

## ***January 2009 Parent Newsletter***

### ***Wally the Wildcat***

Wally the Wildcat wants to stay healthy and fit with your kids in 2009!

Wally gained weight over the holidays and needs to lose it and get back in shape.

Can your kids help him?

Wally is asking that all of his WildCub & WildCat friends email him their ideas about how to eat right and tips for exercising. Each month he will share the advice that he has gotten from kids across the state.

If your child has any ideas about how to help Wally lose weight, tell him/her to send Wally an email at [Wally.Cat@uky.edu](mailto:Wally.Cat@uky.edu)

Wally is hoping that we can all work together to become healthier WildCats. Encourage your kids to get healthy with Wally. Each month Wally will share exercise and healthy eating tips so that your child can follow along.

With your child's help, each month Wally will lose weight and get a little bit smaller. Be on the lookout for him in the February newsletter!



***Wally wants  
everyone to be  
safe, healthy  
and happy in***

**Here are some health and safety tips for the New Year  
that you can share with your child**

***Encourage your WildCubs & WildCats to:***

- ▣ Drink milk and water, and limit soda and fruit drinks.
- ▣ Apply sunscreen before they go outdoors, to try to stay in the shade whenever possible, and to wear a hat and sunglasses, especially when playing sports.
- ▣ Find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that they like to do and do it at least three times a week!
- ▣ Always wear a helmet when bicycling.

- ▣ Wear their seat belt every time they get in a car.
- ▣ Sit in the back seat and use a booster seat until they are tall enough to use a lap/shoulder seat belt.
- ▣ Be nice to other kids. Be friendly to kids who need friends – like someone who is shy, or is new to their school.
- ▣ Never give out personal information such as their name, home address, school name or telephone number on the Internet. Also, remind them to never send a picture of themselves to

someone that they chat with on the computer without your permission.

- ▣ Eat at least one fruit and one vegetable every day, and limit the amount of soda that they drink.
- ▣ Take care of their body through physical activity and nutrition.
- ▣ Choose non-violent television shows and video games to watch or play with each day.
- ▣ Help out in their community – through volunteering, working with community groups or by joining a group that helps people in need.

- ▣ Wipe negative “self talk” (i.e. “I can’t do it” or “I’m so dumb”) out of their vocabulary.
- ▣ Take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing a problem with a parent or friend.
- ▣ Talk with an adult about their choices when faced with a difficult decision.
- ▣ Always resist peer pressure to try drugs and alcohol.



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