



# Children's Times

Cheri - Second Edition

July 2008, D.P.S. Bangalore

For Private Circulation



## FROM THE EDITOR

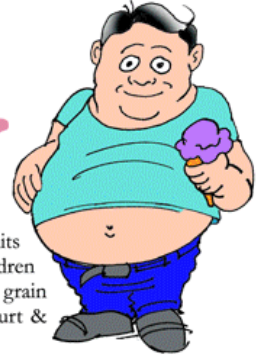
**CHERI** - Child Health Education Reformative Integrated Services is Amelio's health initiative for school children. The objective of CHERI is to promote the health of children and youth by supporting coordinated health programs as a foundation for school and success. This is just a small step in that direction.

Through this newsletter, we'd like to address issues pertaining child health, and what parents can do to ensure the good health of their wards. Also common problems that children, especially teens suffer from such as obesity, depression, stress, acne, aggressiveness, exam anxiety will be addressed. We'd also like to salute our teachers by dedicating a section for them in every issue, which would talk about teamwork, motivation, communication, interpersonal relationships and decision-making.

We at CHERI believe in encouraging student participation in the form of stories, poems, jokes, riddles & articles that you can personally send to me at [edfarah@ameliomedicorp.com](mailto:edfarah@ameliomedicorp.com). Selected material will then appear in our forthcoming issues.

FARAH KAZI

## TEEN BURST: FIGHT CHILDHOOD OBESITY



Many more children are overweight today than in the past. There are a great variety of foods advertised & thus made available to children, some of which may more likely than not cause weight gain. Also these days, many children have fewer opportunities to be active. Due to the advent of the computer age, kids these days prefer surfing the net or playing video games than going out to play.

Being overweight can cause not only health but psychological problems as well for these children.

Therefore the aim for parents should be - managing weight of their children with enough emphasis on eating healthy & on exercise rather than just weight loss.

- Children these days are conscious enough of their weight. So all they need is a push in the right direction. So teach your kids about nutrition, about making healthy food choices.

- Once the awareness sets in, you'll be surprised to find the changes kids make themselves in their lifestyle.

- Your kids will invariably repeat what you do, so exercise control in your own eating.

Emphasis has to be placed on eating right & not on 'dieting'. As children are still in their years of growth, cutting down on their food intake might lead to certain deficiencies of vital nutrients.

Instead try & cut down on the food intake from restaurants & fast food joints. Weekends can be a good time to take your kids out to eat but after a trip to the park or beach so that they get a good dose of activity as well. Families can follow the other five days of the week, disciplined dining habits.

- Change the way you shop & cook i.e. don't have a lot of high calorie snacks in the house such as wafers,

pastries, cream biscuits etc. Encourage children to snack on whole grain crackers, frozen yogurt & fruits instead.

- Replace soft drinks in the house with fruit juices. Skimmed milk without sugar should replace milkshakes & that forgotten nutrient 'water' should be taken in plenty.

- A piece of chocolate is better than an entire bar, sharing a dessert or ice cream with another sibling can be encouraged. This way kids do not feel forced into banning their favorite foods.

- Eat together as a family & discourage your children from eating in front of the television.

- Indulge in activities with them so that they don't turn into complete couch potatoes.

Do activities that your children like with them. Activities such as cycling, swimming, dance & karate lessons, cricket & football will help them stay fit & burn more calories.

The support you offer your children can go a long way towards tackling this problem effectively. Do not be negative or ridicule them by calling them fat or obese in front of friends & family. It not only leads to negative self-image & low self-esteem, but also eating binges due to depression. At the same time, do not think of your child as plump with 'baby fat' that will disappear on its own, for it will send the wrong message out to your child who will think it okay to continue with his lifestyle.



**CHERI: COMING UP.....**  
 \* Health evaluations for students, teachers & staff  
 \* Recommendations for up gradation of canteens, laboratories and sanitary facilities  
 \* Training & education workshops \* First-Aid for students  
 \* Wellness Center \* Green School Rating \* Stress Management  
 \* Leadership and Discipline \* Career Counseling \* Personality Grooming  
 \* Newsletter - are some of the activities that will be undertaken for the academic year July 2008-April 2009.



For  
Delhi Public School  
Bangalore





# CHILDHOOD ALLERGIES ON THE RISE

Allergy is the term used to describe our immunologic sensitivity to an allergen (i.e. any substance that causes an allergic reaction). This sensitization may occur by inhaling air-borne allergens or by eating foods that contain them.

The consequences of these allergens entering the body involves the release of certain chemical messengers that bring forth well known symptoms of allergy such as: sneezing, itchy or stuffy nose, watery nasal discharge, itchy eyes, tears & redness, cough, bronchial asthma symptoms such as wheezing etc.

Allergies affect all races in all parts of the world, but the incidence of allergies in children has increased significantly in recent years. There are now more children affected by eczema, hay fever, asthma, and nasal irritation than ever before. Children develop allergies due to a combination of genetic as well as environmental factors. If any one

parent has a history of allergies, then each child will have a 40% chance of developing them. If both parents have allergies, the risk increases to about 80%.

The risk of developing allergies from environmental exposures is well established. Pets such as cats and dogs as well as animal dander affects a susceptible child. Air pollution happens to be one of the leading causes of childhood asthma, evidence of this being high ozone or sulfur dioxide levels often coincide with peak asthma exacerbations or flare-ups. Weather changes can be extremely provocative in bringing out asthma symptoms, as are other seasonal factors such as presence of pollen. Unfortunately these are difficult to

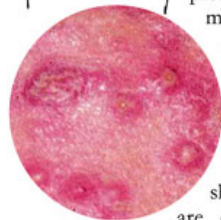
avoid, though scheduling outdoor playtime or exercise at non-peak pollen periods such as afternoons or early evening can be effective.

Dust mites & cockroaches are also major sensitization agents in our cities. Certain food allergies, especially of wheat, nuts like peanuts, soy & milk are also found to be common among children. Treatment of these would involve identifying the source & eliminating it from the diet.

Parents can identify the presence of allergens that their children are sensitive to-through skin allergy testing or using a specific blood test called a RAST test. This can be extremely helpful in implementing avoidance & control measures.

If I had my child to raise all over again,  
 I'd build self-esteem first, and the house later.  
 I'd finger paint more, and point the finger less.  
 I would do less correcting and more connecting.  
 I'd take my eyes off the watch, and watch with my eyes.  
 I'd take more hikes, and fly more kites.  
 I'd stop playing serious, and seriously play.  
 I would run through more fields, and gaze at more stars.  
 I'd do more hugging, and less tugging.  
 -Diane Loomans, from "If I Had My Child To Raise Over Again"

## ACNE CONTROL



At some point or the other, during our teens, almost 80% of us suffer from ACNE – those unsightly spots which are a bane of growing up. Some people are genetically predisposed to acne but the most common causes are emotional stress and increased activity of sex hormones or androgens. These hormones stimulate the oil glands – typically on the face, shoulders, back & chest and are especially active during puberty. Boys are more prone to acne due to higher androgen levels but girls suffer too, usually in the week before their period.

It is a popular belief among many that a high sugar, high fat diet is responsible for the development of acne. This may hold true but there are also certain iodine-containing chemicals that are now equally suspect in causing acne. These chemicals are often

added to the salt that is used liberally on chips, wafers and many other convenience foods. Equally a bad complexion or dull skin, may have more to do with what you DON'T eat rather than what you do – for example a diet based on fast foods, sweets, snacks will be low in several vital vitamins & minerals.

Youngsters plagued with pimples should cut down their intake of refined carbohydrates found in sugary foods, fried foods such as burgers & chips, highly salted snacks, soft drinks and confectionery in favor of whole grains and fresh fruits & vegetables.

Research has suggested that many acne sufferers are deficient in zinc. Therefore healthy sources of zinc such as shellfish, nuts, skinless poultry, yogurt & skimmed milk should be a part of diet.

Vitamin A, which helps in maintaining a healthy skin is found in eggs, while beta carotene which the body converts to vitamin A is found in plenty in dark green or orange vegetables such as spinach, carrots and tomatoes, also in orange fruits including papaya & mango.

Several of B vitamins, normally supplied by a well balanced diet are believed to prevent blackheads & leave skin less greasy, while lack of vitamin C makes one prone to infection.

Vitamin E found in wheat germ, eggs, and nuts helps heal the skin & therefore is a vital vitamin in treatment of acne.

**So go get your ACE vitamins say goodbye to acne!**

**GAME MY PET PORCUPINE**  
 - by Eve Timm  
 Each student chooses an animal, a name and a food that al begins with the same letter.  
 For e.g.: My pet Porcupine's name is Pete and it eats potatoes.  
 Tip: Try keeping the same animal, changing the name and food, if desired.

I keep six honest serving men: they taught me all I know Their names are What, Why and When and How, Where and Who.  
 -Rudyard Kipling



## DIET IN MONSOONS

Though monsoons are a welcome relief from the hot summer, it also brings along with it, a multitude health problems.

Water borne diseases are most prevalent during monsoons, therefore one should only have boiled, bottled and purified water. Also ice that is not made from above water should be avoided. Beverages such as juices, golas, kulfis from street vendors should be avoided during monsoons.

Food poisoning from E.coli, salmonella, or other contaminants is also one of the dangers of this weather. So one should be extra careful with preparation of food. Eat only well-cooked and hot food. Raw foods & vegetables should be taken only if washed thoroughly. Green vegetables contain presence of mud, dirt and worms. Also extra care should be taken with vegetables such as cauliflower, cabbage, spinach etc, which tend to contain more insects and worms. Also fresh fruits which have been pre-cut or peeled and kept in the open should be

avoided. Avoid mangoes once monsoons set in. Avoid eating salads outside as raw chopped ingredients spoil quickly. Throw out food that has a strange odour or mould.

Fever is a serious health problem in monsoons. Do not ignore it if it lasts for more than two days.

So follow above guidelines and be safe this monsoon.



## FOOD COURT: GO BANANAS!!!!!!!

It's by far the best 'finger food' for growing children as it tastes great, is easily digested, rarely causes allergies and contains natural sugars (sucrose, fructose and glucose), which are released quickly into the bloodstream, giving instant energy. It is a good source of fiber, vitamin C, magnesium, potassium & vitamin B6. Banana and milk supplement each other in an ideal manner & provide all the needed nutrients to the body. So it makes good sense to incorporate both in your breakfast. Bananas are also

helpful in treating insomnia. So they also become a good bedtime snack as well.

Bananas are responsible for maintaining many functions in the human body, including normal muscle contraction, blood pressure, nerve conduction, heart rate, and gastrointestinal motility and also maintain bone health.

## Mindbender

Q. The more of them you take, the more you leave behind.

What are they?

Ans : .....



(Answers on the last page)

## GET SPORTY

## BASKETBALL



Basketball is one of the most popular and widely viewed sports in the world. Invented as early as 1891 by a Canadian physical education student and instructor, its main purpose is keeping you FIT. Its popularity can also be accorded to the fact that it's an indoor game and thus can be played at any time of the year. This game is played in most of the schools all over the world, making it a good choice for fitness maintenance. It can also be played at home or in your playground, as all it requires is a net and a good ball.

Parents should encourage their kids into playing this sport, as it is a great way to exercise and have fun at the same time. They can also participate by playing with them thus helping build and strengthen their relationship with their kids.

Apart from this, taking up sports like basketball also improves your overall well-being.

Playing basketball can help you tone up your thighs and turn that round stomach into a washboard. The amount of running and jumping involved helps you build speed, strength and cardio-vascular health not to mention burn calories.

It is also beneficial as you learn to interact with other kids thus improving your social skills. It is also a great confidence builder if you score a basket and do well for your team.

It can teach you many a life's lesson - like how to be competitive, a good sport, teaches you to accept losing and never give up i.e. it helps you learn how to succeed in the real world. No kid likes to be told what to do, but if you can listen to your coach's guidance and be able to follow is/her suggestions, it makes you more open to constructive criticism and helps you improve yourself. Being able to accept and learn from guidance is a big help as you become more willing to listen to someone else like your teachers, parents or even older siblings.

So get away from those television sets and off that couch and go practice some basketball. We can't all be experts the first time we try it, but hey it's better than not trying it at all. AND you burn around 400 to 600 calories after an hour of playing, as a bonus!!!

## HEAL TALK

Garlic prevents the bad cholesterol (LDL) from rising in the blood and prevents clogging of arteries.



## PROVERB TWIST

Better to be safe than.....punch a 5<sup>th</sup> grader

Correct proverb is:

.....

Strike while the.....bug is close

Correct proverb is:

.....

(Answers on the last page)





**GRUB GYAAN:** UNION MINISTRY LAUNCHES HEALTH WEBSITES TO BRING DOWN CHRONIC AILMENTS

## Govt dishes out advice on healthy Indian food

HINDUSTAN TIMES / JULY 3, 2008.

In 2005, 53 percent of all deaths in India were caused by chronic diseases like heart ailments, diabetes and cancer. As a part of its Healthy India campaign, targeted at reducing these maladies, the Union Ministry of Health and Family Welfare and the Public Health Foundation of India recently launched two website, [www.healthy-india.org](http://www.healthy-india.org) and [www.foodpyramidindia.org](http://www.foodpyramidindia.org). The portals provide nutritional advice based on traditional Indian diet with sample menus. Apart from advice on the importance of eating a nutritional diet, [www.foodpyramidindia.org](http://www.foodpyramidindia.org) has a calorie calculator to figure out how many calories a person needs to consume, based on his age, height and level of activity.

### Teacher Preach

Dear Parents,

It is a very old and oft repeated adage that, "Health is wealth". This is more appropriate in today's world than ever before. It is also heartening that in today's world, the health issue is one that all parents and teachers are well aware of. This awareness has come from the media and other organizations that promote the importance of knowledge on health issues.

Knowledge is power and it is this empowerment that we need to offer the students, to set them on a path for a lifetime of good health and cheer.

Given this, we need to understand that the school is the place where the children spend more time than at home.

Amelio Healthcare Services is a wonderful partner in keeping the program as an ongoing process that constantly keeps the parents in the loop about the changing face of nutrient requirements and new information in the field of health and nutrition.

Eating habits are developed from childhood and we have to start them young.

Delhi Public School Bangalore North believes that parents and students are partners in this campaign for good health. Our Kindergarten staff has created a food chart that it has chalked for its students to follow through the week in order to give them a complete and wholesome snack.

The school and home need to work in unison to create a generation of healthy citizens.

With warm wishes of good health always.

Principal

Mrs. Sial DPS (North)

### TEACHERS:

### LEADERS IN OUR CLASSROOMS

TEACHER WHO BECAME A POLITICAL LEADER



In this day and age, when society is changing so rapidly and emerging as one more knowledgeable, teachers who are our leaders, have to deal with a lot more pressure from students, parents, colleagues and managements. Each will have their differences, behavior patterns, unique dreams & aspirations. Therefore, teaching needs to be designed bearing in mind the changes that are occurring in the world around us.

Teachers have to identify & come to terms with their own positives and negatives, realize their own capabilities, exercise self-control, be able to adapt to the changing scenario in education and be innovative in their approach. They must think differently as it is believed that - it is thinking that makes a person who it is. So the change should be brought by increasing their own skills to enable them to empower their students. Broadening their scope of thinking in terms of both technical and non-technical knowledge, being competent, confident & committed - to be able to face & overcome everyday challenges, has become imperative, especially in a society where knowledge is growth.

It is also important for teachers to adopt unique teaching styles like including observations & experiments, inside & outside the classrooms, have project work, group discussions, games, and quizzes etc on topics in the curriculum.

Evaluating students not only on the basis of their examination results but also on various other aspects like project work, questions testing their mental ability, their creative & practical skills along with their writing ability provides a challenge for teachers.

More classroom interaction, assessing students on the basis of the quantity & quality of knowledge gathered and charting out a 'progress card' on the above basis - are all going to encourage the development of a win-win attitude among students rather than unhealthy competition.

Therefore a more widespread awareness & mass involvement of both students & teachers - by having regular meetings, seminars, workshops and training programmes to improve the quality of education, is a need of the hour.

**WORD GAME**  
(make as many words as you can)

**MGANRI**

15 WORDS - GOOD  
25 WORDS - EXCELLENT  
6 LETTER WORDS - 2



### ANSWERS

MINDBENDER: FOOTSTEPS

PROVERB TWIST:  
Better to be safe than sorry

Strike while the iron is hot

Great men tell you how to get where you're going;  
Greater men take you there.

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