

# HEALTH, NUTRITION AND SAFETY FALL RESOURCE GUIDE

## Tips For The Fall

### Stay Healthy This Fall

**Boost your immunity** by eating seasonal fruits and vegetables like apples, pumpkins, sweet potatoes, and carrots.

**Stay active** with fall outdoor activities like walking, biking, or playing sports.

**Wash hands regularly** to prevent the spread of germs as the cooler months bring more colds and flu.

**Get plenty of sleep:** Elementary students need 9–11 hours, while middle and high school students need 8–10 hours for focus and growth.

### Fall & Halloween Safety

**Costume Safety:** Choose costumes that are bright or reflective, and ensure they are the right size to prevent trips and falls.

**Trick-or-Treating Tips:** Always walk in groups with an adult, carry a flashlight, and stay on well-lit paths.

**Halloween Hygiene:** After trick-or-treating, wash hands before enjoying treats. Avoid homemade goodies from strangers.

**Food Safety:** Check all candy for sealed wrappers before eating. Swap out sugary treats for healthier options when possible, like homemade popcorn or fruit snacks.

### Stay Safe Outdoors

**Layer up:** Dress in layers to stay warm but avoid clothes that are too bulky for physical activities.

**Use reflective gear** when walking or biking in the early evenings.

**Hydrate:** Don't forget to drink water even as the weather cools down!

(Source: kidshealth.org)

## October

### National Bullying Prevention Month

October is National Bullying Prevention Month, a time to raise awareness and take action against bullying in schools, communities, and online.

#### How You Can Help:

- Be kind to others and include everyone.
- Stand up against bullying by reporting it to a trusted adult.
- Educate yourself on how to prevent bullying. Visit [PACER's National Bullying Prevention Center] (<https://www.pacer.org/bullying/>) for more resources.

### Roasted Sweet Potato and Carrot Soup

This warm, comforting soup is packed with vitamins and perfect for a chilly fall day.

#### Recipe:

- 2 large sweet potatoes, peeled and diced
- 4 large carrots, peeled and diced
  - 1 onion, chopped
  - 3 cups vegetable broth
  - 1 tbsp olive oil
- Salt, pepper, and a pinch of cinnamon or nutmeg for extra fall flavor!

#### Directions:

1. Preheat oven to 400°F. Toss sweet potatoes, carrots, and onions in olive oil, salt, and pepper. Roast for 25–30 minutes until tender.
2. In a large pot, bring the vegetable broth to a simmer. Add the roasted veggies and blend until smooth.
3. Season with cinnamon or nutmeg for a cozy fall touch.

Serve warm and enjoy!

(Source: bbcgoodfood.com)

## World Kindness Day

World Kindness Day is celebrated annually on **November 13**. It's a day to focus on simple acts of kindness that can brighten someone's day and create a more compassionate world.

#### Ways to Celebrate:

- Perform random acts of kindness, like leaving a kind note for a friend or sharing your time with someone in need.
- Encourage others to spread kindness in your school and community.
- Get involved in school-wide kindness initiatives to foster a positive environment for all.

(Source: [www.randomactsofkindness.org/world-kindness-day](http://www.randomactsofkindness.org/world-kindness-day))