



**Mass  
in Motion**

**KIDS**

**Fall**

**Newsletter 2014**



CITY OF NEW BEDFORD  
JONATHAN F. MITCHELL, MAYOR

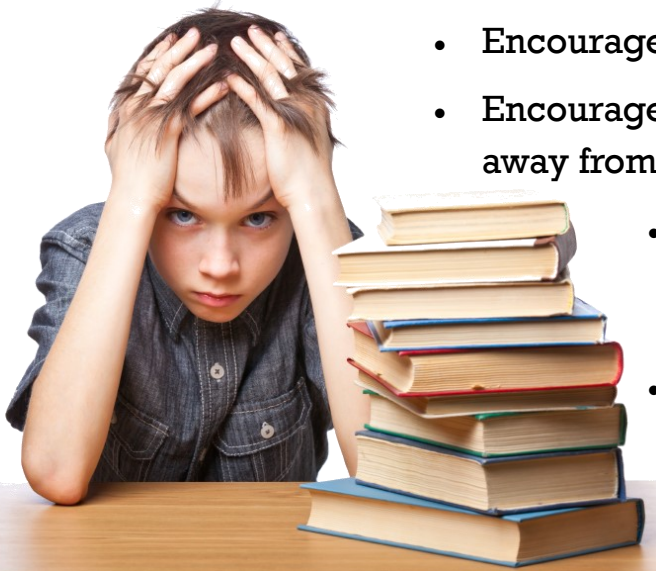


## Your Healthy Back-to-School Checklist

- Turn off the TV, phone, and computer and make sure your child gets a good night's sleep—she'll have more energy and be able to focus at school!**
- Make your child a healthy breakfast before school! Try oatmeal, scrambled eggs or some yogurt—and add a piece of favorite fruit!**
- Let your child ride a bike or walk to school—he can stash his bike at the new bike racks! (To be installed at each school by the end of the year.)**
- Throughout the day, encourage your child to drink water instead of soda, juice, sports drinks, or sweetened teas!**

## Help Your Child Beat Stress

- Tell your child it's okay to make mistakes.
- Encourage your child to focus on positives.
- Communicate frequently with your child about his or her stress.
  - Encourage your child to relax—try yoga!
  - Encourage your child to face his or her fears and not run away from them.
- Be aware of what your kids are doing online—encourage them to tell you about bullying online or at school.
- Encourage your child to exercise for at least an hour every day! (Some tips taken from psychologytoday.com)



[massinmotionnewbedford.org](http://massinmotionnewbedford.org)

# Make your own activity flashcards!!

1. Cut a piece of paper into six equal squares
2. Write a favorite activity on each square (jump, run in place, dance, etc....)
3. Shuffle the cards up in a stack
4. Have your child pick a card and get moving!

Hop on one foot!



Dance!



Jump!



## Tips on Preventing the Flu

- Get the flu shot—Ask your doctor/ pediatrician
- Wash your hands often
- Sneeze and cough into the crook of your arm
- Avoid touching your eyes, nose and mouth
- Practice other good habits: get enough sleep, exercise, drink plenty of water and eat nutritious foods



## Easy Veggie Chili Recipe

Makes 8 servings

- 1 tbsp. vegetable oil
- 1 cup chopped onions
- 3/4 cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 3/4 cup chopped celery
- 1 tbsp. chili powder
- 1 1/2 cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn
- 1 tbsp. ground cumin
- 1 1/2 tsp dried oregano
- 1 1/2 tsp dried basil

1. Heat oil in a large saucepan over medium heat. Saute onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. (Feel free to substitute or add other veggies!)
2. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.



Courtesy of [allrecipes.com](http://allrecipes.com)