



April Newsletter Insert – Week 1

Building Healthy Communities: **A Healthy Breakfast makes for a Healthy Student!**

This month, students will be taught BHC lessons on ‘**Healthy Breakfast**’ and ‘**Around the World**’. Students will learn why breakfast is an important meal to make time for, to provide us energy to get through the day, and what a healthy breakfast should consist of, including multiple food groups. Students will also learn about how people eat breakfast around the world in different ways! Check out BHC’s parent tip sheet on [Flavor Remix](#) to ‘spice up’ some of your usual meals!

Your child’s ability to learn and succeed in the classroom improves when he or she has eaten breakfast. Help encourage your child(ren) to eat at least 3 different food groups at breakfast! Plan ahead and find healthy foods that make a quick breakfast for mornings on-the-go! Check out BHC’s parent tip sheets featuring [Healthy Breakfast!](#)

BHC provided our school with lots of new recess and PE equipment to use this year to encourage physical activity, which they love to play with and keeps them more active! Please help to reiterate at home the importance of eating breakfast, so they can learn and play at their best and have a successful, fun day! Celebrate National Walking Day and World Health Day with your child(ren) this week, to discuss the importance of movement and eating healthy!

April Newsletter Insert – Week 2

Building Healthy Communities: **Eat Whole Grains!**

It is always a good time to reiterate the lesson your child(ren) learned about eating whole grains earlier this school year, and encourage them to choose whole grain foods! They were taught to look for the word ‘whole’ on a nutrition label, to look for the ‘whole grain stamp’, how to find grams of fiber, and what these things mean to help their health. Encourage your child to grocery shop with you and search for products that include 100% whole grains! Examples to look for are whole grain bread, pasta, tortillas, rolls, crackers, waffles, or bagels. Popcorn is a whole-grain food also. Cereals and pizza crust can be made from whole grain flour. Challenge children to search the pantry and see how many whole grain foods they can find.

This week celebrates ‘Grilled Cheese Day’! [Involve Kids in the Kitchen](#) and make a healthy,



whole-grain grilled cheese sandwich together! Use a [Low Fat](#) cheese and have them explore options to [Flavor](#) it with tomato slices, red onion, and garlic or Italian seasoning! They'll love to help create a healthy meal they'll enjoy!

April Newsletter Insert – Week 3

[Building Healthy Communities](#): Happy Earth Day!

Our planet Earth sure is amazing! It also needs our support to be healthy too. We need to pitch in to help with pollution, deforestation, and protection of our precious drinking water! Help to care for our planet by picking up litter, planting a tree, turning off lights, limiting water use, taking care of others and taking care of *YOU and your health too, by **moving and nourishing your body!*** To celebrate mindfully today, get outside to be active in nature! Try [Nature Bingo](#) with the family and give thanks for your clean [drinking water](#)!

April Newsletter Insert – Week 4

[Building Healthy Communities](#): Happy Garden Month!

National Garden Month is the right time to get outside and enjoy Mother Nature. Gardens are critical habitats for pollinators like bees, bats, birds, beetles, butterflies, and other animals.

Kids enjoy gardening too! Get children involved by planting a sunflower hideout or designating a garden bed that they get to plant and tend to themselves throughout the season. Other fun activities include experimenting with kitchen scrap gardening or going on a garden scavenger hunt. Kids may also enjoy a field trip to an arboretum or botanical garden! Check out BHC's parent tip sheet on the [Health Benefits of Gardening](#)!