

# KEEPING PACE

For Parents



December 2008

## Tips from the Experts

### From the American Academy of Child and Adolescent Psychiatry: Preventing and Managing Medication-Related Weight Gain

Psychiatric medications can be very helpful, even life-saving for some children. However, some of these medications may lead to weight gain. The following tips and ideas can help both manage and prevent medication-related weight gain in children.

#### Dietary Guidance:

- Use portion control for all food at meals and snacks
- Use more healthy food choices
- Limit snacks and junk food and sugar containing beverages

#### Tips for Meals:

- Schedule regular meal times and use it as family time
- Plan menus and limit fast food
- Sit down to eat and chew food more slowly

#### Tips to increase activity levels:

- Limit TV, computer and video game time
- Increase walking
- Encourage exercise and sport involvement

Following these tips can limit weight gain and help reduce the risk of serious health problems. If weight gain continues to be a problem for your child, speak to your health care provider.

## Honors Assembly

On Fri. 11-21, we had the first quarter's awards assembly at Pace. Students received awards for honor roll, high honor roll, highest honor roll, perfect attendance, and other special awards created by their staff. Here were the school wide totals:

- Perfect Attendance - 14
- Highest Honor Roll - 14
- High Honor Roll - 65
- Honor Roll - 27

Some of the special awards were "Most Improved Academics"; "Good Problem Solver"; "Good Use of Safety Plan"; and "Good Friend" awards. Congratulations to all of the award recipients for a job well done!!



## MARK YOUR CALENDAR

December 9  
Parent Night

December 10  
Holiday Music  
Program and Bazaar

December 19  
Pace-O Depot

December 23  
1/2 day for students  
departure time 11:45

December 24- January 2  
Winter Break

January 19  
Martin Luther King, Jr. Day  
Pace is closed

January 21  
Carnival/Family Fun  
Night

January 28  
1/2 day for students  
departure time 11:45



**Picture Makeup day will be January 15th** for those who would like to get their picture done and was absent the beginning of November. If you need a new form please see your teacher.

Also permission forms will be sent home for Photo Permission for **Student Council/ Intramural Group Photo**. This photo will be included in the Yearbook and can be used for Pace publications/website/printed materials. Must be turned in by January 13th because photo will be taken January 15, 2009.

## Health and Wellness corner

Try some of these tips to ensure your delicious holiday meals are healthier too!

**Start Small** – When it comes to holiday dining, the biggest concern is not just WHAT you are eating, but HOW MUCH of it you are eating. Aim to have small portions on those foods that are high in calories such as casseroles and desserts while filling up on lighter fare such as vegetables and lean turkey.

**Talk Turkey** – Turkey is a great source of lean protein and it healthiest if you skip the skin and go for the white meat. If you prefer the dark meat, mix and match in order get a little extra flavor without adding too much fat.

**Be sweat on sweet potatoes** – Sweet potatoes are a source of vitamin A, vitamin C, potassium, and fiber that can make a tasty side dish or dessert. A healthy way to cook them is to cut them in half, sprinkle with orange juice and a dash of brown sugar, and pop them into the oven.

**Stuff with more veggies and less bread** – Opt for less bread in your stuffing and add more onions, celery, vegetables, or fruits such as dried cranberries or apples to make a lower calorie version of the old stand by. Try using whole wheat bread in order to make it an even healthier option.

**Sacrifice fat, not flavor** – Use low-fat buttermilk or low-sodium chicken stock in place of cream or whole milk in dishes like mashed potatoes, whopped sweet potatoes, or butternut squash. You'll achieve a creamy consistency and loads of flavor, minus the unnecessary fat and calories.

**Steam and mash** – Try sneaking in lower calorie vegetables by mashing or pureeing steamed or boiled cauliflower with fat-free milk. It's a flavorful substitute for mashed potatoes and can help balance an otherwise potato rich meal!

