

# THE MATCH CONNECTION

MATCH Wellness  
Newsletter

October  
2023



## NATIONAL HISPANIC HERITAGE MONTH

Each year we celebrate National Hispanic Heritage Month from September 15 to October 15th. Check out this Hispanic-inspired chili, loaded with iron, Vitamin C, and fiber. It is perfect for a warm, hearty dinner or lunch!

### Ingredients

- 2/3 pound ground beef (90% lean)
- 1 bell pepper, large (chopped)
- 1 onion, large (chopped)
- 6 garlic cloves (chopped)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 can diced tomatoes, low-sodium (14.5 ounces)
- 1 3/4 cups green salsa (or enchilada sauce, 1-16 ounce jar)
- 1 can pinto or kidney beans, low-sodium (rinsed and drained, 15 ounces)

### Directions

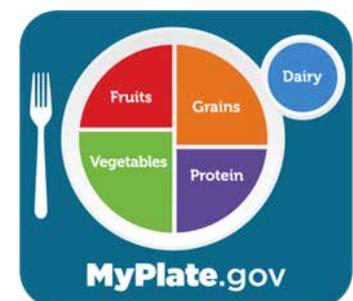
1. Wash hands with soap and water.
2. Place meat, bell pepper, tomatoes, and onion in large sauce pan. Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
3. Add garlic, chili powder and cumin; cook until fragrant (15 seconds).
4. Stir in salsa and bring to a boil.
5. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
6. Add beans and cook until heated.

Recipe found at <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-bean-chile-verde>

## HEALTHY LUNG MONTH

*E-cigarette use among teens has reached epidemic levels. They are the most used tobacco product among teens. E-cigarettes such as JUUL contain nicotine and harmful toxins found in the vapor. The sleek design of e-cigarette devices makes them easily disguisable as everyday objects, something parents should be sure to note. Although little is known about the long-term effects of these devices, researchers do know that inhalation of these toxins can cause irreversible lung damage and lung diseases. If you or a loved one needs help quitting vape, check out the resources available at [truthinitiative.org](http://truthinitiative.org) or*

*Text DITCHVAPE to 88709*





## How much water should our children drink?

According to the Academy of Nutrition and Dietetics, children between the ages of 9 and 13 years should drink 6-8 cups of water a day. See chart below.

### Kids Total Daily Beverage and Drinking Water Requirements

Age Range	Sex	Cups Per Day
4 to 8 years	Girls & Boys	5
9 to 13 years	Girls	7
	Boys	8
14 to 18 years	Girls	8
	Boys	11

## WATER VS. SODA

### Why is it important for kidney health?

By: Alexis Briley, MS, RDN

#### What do our kidneys do?

Each one of us has two kidneys. The kidneys main job is to remove toxins from our blood and filter waste from the body to keep us healthy and fit. They are the body's life-saving filtration. They also maintain blood pressure, help build strong bones and muscles by making vitamin D, and help us make red blood cells so that we can carry oxygen to different parts of the body. So, the best thing you can do to keep your kidneys healthy is to drink water!

#### Did you know?

Between our two kidneys, they remove almost 200 liters of fluid every 24 hours which is equal to about 845 cups of fluid. That's A LOT!

#### Why you should say "no" to sodas...

First, sodas contain zero nutrients but are high in calories and sugar which can lead to tooth decay, kidney stones, and excess weight gain. Sodas also can cause dehydration and digestion issues when breaking down the food we eat. A common ingredient in sodas is phosphorus, which depletes the calcium found in our bones making them weaker and more brittle. Studies have shown that drinking a lot of carbonated soft drinks can have a negative effect on our kidneys. Therefore, drinking filtered water will keep your kidneys healthy and happy.

#### What are some benefits of water?

Our bodies are made of about 80% water. Water helps our body maintain its temperature, makes bodily fluids such as urine and sweat, and helps us complete life's daily activities such as walking, running, playing, and thinking clearly.

#### Tips to keep your children hydrated:

- 1) Pack a reusable water bottle for them to take with them to school, when headed to shop, or play at the park.
- 2) Drink water before, during, and after physical activity.
- 3) Remind your child to drink water, especially when it is hot outside.
- 4) Finally, make sure you as the parent role-model healthy habits by drinking plenty of water too.



## October is National Bullying Prevention Month (NBPM)

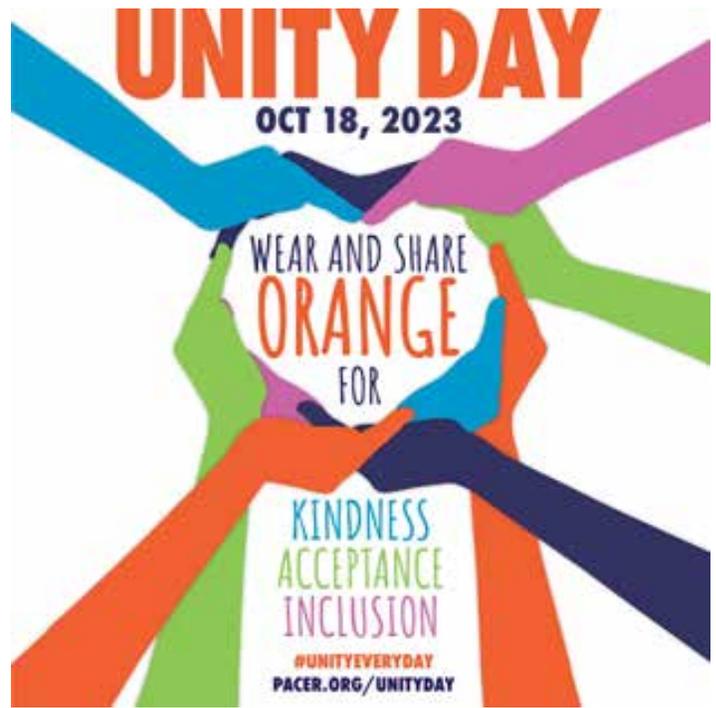
Bullying is an intentional, repetitive behavior to hurt, harm, or humiliate someone with words or behavior. It can involve one person or a group misusing their power, or perceived power, over one or more people who feel unable to stop it from happening. More than one in five students are bullied, however, five in five students can prevent bullying! Take a stand against bullying on Unity Day this October 15th by wearing orange!

### **What can you do if you are being bullied?**

- Tell someone, especially a trusted adult.
- Know that you have a right to ask for help to stop the behavior.
- Know that no one ever deserves to be bullied, PERIOD.

### **If you see bullying, you can:**

- Help the person being bullied get away from the situation.
- Locate an adult who can intervene right away.
- Say something positive about the person being bullied.
- Be direct. Ask the person who is bullying to **STOP**.



### **If you see cyberbullying while online, you can:**

- Contact the person being bullied and let them know you are there for them.
- Take a screenshot of the bullying and report it to a parent or adult from school.
- Report the content to the social media platform and ask for it to be removed.

For more info on Unity Day visit:

[www.pacer.org/bullying](http://www.pacer.org/bullying)

### **Featured MATCH Lesson: Preface Empowering Health for a Lifetime**



Your child will be receiving a variety of health and wellness-themed lessons as part of the MATCH program. One lesson they receive is the Preface-Empowering Health for a Lifetime. In this lesson, your student will learn why MATCH was created, why it is important to learn about health at this age and be introduced to the dimensions of wellness. We hope this creates a foundation of knowledge and curiosity to build upon throughout the program.



## MATCH Reminders

- Pre-SEAT Survey
- Pre-PANT Survey
- Pre Heights and Weights
- Complete Action Plan
- Log your physical activity in MyPA Log to earn badges and participate in challenges!

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## MATCH History

**MATCH** - *Motivating Adolescents with Technology to CHOOSE Health™* is a 7th-grade, school-based program developed by a North Carolina teacher using an interdisciplinary approach to empower students to make healthy choices through lessons in nutrition education and by increasing physical activity.

**MATCH** meets the educational objectives of teachers, producing health outcomes simultaneously. It is unique among school-based wellness programs because it: (1) is teacher-developed; (2) is embedded within national curriculum standards; and (3) uses interdisciplinary lessons to teach individual skill-building in health choices.

**MATCH** uses relevant wellness examples to teach students how the health choices they make today will impact their future.

To implement **MATCH**, teachers are trained to deliver ready-to-use lessons. Most lessons are taught in the Healthful Living Curriculum (Health and P.E.). Lesson materials are made available via a secure website, and in a student-friendly workbook, provided to all students. By the end of the program, students increase aerobic fitness, decrease sugar-sweetened beverage and snack consumption, and improve weight status.

Although **MATCH** started in one middle school in Martin County, NC, the program is now in 69 schools across the state.

To learn more about the **MATCH** program, visit:

[www.matchwellness.com](http://www.matchwellness.com)

