

# NEWSLETTER

*Whole School. Whole Community.*

*Whole Child*

#04 | March | 2020

## Sports and Development

There are many benefits to physical activity and it can be helpful to get active at an early age.

**Young Children (under 6 years old)** are often introduced to physical activity through play. Kids are starting to master their bodies and are learning confidence through trial and error. Things like playing catch, basketball, or swimming can set the stage for a healthy lifestyle for years to come.

**Older Children (6-13 years old)** now start to master a wide range of skills. It should be encouraged for school-age kids to balance organized sports and unstructured play that foster spontaneity and creativity .

**Adolescents (13-18 years old)** are forming their own personal identities and sports provide their own social network. It is likely teens will become more specialized in a specific sport. This is a time the pressure of competing interests like academic work and social pressures can wear on a teen. Teens should make sure they are frequently evaluating what is on their plate.



## Benefits of Exercise

There are several benefits to exercise but honestly it is all around great for you!

Some benefits include:

1. You will have a better mood in as little as 5 minutes. Over time regular exercise can even reduce feelings of depression.
2. Exercising is an excellent coping strategy and continued frequent exercise will reduce anxiety.
3. Regularly exercising will improve your overall health.
4. Exercising will help to boost your energy. You will have increased attention and concentration.
5. You will even sleep better when you exercise regularly.



## Being a Good Teammate

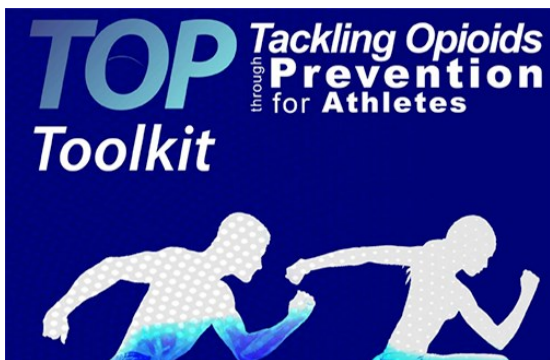
Sometimes a teammate might be having a hard time. Here are some things you can do to help.

- Develop valuable, trusting relationships with your teammates on and off the court.
- Let them know you have been noticing they don't seem themselves.
- Lead by example: arrive to practice early, be open to feedback from others.
- Listen (really, listen) if they are willing to share. Sometimes we just need someone to listen.
- Be there for them. Sometimes just knowing that someone cares really helps!
- Think about what you do for self care. Is it yoga, a meditation app, or maybe journaling? Share with your teammates your strategies.



Remember, if you are looking for additional help for your teammate or yourself (or you just need to vent) there are free resources available to you right now that can help with any problem big or small. A great place to go for resources like this is [www.sptsusa.org](http://www.sptsusa.org). No matter what problem you are dealing with the National Suicide Prevention Lifeline has skilled, trained counselors in your area, anytime, 24/7. 1-800-273-TALK (8255).

## Athlete Health



Young adults who participate in athletics may be at a greater risk to engage in nonmedical prescription opioid use because of their greater risk of injury or because of a greater opportunity to receive diverted opioid medications from teammates. The Division of Mental Health and Addiction Services and New Jersey Prevention Network have come together to aid this at-risk population with the creation of the "TOP Toolkit". TOP– Tackling Opioids through Prevention for Athletes is a resource for school nurses, athletic directors, athletic trainers, and parents to gain a better understanding about how their athletes may be at risk for opioid misuse and addiction. Click the image to view this toolkit!

As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Ashley](#), for assistance. We would love to hear from you!

