

Fairfax County School Health Promotion September/October Morning Announcements



“Bubble Your Troubles Away!”

Teacher: Hey John, how are you?

Student: Not good. I can't seem to get anything done.

Teacher: What do you mean?

Student: I can't stay focused. I am confused about what I need to know for classes. I'm always tired and sometimes I even fall asleep in class.

Teacher: Are you worried about anything?

Student: I'm worried about my grades.

Teacher: How much sleep do you get at night?

Student: I stay up doing homework and study, so I only get about four or five hours of sleep.

Teacher: How about your eating habits and exercise?

Student: I don't have the time to sit down and eat or exercise.

Teacher: Some small changes may help you feel better. Getting about 8-9 hours of sleep, eating a balanced diet and drinking enough water are ways you can improve your health. At least an hour of physical activity each day will make it easier to stay focused. Working towards a healthy routine will help you manage your stress.

Hashtag:

#ffxhealthykids

