



March Newsletter Insert – Week 1

Building Healthy Communities: **March is Nutrition Month!**

March is nutrition month, and students will be learning from the BHC lessons ‘**Healthy Snacks**’ and ‘**Go Slow Woah**’. Students will learn what makes a snack healthy vs unhealthy and how snacks can be good for us. They will also learn why it’s important to include a variety of foods from the 5 food groups to make up a healthy diet, and to stop and think about which foods are most healthy to choose. To reiterate these lessons at home, ask your child(ren) about the S-N-A-C-K acronym they learned in class! Snacks should be: Simple, Nutritious, Affordable & Available, Colorful and Kid Friendly! Use BHC’s [Shop Healthy & Save](#) tip sheet to help find healthful snacks to choose from. You can help be a healthy role model by providing and encouraging [Healthy Snacks](#) at home and at school. BHC helps our school staff be healthy role models too, to make our school environment the best it can be for our students’ health!

March Newsletter Insert – Week 2

Building Healthy Communities: **Think Green!**

Happy St. Patrick’s Day! Our students are learning about [Healthy Snacks](#) this month, so let’s encourage healthy *green* snacks at school and at home! Some great ideas include green apples, green grapes, kiwi, or vegetables like broccoli, green peppers or cucumbers that can all be served with a [Low Fat](#) dip! Try having your child(ren) help you make a salad at home including lots of greens or try spinach pasta or wraps! This is a great way to reiterate what they have learned from their BHC lessons on fruits and vegetables! Let’s help encourage our students to [Celebrate this Holiday Healthily!](#)

This week also includes National Napping Day and World Sleep Day! These both aim to raise awareness about the benefits of a healthy sleep environment and habits, which together we can think of as ‘sleep hygiene’. Getting adequate sleep helps increase energy, awareness and improves memory and learning capability. It also helps regulate emotion and improve health. Our environment should be in a comfortable, dark, quiet place that is free of distraction. Our eating habits and physical activity also affect our sleep hygiene! Check out BHC’s parent tip sheet on [Healthy Sleep Habits](#) to learn about getting adequate sleep for you and your child(ren)! We need our students to be well rested to learn best!



March Newsletter Insert – Week 3

Building Healthy Communities: **Spring Has Sprung!**

Spring is here and it feels easier to get outside! It's staying light longer, and days are getting warmer, so try to plan a family activity outside, like taking a walk or riding your bikes! Try Nature Bingo! Now that the season has changed, also check out BHC's parent tip sheet on how to Shop by Season!

This week also brings us World Water Day, which aims to raise awareness about issues such as water shortages and sanitation, and ensuring people have access to safe and clean water. To honor this day and remember how important water is to us, try to increase water consumption in the body and decrease it in other ways, like shortening shower times, or remember to turn it off when not using it! Check out BHC's parent tip sheet on Healthy Hydration to make sure you and your child(ren) are consuming adequate amounts of water to be your healthiest and our students learn best!

March Newsletter Insert – Week 4

Building Healthy Communities: **March is Reading Month!**

Along with Nutrition Month, March is also Reading Month and staying healthy and reading can work together! Building Healthy Communities combines healthy eating education with reading in many ways. For example, students have now learned about the importance of reading nutrition labels in class, helping your child in developing both reading skills and health knowledge. There are also lots of ways to incorporate reading and nutrition at home! We hope you've enjoyed reading BHC's parent tip sheets each month and can share them with your child(ren). To recognize Reading Month, visit your local library and get a book on the importance of healthy eating and being physically active, or pick out a cookbook and try making a recipe together! Check out BHC's tip sheets on their website, bhcwsu.org!