Seven dangerous teen trends

High school alcohol and drug use is on the decline, but older kids are finding dangerous ways to push boundaries. Have you heard of “planking” or “I-dosing”? Learn more about the seven most frightening trends for teens at http://www.greatschools.org/parenting/4503-dangerous-teen-trends.gs

Health Coverage Goes Back to School

The ALL IN FOR HEALTH Campaign is gearing up to make outreach and enrollment for health coverage part of 2014 back-to-school activities.

With colorful bookmarks and fliers—in English and Spanish—ALL IN is partnering with education leaders and schools across California to spread the word about affordable and current health coverage opportunities through Medi-Cal and Covered California. To access these great resources and to learn more out more about ALL IN, visit www.allinforhealth.org.

Top Five Resources to Help You Prepare for 'Smart Snacks'

The USDA “Smart Snacks” rule applies to all foods sold for consumption at school that are not part of the national school breakfast and lunch programs (vending machines, a la carte items, school stores, fundraisers, etc.). Using available online resources can make changing your school’s food environment as easy as eating an apple.

Read more >>
Family routines make starting school easier

Parents of young children know that life is anything but routine with their little ones around. Things can be even more chaotic when kindergarten, preschool or daycare is thrown in the mix—it can be tough to plan for school schedules while balancing family life.

Establishing routines with young children can feel like an uphill climb at first, but there are benefits that make it worthwhile. Routines are an important way to help children learn how to manage social situations, and to establish good habits early on that will help them grow up healthy and ready to learn.

Researchers have found that family routines—establishing a regular bedtime, for example—are good for social-emotional health in young children. In fact, according to a study by the Children’s Evaluation and Rehabilitation Center, children who regularly sing, play, story-tell and eat dinner with their families do better in school. Learn more.

Quick Tips for Healthy Back to School

The back-to-school season is always exhilarating. New classes, teachers and students bring the promise of new adventures.

We want all those adventures to be healthy ones. The NEA Health Information Network offers information on three of the issues that most affect students—allergies, hunger and nutrition. Read more.