

NEWSLETTER

*Whole School. Whole Community.
Whole Child.*
#06 | July | 2021



July is **HEALTHY VISION MONTH**. Use the next 31 days or so to take charge of your eye health and improve your vision. With the resources provided we hope to make keeping your eyes healthy a year-round effort.

Protect Your Vision

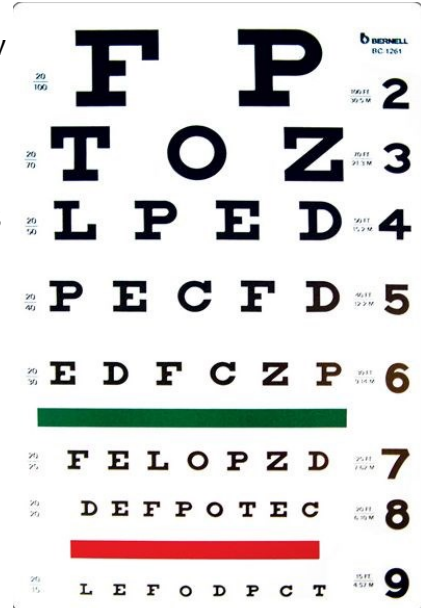
8 Things You Can Do Right Now to Protect Your Vision

1. **Find an eye doctor you trust:** ask family or friends about a doctor they trust, check through your insurance carrier, or use [this link](#) to locate an affordable eye doctor.
2. **Ask how often you need a dilated eye exam:** getting your eyes dilated is the only way to catch eye diseases early, when they're easier to treat!
3. **Add more movement to your day:** physical activity can lower your risk for health conditions that can affect your vision, like diabetes and high blood pressure.
4. **Talk to your family about eye health history:** some eye diseases like glaucoma and age-related macular degeneration can run in families!
5. **Step up your healthy eating:** eat right for your sight by adding dark leafy greens and fish high in omega-3 fatty acids to your diet.
6. **Make a habit of wearing your sunglasses– even on cloudy days:** By wearing sunglasses that block 99-100% of UVA and UVB you can protect your eyes!
7. **Stay on top of long-term health conditions**
8. **If you smoke, make a quit plan:** quitting smoking can lower your risk for eye diseases like cataracts. Call 1-800-QUIT-NOW for free support. (NEI/NIH, 2021)

Common Myths

When it comes to kids and vision there is a lot of information out there, but also a lot of myths passed on through generation. Below are some common vision myths we are here to debunk for you!

- **MYTH:** Sitting too close to the TV is bad for the eyes
 - While parents have been saying this for decades, there's no evidence that plopping down right in front of the TV damages the eyes. However, sitting close to a TV may be a sign of nearsightedness.
- **MYTH:** If you cross your eyes they'll stay that way
 - Contrary to the old saying, eyes will not stay that way. But if you notice your child crossing one eye constantly, schedule an appointment with the eye doctor.
- **MYTH:** Eating carrots can improve vision.
 - Although it is true that carrots are rich in vitamin A, which is essential for sight, so are many other foods– asparagus, apricots, nectarines, and milk. Focus on a well-balanced diet which can provide the needed vitamin A.
- **MYTH:** Only boys can be color blind .
 - While it is estimated that up to 8% of boys have some degree of color-blindness, just about 1% of girls do too.



Cooking Corner

There are numerous vitamins and minerals that are important to add to your diet to support vision and eye health. Click on the recipes below that contain high amounts of Vitamin A and Omega-3 fatty acids which both prevent eye disease and support eye health.

- [Green Eggs & Ham Frittata](#) : This version of green eggs and ham is full of spinach, leeks and dill, along with ham and havarti cheese. Serve with: Roasted red potatoes or hash browns
- [Easy Salmon Cakes](#): If you are trying to boost your intake of omega-3s, try this simple favorite. It is a great way to use convenient canned (or leftover) salmon. The tangy dill sauce provides a tart balance.
- [Sautéed Spinach with Pine Nuts & Golden Raisins](#): Pine nuts and sweet golden raisins brighten up sautéed spinach.

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!

