

MEDICAL TEAM – JANUARY NEWSLETTER

NEW YEAR, NEW HEALTH HABITS: TIPS FOR SETTING HEALTHY GOALS

DEAR PARENTS,

As we welcome 2025, it's the perfect time to reflect on the past year and set fresh, healthy goals for the months ahead. As always, the medical team at DPS Modern Indian School is here to support your child's well-being and encourage healthy habits that will help them thrive throughout the year.

*Happy
New Year
2025!*



SETTING HEALTH GOALS FOR 2025:

The start of the year is an excellent time to establish healthy routines that can improve overall well-being. Here are some tips on how to set achievable and sustainable health goals for your child:

1. FOCUS ON BALANCED NUTRITION

Encourage your child to enjoy a variety of foods and incorporate more fruits, vegetables, and whole grains into their meals. Aim for healthy snacks, like nuts, yogurt, and fresh fruits, to keep their energy levels up throughout the school day.



*Focus on
Balanced
Nutrition*

2. INCREASE PHYSICAL ACTIVITY

Regular physical activity is key to maintaining both physical and mental health. Set a goal to include at least 30 minutes of exercise each day. This could be a fun family walk, a game of basketball, or even a dance-off at home!



Increase Physical Activity

3. PRIORITIZE HYDRATION

Drinking enough water is essential for health, yet it's often overlooked. Encourage your child to drink plenty of water throughout the day, and make sure they always have a water bottle at school.



Prioritize Hydration

4. FOCUS ON SLEEP HYGIENE

Healthy sleep habits are crucial for growing bodies and minds. Help your child establish a consistent sleep schedule, ensuring they get adequate rest. Aim for 9-11 hours of sleep per night for younger children, and 8-10 hours for older ones.



Focus on Sleep Hygiene

*Practice
Mental
Wellness*



5. PRACTICE MENTAL WELLNESS

Mental health is just as important as physical health. Encourage your child to practice mindfulness, relax, and de-stress regularly. Taking breaks, engaging in hobbies, and talking about their emotions can all help support mental well-being.

6. REGULAR HEALTH CHECK-UPS

Schedule routine health check-ups for your child to ensure that they are growing and developing properly. Don't forget to update their immunizations and ensure their vision and hearing are regularly monitored.



*Regular
Health
Check-ups*

*Focus on
Sleep
Hygiene*



7. FAMILY INVOLVEMENT IN HEALTH GOALS

Setting goals as a family can help create a supportive and motivating environment. Engage in activities together, such as cooking healthy meals or going for walks, to create lasting habits and strengthen your family's health bonds.



8. MAKING HEALTH FUN

Make these healthy habits fun and rewarding for your child. Consider setting small, achievable milestones and celebrate them together. Whether it's earning a special outing after achieving a physical fitness goal or having a "healthy snack day," turning health goals into fun activities will keep everyone motivated.

FINAL THOUGHTS



This New Year, let's focus on improving our health together. By setting realistic and achievable goals, you can help ensure that 2025 is a year of growth, well-being, and happiness for your child.

Let's work together to make this year the healthiest one yet!

Warm regards,

The DPS Modern Indian School Medical Team