

# Nutrition important for learning minds **GRADING** from 5

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With school starting back, students will need proper nutrition to get through a full day. Packing a lunch Monday through Friday is another parental item to cross off their parents' to-do list.

Parents may be tempted to succumb to convenience because they are sandwiched between sports practice and extracurricular activities and their time is spread too thin across a busy working schedule.

Barbara Carter, a nutritionist at Rome City Schools, asks:

What nutrients must our children have in the food they choose to eat no matter where they may decide to eat — whether at home, school, fast food?

Nutrition remains a topic of discussion as sometimes convenience, cost and other fac-



tors are contributing to why parents will choose prepackaged foods or rely on a hot lunch at school.

One arbiter of nutrition is the food pyramid.

Nutrition never comes cheap, but staying healthy and alert will help assure school success.

**Dairy group**-contains calcium and good bacteria

- Yogurt
- Low-fat cottage cheese
- Skim milk
- Low-fat string cheese
- Provolone cheese

**Meat group**-contains protein and high in good fats

## ON THE WEB

Look at the Back to School content on our Web site to see a list of the Top 20 foods to help stay healthy.

[www.romenews-tribune.com](http://www.romenews-tribune.com)

- Lean meats**  
Tuna-canned in water, not oil  
**Nuts**  
Eggs  
Peanut-butter

**Vegetable & Fruit Groups**  
Any fruits and vegetables  
Raisins and dried fruits

**Cereal, Bread and Pasta Group**

- Low-fat granola bars
- Oatmeal; Brown rice
- Whole wheat pasta
- Whole wheat bread

- Fats, Oils and Sweets**  
Baked chips or pretzels  
Jelly beans  
Canola oil

Floyd County Schools parents can access the same information, but through a program known as I-parent, available for sixth graders through 12th grade directly from the school's Web site.

"It's an easy guide and great resource to track a child's progress outside of the classroom," said Floyd County Schools Superintendent Lynn Plunkett.

To access I-parent, go to the school home page and find the "I-parent" icon (located near the bottom left hand-side). It will read, "Click here." Click on the link and you will be directed to the "Log in" page. You will need the following information: district number, user name and password. Enter the district number. It is provided by the school and make sure you do not leave spaces.

Next, create your own user name (in all capital letters, at least six characters). Create your own password and stay connected.

## SHOTS from 5

The latest update on vaccines made by the Georgia Department of Human Resources Board is Hep A only for babies born after 2006.

The updates two years ago for additional vaccine requirements include: a second dose of chickenpox and a second dose of mumps vaccine. These are known as varicella and mmr vaccines and following a shot schedule, they are given at 12 months of age and at 4. If your child exceeds that age, they are still required to have a second dose.

Menactra and Tdap vaccines are optional for sixth graders from ages 11-13. If they don't receive this vaccine as a teenager, then they will receive it before they leave for college.

So, stick out your arm and turn your head because in order to attend school your child must be properly vaccinated. For more information, visit [www.health.state.ga.us/programs/immunization](http://www.health.state.ga.us/programs/immunization) or call 404-657-3158.

Student vaccines and immunizations required for school between ages 4 and 6:

- DTaP** (Diphtheria Tetanus and Pertussis) — Five doses
- IVV** (polio) — Four doses.
- Hib** (influenza type B) — Three doses.
- Hep B** (Hepatitis B) — Three doses.

**Rotavirus** (oral vaccine) — Three doses.

**PCV** (Pneumococcal) — Five doses.

**Hep A** (Hepatitis A) — Two doses.

**MMR** (Measles, Mumps and Rubella) — Two doses.

**Varicella** (Chickenpox) — Two doses.

Student vaccines and immunizations required for school for middle-school age:

**Tdap** — One dose. \*

\*With a booster of TD after every 7 years.

**Menactra** (Meningococcal) — One vaccine.

Discuss "catch-up" vaccines if your child is behind with your health care provider. Some vaccines must be administered as a sequence or set, so talk to someone who knows your child's shot record history.

Keep in mind that if you and your family have moved from another state, shot requirements vary from state to state.

### Optional

For girls, ages 9 to adult, there is a 3-dose series of an optional vaccine known as Gardasil. This protects against Human papillomavirus, a common cause of cervical cancer.

After the first dose is administered, you will receive the next dose two months later.

Then, the third dose is six months after the first.



*Saint Mary's Catholic School*

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