive to sleep – dark, cool and quiet.
3. Avoid TV, computers and electronic devices one hour before bedtime.
4. Avoid caffeine and sugar at least two hours before bedtime. Heavy meals should also be avoided before bedtime.

Coaches Corner

P.L.A.Y is continuing to grow and more talent is being added to the team. We are excited to officially introduce our new staff members onboard.

- Matthew Butcher
- Nicholas Castillo
- Alan Olvera
- Annabel Monterrosa
- Myshaud Murphy
- Cody Schwab
- Esmeralda Guerrero
- Joshua Hill
- Stephany Dominguez
- Giselle Estrada

We would also like to welcome back our returning staff to the program.

- Patricia Brown
- Isai Huitron
- Alex Guerrero

Contact Us:

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Community Events

- Kid Friendly Nature Hikes, Mission Trails Regional Park - Visitor Center [Sat. April 7 (9:30-11:00am)]
- Chicano Park Day Celebration [Sat. April 21 (10:00-5:00pm)]
- Earth Fair – Balboa Park [Sun. April 22 (10:00-5:00pm)]