

Benainu: Sleep, Exercise, Nutrition and Hygiene Email to Parents

Yesterday our 6th grade participated in the *Sleep, Nutrition, Hygiene and Exercise* portion of Benainu. Mrs. Herlands discussed each topic by sharing information and bringing exciting information to the conversations.

Sleep-

- Necessary for growth, and mental/physical health.
- Healthy sleep habits- no phone/computer an hour before bed, progressive relaxation, visualizing a happy/safe/calm place, not fighting with a parent or sibling before bed, taking a warm shower, no exercise near bedtime, read a calm book, guided
- Imagery (podcasts).
- Mrs. Herlands lead a progressive relaxation exercise- the students were practically asleep by the end!

Nutrition-

- Three main nutrients- carbohydrates, protein, fats.
- Mrs. Herlands discussed the importance of each main nutrient for our mind and body and the types of food that fall into each category (if you'd like more detailed information on this please email Mrs. Herlands or Mrs. Hervitz, or ask your child!)
- The students played a game to find alternative healthy foods instead of unhealthy foods (frozen Greek yogurt instead of ice cream)

Hygiene-

- Changing bodies lead to glands secreting more oils that mix with bacteria on skin to produce unpleasant odors.
- Healthy hygiene- wash hair frequently, shower and change clothes daily, brush teeth 2x daily, keep hands off face to prevent pimples, use deodorant/body sprays daily.

Exercise-

- Relieves stress and keeps us healthy- physically and mentally (keeps body in shape and clears the mind)
- Alternatives to traditional exercise- walking up and down the stairs, doing laundry, yoga, dance party, etc.
- 30 minutes a day is ideal, and can be done in small increments of time.

Throughout the presentation the students asked interesting questions such as: Can you drink too much milk? Is a sugar rush physical or a figment of someone's imagination? How do I wash my face if I can't touch it with my hands?

Discussion Questions-

- What is one thing you can work on to be healthier this week/month/year?
- What is your favorite type of exercise?
- An experiment: which healthy sleep habit works best?

Looking forward to your children's continued growth in the Benainu program.

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