

# A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

## Be a Sleep Star!

This month, students are learning the importance of sleep through a monthly campaign called Be a Sleep Star! Here is a summary of the learnings, and how you can support your child's health.

### Let's Get the Facts Straight

- Well-rested children are **more likely to be physically active, eat healthier foods,** and have less screen time.<sup>3</sup>
- Children aged 5-12 need about **10-11 hours of sleep every night.** A good sleep is the best way to get enough energy to work and play at school.<sup>2</sup>
- Changes to a child's sleep routine or lack of sleep can affect his or her mood, memory, and ability to pay attention.<sup>2</sup>
- A regular bedtime routine can **help children fall asleep sooner.**<sup>2</sup>

**Media in the bedroom** impacts a child's sleep. A bedtime routine that sets guidelines for when all screens need to be turned off **improves how much sleep a child gets.**<sup>1</sup>

**71% of all 8 to 18-year-olds** have a TV, 50% have a video game player, and 36% have a computer in their bedroom.<sup>1</sup>

**Stress plays a role in a child's ability to sleep. Good thing that 60 minutes of physical activity a day keeps the stress away!**

### Healthy Bedtime Snacks

Plan a bedtime snack 45-60 minutes before bedtime.  
Keep the snack small & only prepare if the child is hungry.



Try one of these:

- 100% whole-grain crackers and cheese
- Peanut butter & fruit sandwich (bananas or strawberries)

<sup>1</sup> Kaiser Family Foundation "Media in the lives of 8- to 18-Year-Olds"

<sup>2</sup> Journal of the American Academy of Pediatrics "Health Effects of Media on Children and Adolescents"

<sup>3</sup> Journal of Obesity "Association of Sleep with Obesity among US high School Students"