

# RESOURCE GUIDE

## School Health Advisory Council

We strive to evaluate and recommend health education instruction that will equip all students with the life skills required to promote a whole child approach to learning, teaching and community engagement. Learn more at <https://www.fortbendisd.com/Page/1129>.



## APPS/WEBSITES FOR PARENTS

### Nutrition Education Resources

**VegOut:** VegOut is an app that provides information on Healthy Eating and Physical Activity.

**USDA—Choose My Plate:** Information on healthy eating and physical activity  
<https://www.choosemyplate.gov/>

**Action for Healthy Kids:** Tools and resources to create healthier schools  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

**Eating Well Magazine Recipes, Meal Planning & Newsletter:**  
[www.eatingwell.com/recipes](http://www.eatingwell.com/recipes)

**Nutrition Facts Label:** Information on nutrition labels  
<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/>

**Recipe for Success:** Teaches children basic nutrition, culinary arts and gardening  
<http://recipe4success.org/>

**Nutrition Action Newsletter from Center for Science in the Public Interest (CSPI):** Healthy Snacks for School  
<https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>



# COMMUNITY RESOURCES

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## APPS/WEBSITES FOR PARENTS

### Social Emotional Learning Resources

#### **SAMHSA:**

Cost: Free

[ps://www.store.samhsa.gov/apps/](https://www.store.samhsa.gov/apps/)

**SAMHSA Know Bullying App:** This app provides information and guidance to build resilience in children as well as prevent bullying. The app provides parents with: conversation starters, prevention strategies, and warning signs.

**SAMHSA Talk. They Hear You. App:** This is SAMHSA's underage drinking app. It includes an interactive game that assists parents in preparing parents in how to talk to their child about alcohol, including starting the conversation, questions to ask, and how to keep the conversation going.

#### **Teen Safe:**

Cost: Free trial then paid

The TeenSafe enables parents to monitor their child's social media accounts as well as their texts, calls, and phone location.

### Physical Education and Health Resources

**Water Your Body:** Water Your Body is an app that includes some very helpful information for Health Benefits of Drinking Water and tracks the amount of water you drink daily.

**MyFitnessPal:** MyFitness Pal is a free app that tracks calories and physical activity to help you lose weight.

**Insight Timer:** Insight Timer is a meditation app that lets you set up a basic profile and a list of your recent meditation activities. You can control the privacy of your profile. The app allows direct messages, adding friends, and joining groups based on locations and meditation

**Aura:** Aura is an app that allows users to start their day with tailored meditation practices that help them have a positive mindset throughout their day. It is great for people who are looking to increase their daily mindfulness practice easily by using a simple smartphone app.

**Stop, Breathe & Think:** The Stop, Breathe & Think app is a free mindfulness, meditation and compassion-building lifestyle tool that is simple, fun and easy to use. Take a break from the stress and anxiety of daily life to relax with meditations for the body and mind.



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## KID FRIENDLY APPS

### PHYSICAL ACTIVITY/MOVEMENT

Name: Super Stretch Yoga

Cost: Free

Ages: Early Childhood and Elementary

Summary: The Adventures of Super Stretch is an educational fitness program with empowering books, flash cards, teacher workshops and apps on iTunes that have been developed for children of all ages. The Super Stretch mission is to teach kids to express themselves in a healthy way while having fun.

Name: Super Yoga Bedtime

Cost: \$2.99

Summary: Yoga and meditation are great for helping people wind down from a long day and Super Yoga Bedtime makes this practice easy for kids to follow and enjoy. This app is full of simple exercises that children can easily follow along with to calm their mind and bodies as they get ready for sweet slumber. The superhero theme also creates a playful feel for children and keeps them engaged enough to make this a nightly ritual so they gain the maximum results. Features include: 3 Yoga practices, 5 Guided visualizations, 2 Breathing practices

Name: NFL Play 60

Cost: Free

Ages: Elementary and Middle

Summary: Walk to move your character in the game to explore a fun interactive environment and find football players! Add players to your roster, play catch with them, train with them, and prepare with them for competition. Open mystery boxes to collect footballs, hearts, and helmets to strengthen your players in training. Search for hidden objects to win additional prizes! See how many steps you take each day.

Name: Eat and Move-O-Matic

Cost: Free

Ages: Elementary and Middle

Summary: Learn about the foods you eat and how they help fuel your body for your favorite activities. Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.

Name: GoNoodle Kids (only iOS)

Cost: Free

Summary: GoNoodle Kids is the only app that gets kids MOVING along with crazy cool songs like Kitty High Five, Pop See Ko, Don't Read Like a Robot, and so many more GoNoodle faves! Plus, GoNoodle Kids has simple mindfulness and yoga activities to help kids chill out, dude.

More options: <https://physedreview.weebly.com/pe-active-gaming-apps.html>

### NUTRITION/HEALTHY EATING

Name: Awesome Eats <https://www.wholekidsfoundation.org/kids-activities/awesome-eats/>

Cost: Free

Summary: Kids will love to sort and plate a rainbow of foods in this app. They will also learn which things are trash and which are treasure with the recycling and composting level.

Name: Nicolas' Garden

Cost: Free

Summary: In Nicolas' Garden, it's all about making healthy cooking, eating, and shopping fun and empowering for kids ages 5 to 15 while teaching them important independent living and lifestyle skills. Nicolas' mobile app helps in the quest to teach their kids to be healthy choosers, and more informed about food.

Name: Eat and Move-O-Matic

Cost: Free

Summary: Learn about the foods you eat and how they help fuel your body for your favorite activities. Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences. Encourages young people to develop and maintain healthy, active lifestyles.

Name: Awesome Eats

Cost: FREE

Summary: Sort, stack, pack and plate a rainbow of fresh-from-the-garden foods! And now recycle items after lunch! Be on the lookout for thieving birds and tap to shoo them away for extra points. You and your kids will unlock hours of challenging game



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