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We at FAN4Kids aspire to be the ultimate source of fitness and nutrition education for children and their families. Our goal is to prevent the problems resulting from poor eating habits and inactivity, by providing 'Lessons that Last a Lifetime.'



Child Physical Development

Every child is unique and develops at a their own pace, although all children typically develop through a predictable sequence of steps and milestones. There are many factors that influence physical development such as environment and experiences he or she has. Below is information child development experts found an average child might be able to achieve with in the given year. Please keep in mind every child develops differently and this is just a guideline. If you are concerned about the physical development of your child, please see your pediatrician.

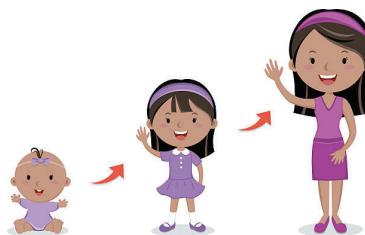
5-6 year olds: Physically, five-year-olds abound with energy and seek active games and environments. Their increased abilities to balance and coordinate movements allow them to ride a bike with training wheels, swim, jump rope and perform most ball-related skills. They show mature form in walking and running and are able to vary the direction, speed and quality of their movements. They can also use their fingers flexibly to control writing and painting tools, dress and undress dolls and manage zippers and buttons.

6-7 year olds: Six-year-olds continue to enjoy moving in a variety of ways. Although far from proficient in motor skills, this does little to dampen their enthusiasm for trying out new activities and sports. They are able to run in various pathways and directions and can manipulate their bodies by jumping and landing, rolling and transferring their weight from feet to hands to feet. With the right equipment, however, and a skillful partner, their motor skills continue to improve. Note: During this period of development, children's actual skill levels will vary based on their amount of physical activity. Sedentary children will not mature as quickly as those who participate in activities like dance lessons, team sports or backyard play.

7-8 year olds: This is the age when children begin to effectively combine motor skills like running to kick a ball, rolling after landing from a jump or traveling in rhythm to music. They continue to be enthusiastic about physical activity in all of its forms, especially when the sport or physical activity is structured so that they can be successful. During this year, youngsters who have spent a substantial amount of time outside of school on skills like riding a bike, swimming, skiing, dance or gymnastics begin to show true proficiency. Note: During this period of development, children's actual skill levels will vary based on their amount of physical activity. Sedentary children will not mature as quickly as those who participate in activities like dance lessons, team sports or backyard play.

8-9 year olds: Physically, this is the age when the amount of practice and play done in the earlier years begins to manifest itself in skillfulness and in what might be called "athleticism." Motor skills like throwing, catching, kicking, balancing, rolling and batting approach the mature stage and allow some youngsters to be highly successful in traditional sports like baseball, soccer and basketball. Earlier years of practice also provide the foundation for success in sports like skiing, skating, golf, dance and gymnastics. This year is also the time when children frequently begin to identify themselves as "athletic" or "unathletic," thereby influencing their future involvement in sports and physical activity. Note: During this period of development, children's actual skill levels will vary based on their amount of physical activity.

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Who are we at FAN4Kids?... Rob Oliver (CEO/Founder), Erin Johnson (Development Director), Karen Schocklin (Program Coordinator), Chelsey Wisotsky (Newsletter Editor) Instructors: Kristie Wong, Samantha Grzywacz, Melody DeGaetano, Hillary Landsman, Elana Wilson, Abimael Vega ... That's who!

Ingredients: 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded, 1 Tbsp extra-virgin olive oil, 1 bunch broccolini, chopped, 4 cloves garlic, minced, ¼ teaspoon crushed red pepper (optional), 2 Tbsp water, 1 cup shredded part-skim mozzarella cheese, divided, ¼ cup shredded Parmesan cheese, divided, ¾ tsp Italian seasoning, ½ tsp salt, ¼ tsp ground pepper

Directions: 1. Position racks in upper and lower thirds of oven; preheat to 450°F.
 2. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)
 3. Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper (if using); cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.
 4. Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella and 2 tablespoons Parmesan.
 5. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.
 Easy cleanup: To save time and keep your baking sheet looking fresh, line it with a layer of foil before you bake.



Ingredients:
 2 (7 oz) plain prepared hummus
 1 ¼ cups crumbled feta cheese
 2/3 cup chopped kalamata olives
 2/3 cup chopped tomato
 2 tablespoons olive oil

Directions: Pre-Heat oven to 350 degrees
 1. Spread hummus in a 8x8 inch baking dish
 2. Sprinkle with feta cheese
 3. In separate bowl, gently toss the tomatoes and olives together until blended well
 4. Layer the olive and tomato mixture on top of feta cheese
 5. Drizzle with 2 tbsp. olive oil
 6. Bake at 350 degrees for 15-20 minutes. Serve warm with whole-wheat crackers or pita bread

Parents and a healthy school!

With school back in full swing and set routines, it is time to start thinking about the health of your child and the entire school culture. Students are in school for a long part of the day; the average student spends 6 hours a day in school! So, why not make sure he/she is in a healthy environment for those long hours. If your child is healthy, he/she will not only be able to function well, but they will have a higher chance of being successful academically, socially and physically. It takes a village to create a healthy school environment. Therefore, consistent efforts from staff, parents and the community is key to keeping our schools and children healthy during the school day. Here are some tips on how *You* can help create a healthy environment in your child's school:

1. **PTA**-join the parent/teacher association at your school. This will open lines of communication and will create an opportunity to join forces to advocate for the health of students.
2. **Review and update school lunch menus**-don't be afraid to ask for the lunch menu. Speak to the appropriate person about offering healthier options such as removing foods high in fat and sugar and replacing them with low-fat items and a salad bar.
3. **Advocate for recess and physical education**-studies have proven to show the importance of children being active throughout the day. Our FAN4Kids program is a great way to incorporate recess and physical activity, but this needs to be a part of their daily routines, not just on FAN4Kids days.
4. **Encourage your child to get moving**-it is not only important for children to exercise at school, but it is crucial for them to be active outside of school. Be a good role model and do fun activities with your child, such as, walk together to school, take a hike, play soccer, etc.
5. **School Garden**-find people in the school who are passionate about gardening and rally them together to create a school garden. It is a perfect way for children to learn about science as well as encourage healthy eating.
6. **Encourage nutrition education**-educating children about healthy eating will instill healthy habits at a young age. Not only should children be exposed to nutrition education, but also it is equally important for the parents to learn how to eat healthy. This is FAN4Kids motto as FAN4Kids teaches nutrition lessons every other week throughout the school year and leads parent workshops!



Believe it or not, you as the parent can have a huge influence on the culture of health in your child's school. Be a good role model and start with creating a healthy home first and then work together with the staff, other parents and the community to promote a healthy school environment.

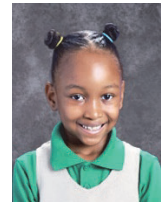
We are excited to announce Kindergarten Scholar, India Jones as our "Fan of the Month" for November! Just a few weeks into a brand new program at Achieve Community Charter School in Newark, NJ, India quickly stood out as a young lady ready to embrace the 110% mindset FAN4Kids strongly encourages.

Always smiling and eager to participate, five-year-old India bravely shared something about herself with her fellow scholars, and her new instructor only four classes into the school year. Typically met with twisted faces and low groans, the vegetable portion of the lesson is hardly a crowd favorite, except for India. It did not take long for India to disclose to the class that she, and her family, are vegetarians, and indeed, love vegetables.

Soon after, during a vegetable tasting lesson, India led by example, sampling the new flavors while encouraging her friends to give everything a try, reminding them why vegetables are 'good for you'. Before long, the Kindergarten class was begging for more radishes and carrots!

India Jones is a fine example of a young lady committed to her health and to creating her own path. As we unveil our Healthy Eaters Club initiative, we are sure India will play a roll in inspiring others to join the 'Club'. We look forward to seeing what the future has in store for India!

Congratulations India!



Dear Ms. FAN4Kids,

My son is always hungry and is a very good eater. Fortunately, he is not a picky eater, but will eat everything in sight and will ask for 2nds and 3rds of what we are eating for dinner. I do not want to deprive my son of food, but I am also concerned he might be eating too much. Can you please advise me on how to know how much my son should be eating to be healthy?

Sincerely, Concerned Dad

Dear Concerned Dad,

It is great that your son eats a variety of foods and is a good eater! This is half the battle that many parents go through. Bravo to you for doing research on how much your son should be eating. It is wonderful that your son enjoys all different foods, however, too much of anything is not always good for your body. Moderation!! Always consult your doctor with any concerns about your child's diet. Here are some tips on basic portion sizes for children:

1. Pasta- one serving size for children 4-8 years old is only a half a cup of pasta. If your child is still hungry after eating the serving size of pasta, serve them a side of vegetables. Remember your plate should be filled mostly with vegetables.

2. Bread-one slice of bread is a serving size. Children need only 4 servings of grains per day. Whole-grain bread is the healthiest choice.

3.French Fries-10 french fries are a serving. They are potatoes but they do not count as a healthy vegetable. Better side choices are a salad, side of broccoli or baked potato. Children should eat 3-4 servings of vegetables per day.

4. Cheese-one serving of cheese equals= 3 dice-sized cubes, one slice of cheese or one cheese stick.

Children only need 4 servings of dairy per day.

5. Pizza-one slice of pizza is a serving size for children and adults. Cut a slice in half for your child to help them to eat slower and feel like they are eating more.

6. Ice Cream-one serving of ice cream is the size of a light bulb or a 1/ 2 cup. Ice cream is not the healthiest choice, but if your child is splurging, order a kid size or share a small.

7. Peanut Butter-one serving size of peanut butter is 2 tablespoons or the size of a ping-pong ball. This is a protein rich food, but too much peanut butter is not healthy as it has a high amount of fat.

8. Lean Beef or Poultry-one serving of beef or chicken is 3 ounces or the size of a deck of cards. The total amount of protein that should be eaten per day is less than 6 ounces.

9. Fruit-one medium size piece of fresh fruit, ½ cup frozen or canned and ¼ cup dried fruit is one serving size. Try to encourage your child to eat a rainbow of different colored fruits and 4-5 servings of fruit per day.

Always encourage your child to eat a variety of foods in moderation. Keep in mind the above servings are meant as a general guideline, but every child is different. Therefore, consult your pediatrician or a nutritionist to learn more about your specific child's diet.



FAN4Kids Question Corner:

1. True or False: All children and adults should have the flu vaccination this season?

2. How many skeletal muscles are in the human body?

3. Which fruit or vegetable is NOT in season during the fall? Beets, apples, watermelons or cranberries



1. Consult your physician first, but the CDC recommends everyone 6 months and older should get the flu shot to prevent serious illnesses!

2. Over 650

3. Watermelon: Apples- these sweet and crunchy fall favorite are packed with antioxidants. There are over 7,500 varieties to choose from.

Beets-these many be available all year, but are at their best in the fall. They are most commonly seen in the reddish purple color, but beets can also be found in golden, white and even multi-colored.

Cranberries-these berries taste the best October through November and are linked to prevention of urinary tract infections and slow the growth of cancer.



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On October 1st, FAN4Kids lead a fun and exiting Fall into Family Fitness day at PS 261, Brooklyn, NY. Parents and kids all enjoyed fun fitness stations such as relay races, an obstacle course, and soccer as well as learned about healthy foods through a creative arts and crafts project. The participants also had a sample of a delicious healthy honey bar parfait and were entered to win a raffle prize! Overall, it was a beautiful day with everyone leaving with smiles and excited to be healthy! Ask your FAN4Kids instructor when your school is having their FAN4Family Fitness Day! Above is a picture of families working up a sweat at the Fall into Family Fitness day at PS 261,



On October 19th, FAN4Kids students took a bite of an apple together! "The Big Apple Crunch" happens every year on Food Day, which promotes healthy eating while celebrating the delicious fruit! This day brings everyone together and displays FAN4Kids messages of living healthy lives. Above is a picture of students all taking a bite of their crunchy apples for The Big Apple Crunch day at TALES, Queens, NY!



Special thanks to our core sponsors, partners and the school administrators at PS 69, PS 157, PS 382, PS 54, PS 73, PS 14, PS 77, PS 93, PS 161, PS 308, HOPES, TALES, Harriet Tubman, St. Mark The Evangelist School, Achieve Community Charter School and North 10th St.



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Have a happy and safe Thanksgiving!