

FAN4FAMILIES



A Resource for
Kids + Families

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FAN 4 UPDATES



Playground Safety

Sounds of children running, laughing and playing is the noise we should hear all the time as we pass by a playground! When children play on a playground they are actually getting in exercise for the day and most of the time, do not even realize they are working out. It can be so much fun skipping and sprinting around the playground, but it is very important to be safe at the same time. Here are some safety tips before bringing your child for a burst of movement at the playground:

Check out the playground: Make sure there is no faulty equipment and no garbage or other hazardous items on the playground.

Adult Supervision: Parent/guardians should always be at the playground to supervise. They can help prevent injuries or assist with first aid if necessary. Always make sure parents/guardians are able to view children at all times on the playground.

Appropriate play: Children should always keep hands and feet to themselves, use equipment properly, make sure no other children are in the way before jumping off equipment, and keep bags and bikes away from the play area.

The playground is a perfect place to let your child run like the wind, get all of their energy out and keep their bodies healthy! Don't forget, parents can partake in some fun playground playing time too! Just make sure the area is safe and children are playing appropriately.

Ms. Figuera, a long-time F4K class teacher partner, has been chosen as the FAN of the Month! She is an awesome 5th grade teacher at P.S. 157, Bronx, NY! Ms. Figuera was chosen as the FAN of the Month, not only because she encourages her students to follow FAN4Kids' messages, but she lives and breathes a healthy lifestyle for herself!

In her own words, Ms. Figuera said, "Fitness and nutrition is important because it makes you live longer, feel better, and helps with our moods. It is a wonderful way to set a great example for our children and their future. I live and breathe having a healthier lifestyle."

On any FAN4Kids day, you will see Ms. Figuera participating in the F4K lesson and then integrating the lessons in her own teaching. Ms. Figuera also says, "I love F4K because it promotes healthy ideas and lifestyles to our students. It encourages fitkids to be active and eat healthier foods. It basically helps them to make healthier lifestyle choices as well!" Not only does Ms. Figuera feel F4K is important, but the fitkids are excited to participate in activities and they share ideas on how to lead a healthier lifestyle.

"It gives them a break from me speaking and shows them another teaching figure for them to learn from. My kids enjoy Coach Dainer's weekly F4K lessons and actually wish he could come more often in the week. They really enjoy participating in F4K, especially, the fitness activities, says Ms. Figuera!"

FAN4Kids really appreciates Ms. Figuera and her dedication to fitness and nutrition. Congratulations Ms. Figuera!



FAN of the Month
Ms. Figuera P.S. 157 Bronx

FAMILY MENU

YUMMY BUDGET FRIENDLY

HEALTHY + QUICK

Banana Snowman

Ingredients

- 1 Banana, peeled and sliced evenly (3 banana slices for each snowman)
- 5 mini chocolate chips
- 1 pretzel stick
- 1 baby carrot
- 1 strawberry, sliced into quarters

Directions

1. Take three banana slices and line them up in a row.
2. Use two mini chocolate chips for the eyes. Use the other three for the buttons on the snowman.
3. Slice a sliver of the carrot off and poke it into the top banana slice under the eyes to serve as the nose.
4. Break the pretzel stick in half and poke them into the middle banana slice as arms.
5. Place one of the strawberry quarter slices above the top banana slice to serve as the hat.
6. Be creative and add other healthy ingredients that work. Enjoy!



FAN4Kids Question Corner

1. Which of the below activities are good for your heart?

- a. Dancing b. Soccer c. Walking your dog d. All of the above

2. Which food is a Whole food?

- a. Pop tart b. Apple c. Muffin d. Cookie

3. The quadriceps muscles are located in the?

- a. Head b. Arm c. Front of leg d. Back of leg

4. Energy from food is called?

- a. Calories b. Fat c. Sugar d. Fitness

Q + A

Got a question, ask us:
info@fan4kids.org

Answers

1. D. Any activity that raises your heart rate and uses large muscle groups for a consistent amount of time is considered cardiovascular exercise, which will strengthen the heart.
2. B. A whole food is found in the form that nature created and contains all of the original nutrients. Whole foods grow on trees, vines, bushes and even underground.
3. C. The quadriceps muscle is located in the front of the upper leg. It is responsible for extending the leg and helping with walking and jumping.
4. A. Calories give our bodies and brain energy. It is important to eat the proper portion of food each day to keep your body healthy and give it energy.

Robert L. Oliver Jr. - Founder + CEO
Karen Schocklin - Program Director
Erin Johnson - Development Director

Who is Team FAN4Kids?

Dainer Clark - F4K Instructor
Amanda Marcelin - F4K Instructor
Francesca Chaney - F4K Instructor
Quincy Cole Jr. - F4K Instructor

Your most pressing wellness questions answered!

DEAR MS. FAN4KIDS



Dear Ms. FAN4Kids,

I am a big sports fan and I have always imagined that my son would want to play sports. Unfortunately, my 3rd grade son says he does not like sports and does not want anything to do with them. Is this bad for his health? Please help me out with my son!

Thank you,

Sports FAN Dad

Dear Sports FAN Dad,

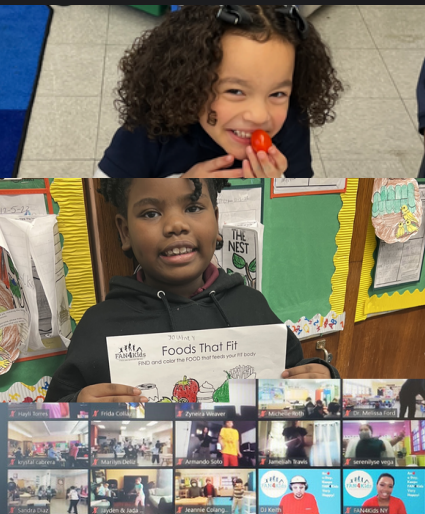
Your son has every right to not want to play sports. Sports are not for everyone. Sports can be difficult to understand and challenging to play without practice. Sometimes a child can have an initial a bad experience with a sport, which turns children away.

However, there are many benefits to playing sports, so before giving up, let your child try a different sport they have not tried yet, choose an individual sport to play, learn about a sport before playing it or sign up for a sport with a friend or relative.

If he is still not interested in playing on a court or field, don't sweat it! There are many non-sport activities that can provide exercise and keep children active, such as playing at the playground, walking, jump rope, dancing around the bedroom, etc.

Let your son know that he does not have to play sports, but he might find one he likes if he tries. However, all in all, the most important thing is to be an active child!

Sincerely, Ms. FAN4Kids



- FitKids at Salome Urena Elementary school in Newark, NJ are having fun trying lots of different foods during the vegetable food tasting.
- P.S. 273, Brooklyn, NY FitKids are showing off their beautiful coloring and how they have learned which foods are healthy and which foods are "sometimes" foods.
- Virtual FAN4Family Dance Parties "Club F4K" are back! Please join us as we promise your F4K instructors and DJ Keith will get you moving and having fun to some upbeat music! Families, students and staff are all welcome! Join the next party, Friday, February 17 @ 1:00 pm EST.
Zoom Link - <https://us02web.zoom.us/j/82461516800>

EVENTS + TIDBITS

A special thanks to our partners and schools:

[Allen Foundation](#) | [Bai Water](#) | [Brooklyn Community Collaborative](#) | [CHALK NYP](#) | [Tisch Center Food Hub](#) | [Dircks Foundation](#) | [Empire BCBS](#) | [Eurofins Scientific](#) | [Good Coin Foundation](#) | [Kind Company](#) | [Maimonides Medical Center](#) | [Montefiore](#) | [New York Life](#) | [Novartis](#) | [NYC City Council](#) | [NYC Dept of Health](#) | [Stop and Shop](#) | [Target](#) | [Youth Inc](#) | [Walgreens](#) | [NYC Public Schools](#) | [Newark Public Schools](#)
P.S. 69, 157, 54, 382, 77, 161, 93, 35, 150, 207, 273, 298, 368, C.S. 134, TALES, Peshine Ave., Salome Urena

FAN4Kids is proud to inspire, educate and empower the children and families we work with. Proudly serving up to 3,000 kids per week with the help of our incredible partners and donors

Questions: karens@fan4kids.org



www.fan4kids.org

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