

لبداية جديدة
مكة
MA'KOM
For a new beginning

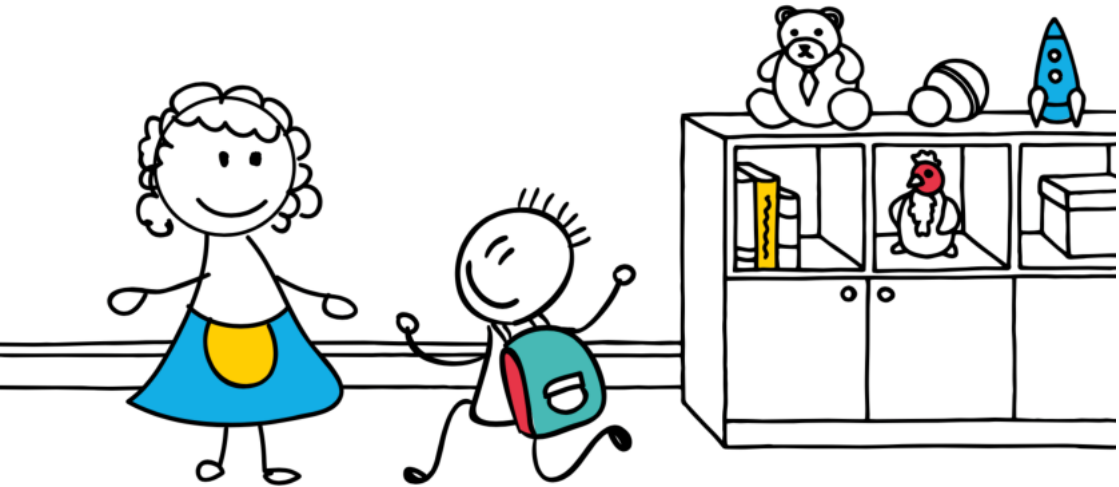
Back to school



Dear Parents

As we welcome a new school year, it is important to consider the psychological well-being of our children and encourage them to return to their studies after a break. It is essential to organize their routines to approach the new academic year with enthusiasm, energy, and optimism, ensuring they achieve good results.

Through this guide, we provide you with a set of tips, information, and essential skills that will help your children adopt healthy lifestyle habits as they return to school.



1 General Tips for the New School Year

Your Child's Nutrition **2**

3 Healthy and Adequate Sleep

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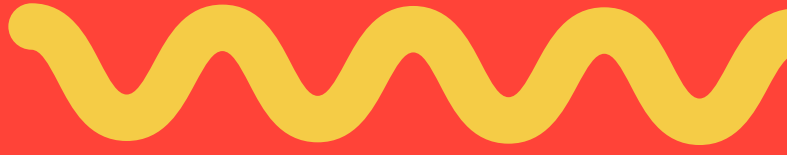
Personal Hygiene **6**



General Tips for Preparing Your Child for the New School Year:

- Take your child with you to buy school supplies to encourage them.
- Talk to your child and understand their feelings about school, and offer them emotional support.
- Provide your child with incentives to motivate and encourage them to stay committed to their studies throughout the year.
- Work with your child to create a flexible study plan that helps them feel a sense of responsibility.
- Pay attention to the details of their first school day and try not to be distracted by your phone while they are talking.
- Show your appreciation for their new textbooks.





Your Child's Nutrition



Healthy Food

A balanced, healthy diet is one that provides the body with the necessary calories, energy, and nutrients to help your child grow healthily and protect them from diseases.

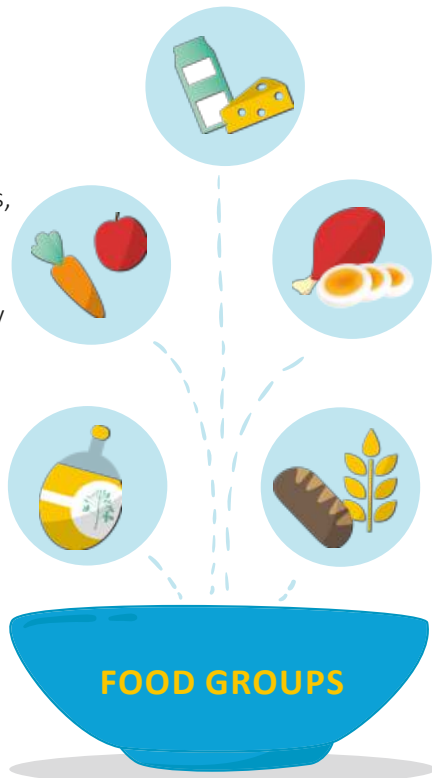
Dairy products: milk, cheese, yogurt, and buttermilk, which contain calcium, vitamin B2, vitamin B12, and vitamin D.

Fruits and vegetables: particularly colorful ones, which contain vitamins, minerals, and fiber. It is recommended to consume 5 servings daily (2 servings of fruit and 3 servings of vegetables).

Vegetable oils: olive oil and canola oil, as healthy fats are important for heart and brain health.

Protein: lean meats, poultry, fish, eggs, legumes, nuts, and seeds.

Whole grains: brown rice, oats, and whole wheat bread, which provide fiber, energy, vitamins, and minerals.



Be a Smart Shopper

Dear Parent, we would like to share some important tips to improve your food shopping choices:

- Avoid shopping when you're hungry, as hunger can lead to unhealthy choices.
- Prepare a shopping list in advance to avoid purchasing items you don't need.
- Steer clear of processed foods, which often contain high levels of sugar, salt, fats, and preservatives, such as chips, cold cuts, and ready-made meals.
- Avoid canned fruits and vegetables, as they often have high levels of salt and sugar.
- Be sure to read the nutrition labels to check the content of products.



We wish you healthy shopping and sound nutritional decisions.

Reading the food label

By following these tips, you can make more informed dietary decisions for better health for both you and your child.

%20 or more of the Daily Value:

- Vitamins
- Minerals
- Fiber

%5 or less of the Daily Value:

- Sodium
- Saturated Fat
- Sugar

Start from here ←


Check the calorie count ←

Avoid foods that include high proportions of fats, salt, and sugar ←

Limit the intake of these components ←

Increase the intake of these components ←

Make sure selected foods hold high nutritional value ←



Nutrition Facts	
8 servings per container	
Serving Size	2/3 cup (55g)
Amount per serving	
Calories	
% Daily Value*	
Total Fat 7g	
Saturated Fats 5g	
Non- Saturated Fats 5g	
Cholesterol 20mg	
Sodium 220mg	
Total Carbohydrate 37g	
Dietary Fiber 0g	
Total Sugars 21g	
Includes 10g Added Sugar	
Protein 3g	
Vitamin D 0mcg	
Calcium 533mcg	
Iron 8 mg	
Potassium 266 mg	

The % Daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.



Your Child's Nutrition

- It is recommended to get your child into the habit of having breakfast at home before going to school.
- It's preferable to vary the breakfast while ensuring it retains its nutritional value.
- Provide healthy snacks between main meals, such as dates, yogurt, and their favorite vegetables.
- Hydration should not be limited to drinking water alone; other sources include milk, vegetables, and fruits.
- Breakfast should include carbohydrates, fruits, proteins, and vegetables.
- It is advisable to provide a refillable water bottle for school that can be securely closed, helping to remind them to drink water regularly.

Healthy Breakfast

Breakfast plays a crucial role in developing your child's educational abilities and cognitive performance. It gives the brain the sugars and carbs it needs to work properly. Eating a good breakfast gives your child energy for the whole day, helping them stay active and do their schoolwork better.

Here are some examples of healthy breakfasts:

-Whole grain toast with avocado: Slices of whole grain toast topped with mashed avocado. You can add a slice of tomato or a boiled egg to enhance the nutritional value.

OR

-Plain yogurt or Greek yogurt with fresh fruit pieces: Add berries or strawberries along with a sprinkle of nuts or chia seeds to boost the nutritional value.



The Importance of Breakfast for Your Child

Studies have shown that children who regularly eat breakfast outperform those who skip it. Ensure that your child has a healthy breakfast that supports both mental and physical activity before heading to daycare or school.



Benefits of Eating Breakfast

- Helps your child regulate their three main meals.
- Increases activity levels and academic performance by providing essential nutrients.
- Promotes healthy growth both cognitively and physically.
- Children who have a healthy breakfast enjoy better physical activity and greater strength for daily activities, including sports and play.



Effects of Skipping Breakfast

- Leads to severe hunger and cravings for unhealthy foods, making your child more susceptible to obesity and lethargy.
- Causes fatigue, decreased interest in studying, reduced comprehension and mental engagement, and mental stress.
- Results in a deficiency of essential nutrients such as vitamins, minerals, and proteins, which impacts proper growth and development.

Healthy School Lunchbox

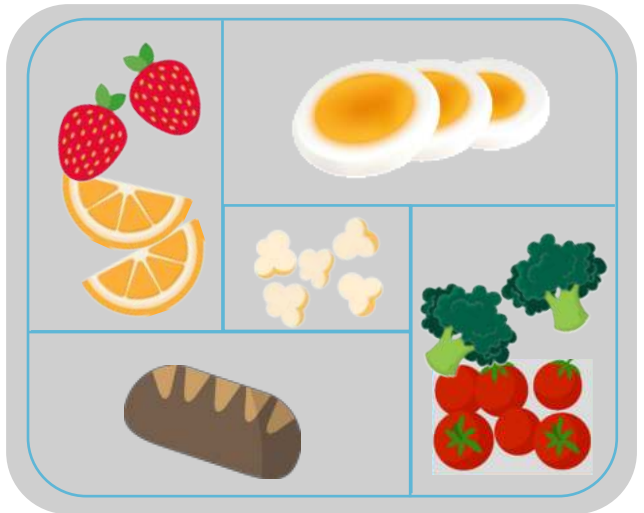
The meals in your child's lunchbox affect their growth and focus at school. Therefore, these meals should be healthy and prepared at home to provide your child with the necessary nutrients.

What meals should be included in the school lunchbox?

A healthy lunchbox is divided into:

Main Meal: The preference should be for low-fat products and whole grains, with minimal amounts of salt and sugar. Make sure to include vegetables and fruits daily, as they offer high nutritional value.

Snack: Such as popcorn, dates, fruit yogurt with honey, fruit salad, or vegetable sticks with hummus.





Remember

It is recommended to divide your child's school lunchbox according to the divisions of a healthy plate to obtain the benefits and nutritional value from all food groups. Balancing these food groups ensures that your child receives the essential vitamins and minerals needed for healthy growth and excellent academic performance.

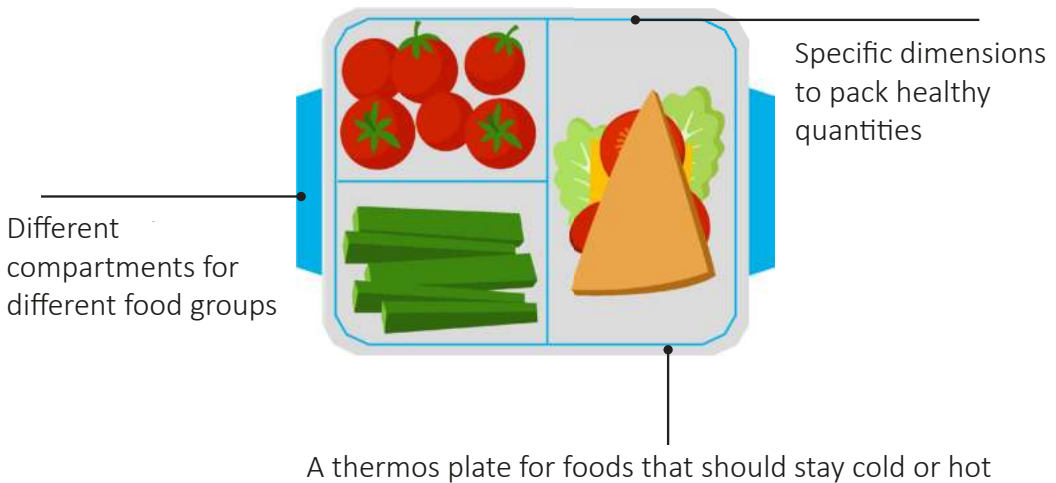
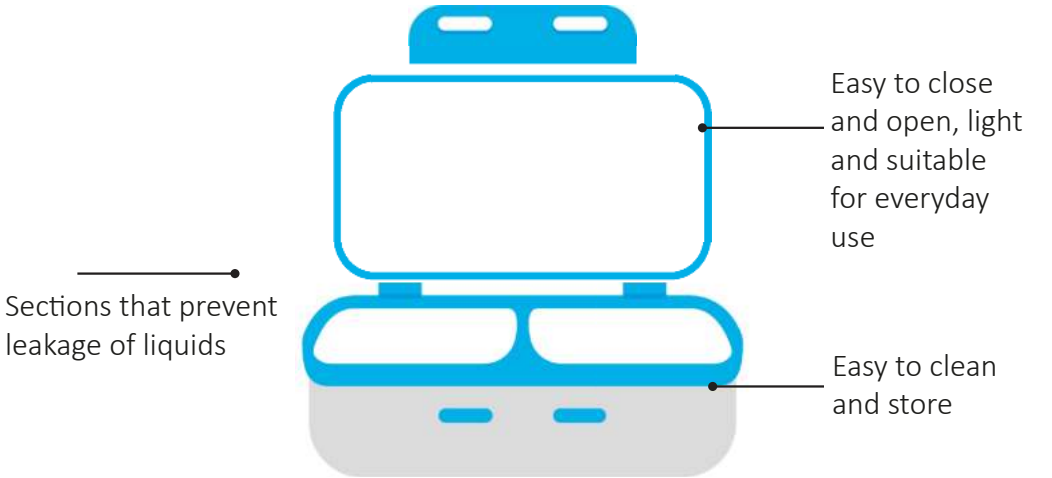
Scan the code to download the
healthy lunchbox recipes booklet.



Scan the code to view
healthy lunchbox recipes.



Characteristics of a Healthy Lunchbox



To ensure your child's safety and protect them from food borne illnesses:

- Use Separate Containers: To maintain flavor and prevent the transfer of odors or liquids between foods.
- Wrap Fruits: Such as apples and bananas in plastic wrap or place them in separate containers. You can also sprinkle a little lemon juice on fruits to prevent oxidation and color change.
- Clean the Lunchbox Regularly: To avoid the buildup of bacteria and unwanted odors, wash it with water and soap.
- Teach Your Child: How to keep their lunchbox organized and use containers and wrapping properly.
- Separate Different Foods: Place them in separate containers to avoid flavor overlap and prevent oxidation. For example, keep fruits and vegetables in different containers from meats and dairy products.
- Seal Containers Tightly: Close food containers securely until mealtime to prevent contamination by bacteria and limit bacterial

The Importance of Water for Your Child

Providing an adequate amount of water (8-6 cups daily) should be part of a healthy lifestyle for children. Focus on encouraging them to drink water regularly according to their daily needs, considering their age, daily activity level, environmental conditions, and overall health:



- ▶ Improves Brain Function, Memory, and Creativity.
- ▶ Longer Periods of focus, which contribute to improved academic achievement.
- ▶ Reduces Stress and Anxiety.
- ▶ Boosts Immunity and Improving Digestion.
- ▶ Helps maintain skin hydration, reducing dryness and improving its appearance.

Natural fruit juices with no added sugars can be offered, but it's important to adhere to the daily fruit servings recommendation (two servings). Avoid beverages high in sugars, such as soft drinks, sweetened juices, and energy drinks.

Your Child's Juice Ingredients



Fresh Juice

It is obtained from fresh fruit and is best consumed in moderate amounts, with a recommendation of no more than 180-120 ml per day.



Nectar

It is made from fruit and contains added sugars and concentrated beverages.



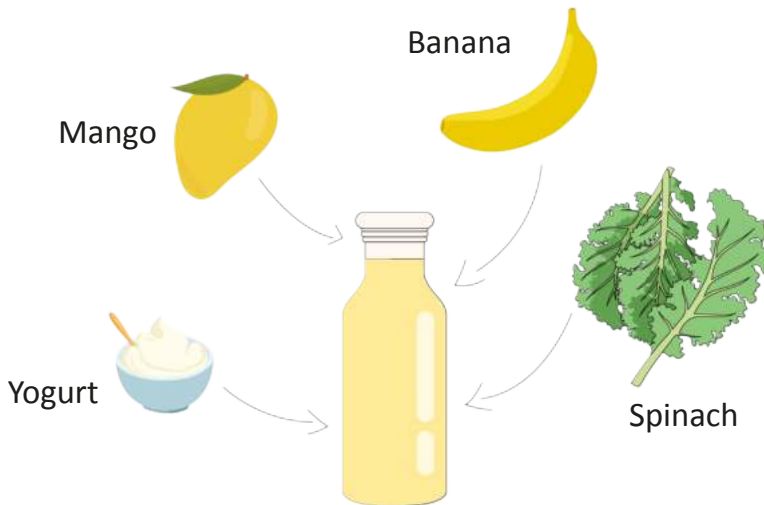
Juice Drink

It consists of water, a high amount of sugar, artificial colors, flavors, and preservatives, which can be harmful to a child's health.

Try the recipe

You can replace juice with smoothies for healthier and tastier options. Smoothies retain the fruit's fiber, which is essential for digestive health.

Smoothie Ingredients



Scan the code to view healthy smoothie recipes



After-School Meals

Lunch and dinner are key meals for your child that contribute to enhancing their health and ensuring balanced and healthy growth.

Components of Main Meals (Lunch and Dinner)



Proteins: White meats (such as chicken and turkey), fish, moderately fatty red meats, eggs, and legumes (such as lentils and beans).

Vegetables: Include a variety of colorful vegetables such as carrots, broccoli, peas, bell peppers, beets, cucumbers, and corn.

Fruits: Offer a variety of seasonal fruits, such as apples, oranges, bananas, grapes, and other fruits that your child enjoys.

Healthy carbohydrates: include whole grains such as brown rice, whole wheat bread, whole grain pasta, and sweet potatoes.

Healthy fats: include good fats such as olive oil, canola oil, avocado, nuts, and seeds.



Remember

It is advisable to stick to regular mealtimes as much as possible because protein helps your child regulate their appetite and avoid random eating. Additionally, there should be a time gap of at least two to three hours between dinner and bedtime to give the body enough time to digest the food properly.

Healthy snack meals

Providing healthy snacks for your child helps to supply them with energy and essential nutrients between main meals and reduces the intake of unhealthy foods such as salty chips, sweets, and salty biscuits. Here are some ideas for healthy and varied snacks:



Carrots and Celery with Hummus

Cut vegetables served with hummus dip.



Fruit Salad with Yogurt

Serve a mix of seasonal fruits with natural yogurt as a healthy and nutritious snack.



Roasted Potato Salad

Serve roasted potato slices with a yogurt dressing.



Dark Chocolate Banana

Banana pieces covered with a light layer of melted dark chocolate (2-1 small squares).



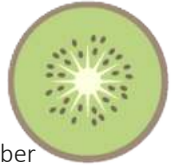
Low-fat Cheese with Cucumber Slices

Pieces of low-fat cheese with cucumber slices or a mix of Greek yogurt with favorite spices.

Fruits & vegetables: What each color provides?

It is recommended to consume at least 5 servings of fruits and vegetables daily. This is usually divided into 2 servings of fruits and 3 servings of vegetables.

GREEN



Constituents

Potassium, vitamin K, antioxidants, vitamin B complex, biotin, folic acid, fiber

Benefits

Protect heart, aids with blood clotting, maintain vision health and strengthen bones & teeth.

Example

Spinach, avocado, broccoli, kale, cabbage, parsley, kiwi, green tea, green herbs (mint, rosemary, basil).

BLUE/PURPLE



Constituents

Antioxidants, fiber, vitamin C

Benefits

Boost urinary tract health, memory function and promote healthy aging

Example

Blueberry, blackberry, grape, raisin, plum, fig, prune, purple cabbage, cranberry, eggplant.

WHITE

Constituents

Antioxidants, fiber, potassium.

Benefits

Improve heart health, boost immunity and help control cholesterol

Example

Mushrooms, onions, cauliflower, garlic, leeks, parsnips.



YELLOW/ORANGE

Constituents

Vitamin C, vitamin A and potassium.

Benefits

Boost immunity and enhance vision

Example

Carrot, peach, pineapple, sweet potato, yellow pepper, orange, banana, tangerine, mango.



RED

Constituents

Vitamin C, vitamin A, potassium and antioxidants.

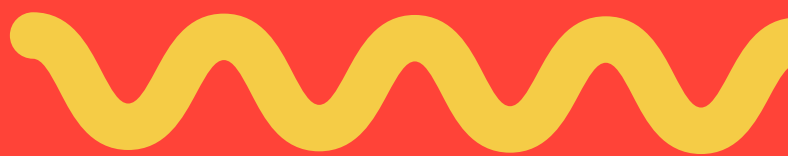
Benefits

Reduce risk of Cancer, Heart disease, Stroke, Hypertension, Diabetes

Example

Tomato, strawberry, red beans, raspberry, cherries, apple, watermelon.





Healthy sleep



Sleep Hours for Your Child During the School Year

Lack of sleep can affect a child's mood, which in turn impacts their academic performance.

Healthy sleep helps reduce dietary disturbances associated with insufficient rest, which can lead to weight gain.

Good sleep contributes to increased concentration and improved mood in your child, which, in turn, positively affects their academic performance and helps them achieve higher competencies.

Children who do not get enough sleep may exhibit negative behaviors such as irritability, aggression, and tantrums.

Lack of sleep can weaken the immune system, making your child more susceptible to illnesses.

Lack of sleep can lead to reduced concentration, difficulty in remembering, and understanding, which in turn affects academic performance.



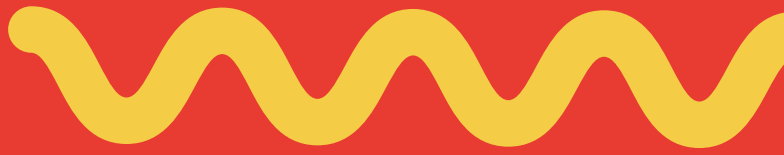
Tips to Adjust Sleep Before the School Year

- Gradual Adjustment: Begin by setting a bedtime schedule two weeks before the new school year starts to help your child transition smoothly.
- Lead by Example: Parents who maintain a consistent sleep routine are the best role models for their children.
- Prepare for Bedtime: Create a calming pre-sleep routine by engaging in relaxing activities such as reading a bedtime story, wearing sleepwear, taking a warm bath, and reading bedtime prayers.
- Set Sleep and Wake Times: Establish consistent sleep and wake times, and stick to this schedule even on weekends to maintain a regular sleep pattern.
- Limit Screen Time: Set specific limits on screen use, ideally avoiding electronic devices at least 60 minutes before bedtime. Incorporate calming activities that promote relaxation.

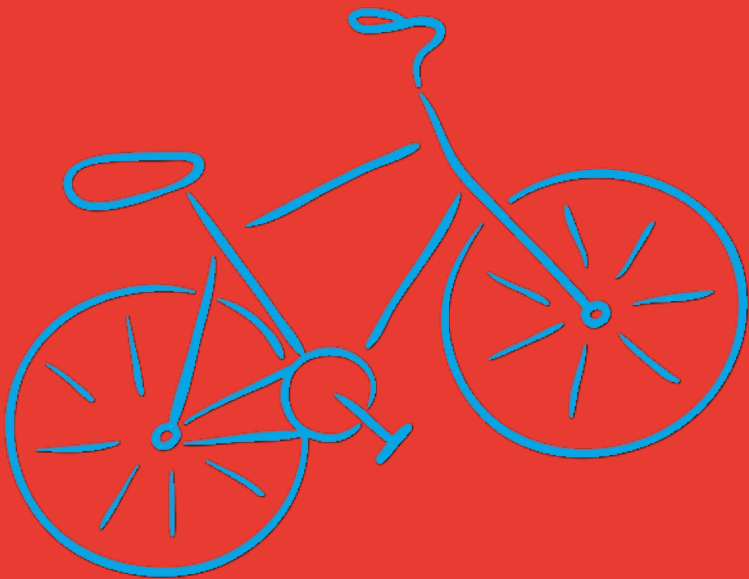


Scan the code to
download a bedtime story



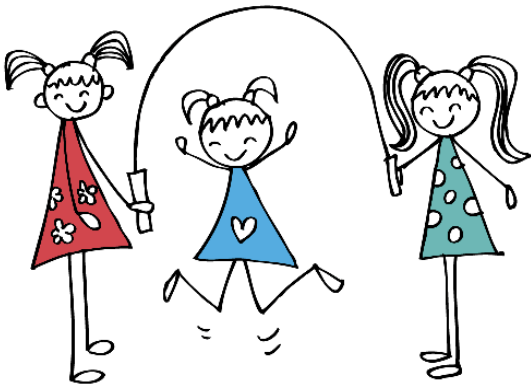


Exercise and Physical Activity



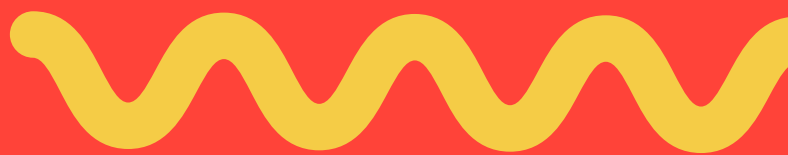
Physical Activity for Your Child

- Encourage your child to enjoy sports and physical activity without making them feel like it's a chore they must finish. They should see it as something they love and enjoy doing.
- Provide your child with all the necessary resources to engage in various physical activities through sports programs. Ensure that you supply the appropriate sports equipment and comfortable clothing to support their physical activity.
- Help your child engage in 60 minutes of physical activity each day. This can be divided between play and sports at school and physical activities at home. Aim to distribute the activity throughout the day as follows: 20 minutes in the morning, 20 minutes in the afternoon, and 20 minutes in the evening.
- Encourage your child to participate in sports and physical activities they enjoy, such as soccer, swimming, martial arts, dancing, cycling, or playing and running in the park. This will help them experience a variety of fun physical activities and find what they love



Benefits of Physical Activity:

- ▶ Improves Sleep Quality
- ▶ Strengthens Bones and Muscles
- ▶ Enhances Academic Performance
- ▶ Maintains a Healthy Weight
- ▶ Boosts Fitness Levels

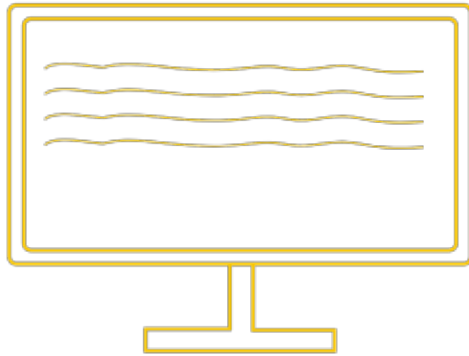


Screen Time



Tips to Reduce Exposure to Electronic Screens

- Watch Educational Programs Together: Use this time to build conversations with your child about the topics covered in the content.
- Create a Daily Schedule: Develop a screen-free daily routine with your child that includes a variety of activities such as outdoor play, reading, drawing, and exercising.
- Limit Screen Time: Set a daily limit of no more than two hours for electronic screens to promote a healthy lifestyle and encourage engagement in other beneficial activities.



Risks of Exposure to Electronic Screens

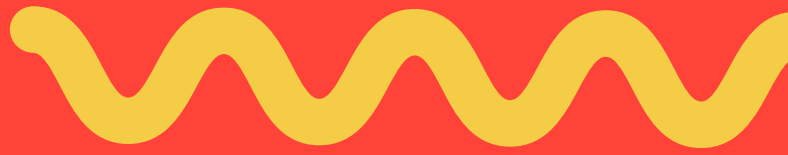
Psychological Effects

Impaired Social Communication, reduced interest in social activities.

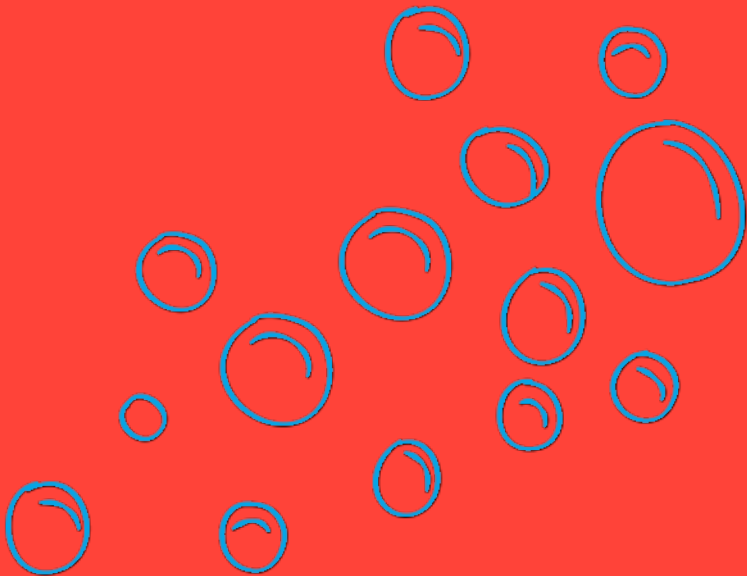


Physical Effects

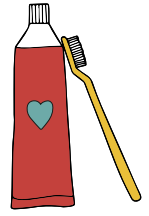
Impact on Eye Health, weight gain and Sedentarism and effect on sleep quality.



Personal Hygiene



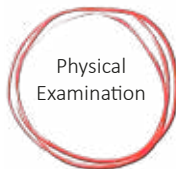
Personal Hygiene for Your Child



- Ensure that your child washes their hands with soap and water before and after eating, and after using the bathroom.
- Set aside daily time for your child to focus on personal hygiene, such as taking a bath or shower each day and brushing their teeth three times a day.
- Ensure you schedule nail trimming for your child once a week to prevent dirt buildup underneath the nails.
- Give your child the opportunity to choose and purchase their own personal hygiene products. For example, let them select toothbrushes featuring their favorite cartoon characters or pick out a hand soap with a scent they like. This can make personal hygiene more enjoyable and engaging for them.

School Health Check-Up for Your Child

Early detection through routine pre-school check-ups helps minimize complications from common illnesses among school-aged children, based on their age group. It can prevent or delay serious health issues, allowing for timely preventive measures and interventions.



Boosting Your Child's Immunity During the School Year

With the new school year starting in the fall and the accompanying weather changes, as well as the spread of respiratory viruses and infections, it's crucial to focus on boosting your child's immunity by following these tips:

- Provide foods that contain vitamins C and E, such as citrus fruits, bell peppers, and spinach, as well as foods that are rich in protein, calcium, and omega 3, such as fish, walnuts, and dairy products.
- Exercise plays a crucial and effective role in strengthening and boosting immunity. It is recommended to choose activities suitable for your child based on their age and physical ability.
- Encourage your child to always adopt personal hygiene habits, whether at home, outside, at school, on the playground, and while eating, playing, and sleeping.

