

# HEALTH PROMOTING SCHOOLS

## Boost Your Brain with Summer Sun and Active Fun

Adapted from an APPLE Schools resource

### HEALTH NOTE FACTS:

Heading into summer is a great time to focus on your family's health and wellness. Growing brains need nutrients and regular physical activity. Eating a variety of healthy foods- fruits, vegetables, whole grains and drinking lots of water supports healthy brain development in children.

Physical activity is also important for healthy brain growth and increases a child's ability to learn. Did you know that children who are physically active are better able to learn and remember information? Being physically active outside during the warm summer months also helps ensure that children get enough vitamin D, which supports healthy bone, muscle and brain development.

Sunlight is a main source of vitamin D for children. During the winter months children may not get enough UVB rays to help the body make adequate vitamin D. Too little vitamin D can cause rickets in children, which is a softening and weakening of the bones and muscles. Enjoying the outdoors and getting the benefits of vitamin D can be done while practicing sun safe habits.



### RESOURCE LINKS:

- [Active Kids, Healthy Kids](#)
- [24 hr. Movement Guidelines](#)
- [Preschool focus: Physical activity and Summer heat](#)
- [Vitamin D for Babies and Children](#)
- [Sun Safety](#)
- [Sun Safety for Everyday](#)
- [Sun Safety Tips for Parents](#)



### Additional Tips:

Enjoy active outdoor time as a family, aiming for 60 minutes of fresh air and physical activity per day.

- Disconnect from technology and have fun doing an activity everyone can enjoy- go biking, play in the park, visit the beach.
- Spend some quiet time outside reading in your backyard, playing games, or doing yoga.
- Apply sunscreen with a Sun protection Factor (SPF) of 15 or more during outdoor activities.
- Sunscreen should be a broad-spectrum lotion to screen out most of the sun's rays.
- Wearing sunglasses and a hat can help protect your eyes and ears. Protect areas that sunburn easily by applying sunscreen to your nose and ears and using lip balm with SPF as well.
- Sun is usually the hottest with the highest UV index between 11:00 am and 3:00 pm. Plan outdoor activities at other times of the day or find a shaded area for activities.

