

# HEAL NEWSLETTER

Promoting healthy eating and active living

## Fueling the teacher's minds: healthy eating advice

Teaching is a cognitively complex profession. An educator has to make hundreds of judgements and act fast in response to the plethora of unforeseen twists that life in the classroom may take within a single school day. Because your work requires a lot of energy, fueling your body and mind properly is critical.

But in the busy life of a teacher, who has time to think about healthy eating, much less sorting through the sometimes-conflicting claims about the nutritional value of various food choices? Unfortunately, the less we think about what we eat, the worse our diets may be especially if we default to snacking on so-called convenience foods that are high in sugar and saturated fats and low in nutrient-dense ingredients that sustain energy levels.





# Fueling Your Body

The foods you eat have a significant effect on your physical and mental well-being. A balanced meal that includes a good amount of protein, complex carbohydrates, and healthy fats is essential to maintaining your energy levels and preventing mid-afternoon rashes. Having a healthy breakfast, like oatmeal or whole grain bread with eggs, will set you up for success the rest of the day. To maintain a stable energy level throughout the day, pack a nutritious lunch, such as a veggie wrap with hummus or a salad with lean protein.

Additionally, choose fruits, veggies, or nuts over sugary or fatty foods when it's time for a snack.

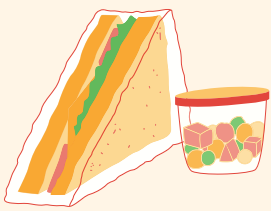


## Drink Water

Staying hydrated is also key to maintaining your focus and energy. Stay hydrated during the day by drinking lots of water and avoiding sugar-filled beverages, which can make you feel lethargic.

# LUNCH IDEAS

Here are some quick and healthy lunch ideas that you may pack to school



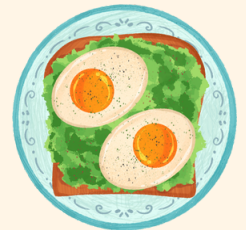
**Veggies and hummus sandwich**

**Veggies spinach wrap**



**Egg veggies roll**

**Avocado egg toast**



**Overnight rolled oats  
with nuts and seeds**

**Chia pudding**



## Physical Fitness

Regular exercise is essential for both physical and mental well-being. Exercise can improve your mood, lower stress levels, and give you more energy. Making time for exercise can be difficult for you, but even a small amount of activity each day can have a big impact. Exercise just needs to be a regular part of your routine; it doesn't have to be long or intense.

## Here is a list of ways you can build exercise into your daily routine:

**Incorporate movement in classroom**

**Take a walking break**

**Participate in school-wide physical activities**

**Use the stairs**

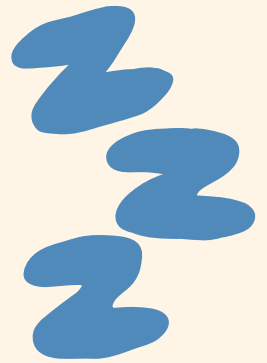
**Make use of outdoor spaces**



Encourage physical activity in your students. Lead by example and encourage your students to be physically active by setting an example and including exercises in your sessions.

## Recharge your batteries

Getting enough sleep is crucial for overall health and well-being. Aim for 7-9 hours of sleep each night and establish a regular sleep routine to help you relax and fall asleep more easily. To ensure a good night's rest, avoid screens like phones, computers, and televisions before bedtime, as the blue light can disrupt your sleep patterns.



# Finding your calm



Stress is a natural part of life, but it can take a toll on your physical and mental health.

As a teacher, it's important to find healthy ways to manage stress. Meditation, deep breathing exercises, and mindfulness practices can help you relax and calm your mind. Engaging in physical activity and exercise can help reduce stress by elevating your mood and producing endorphins. Engaging in things you enjoy or spending time with loved ones can also help lower stress and enhance general well-being.

## Get Support



Book an appointment with the school nutritionist at [ESA137@msdpssharjah.com](mailto:ESA137@msdpssharjah.com) to discuss your customized nutrition program.

In conclusion, making healthy lifestyle behaviors a priority is the **key to success as a teacher**. By nourishing your body with a healthy diet, moving your body with exercise, getting the restful sleep you need, and managing stress, you can maintain your energy levels, improve your mood, and be the best teacher you can be. So, don't wait, start prioritizing your health and well-being today and enjoy the many benefits that come with it.

