



# January

## Counseling Newsletter



Our theme for the month of January and the start to the new year is **nutrition** and **body image**. Nutrition is a critical part of our health and development. Starting from infancy, healthy eating allows for a better immune system, lower risk of non-communicable disease, and longevity. It is scientifically proven that healthy children learn better, have a greater ability to focus, and overall are more productive. Learning a balanced diet allows us to give our bodies the food we need without depriving itself.

However, at a young age, children are sent subliminal messages about how their body “should-look”. Eating disorders and negative ideas of self-worth can develop in elementary years. Necessary steps need to be taken on teaching students that self-worth is much more than what we look like. We are all made in God’s image and likeness, no two people are the same! Embracing our bodies and their abilities are learned skills through positive reinforcement from caregivers.

Children are to be taught that eating nutritiously is important because it’s good for you. When we practice a nutritious lifestyle, we are benefiting both our physical and mental health.

### Activity of the Month

*Learning a balanced diet and positive body image*

**Elementary Grades PreK3-Grade 5:** Student will be introduced to the food pyramid. We will discuss the five food groups and how they contribute to creating a well-balanced diet. Interactive videos will teach students what food belongs in which groups and daily servings. Student will then complete activities where they will have to test their knowledge and build a healthy plate for the day. Students will gain an understanding of how different food affects different bodily functions.

**Middle School :** We will be discussing body image and the way we perceive ourselves. As individuals, we are so quick to point out what we don’t like about ourselves, rather than appreciating all our gifts. Our bodies allow us to do so much on a daily basis. Students will be asked to write a thank you note to themselves for the abilities they are grateful for. This opportunity for reflection will allow students to see themselves from a different perspective.



### What can be done at home?

Healthy living and ideas of positive body image stem from the home. Make living nutritiously a family activity.

- ★ Include items from all food groups in lunch and snack
- ★ Prepare meals with your child
- ★ Go for family walks and bike rides
- ★ Promote self-worth being more than what you look like
- ★ Monitor messages that send negative body image

### Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at [dabrosca@seseton.org](mailto:dabrosca@seseton.org) or calling 239-455-2262