



February Newsletter Insert – Week 1

Building Healthy Communities: **Strong Bones!**

The BHC healthy eating lessons our students will be learning in February are **‘Dairy’** and **‘Calcium and Vitamin D’**. Students will learn the primary sources of dairy, Calcium, and vitamin D. They will also learn how these nutrients can help our bodies, bones, and teeth. BHC is also helping our school ensure quality physical education, and students need strong bones to actively play! February is also Dental Health Month, so it’s an important time to remember to practice healthy [Oral Hygiene!](#)

This week, Pizza Day is often celebrated around the nation! To reiterate the Dairy lesson at home, try making a healthy pizza with your child(ren), with whole wheat crust, vegetables and of course, cheese! You can use this opportunity to talk about the benefit of using low-fat cheese like the mozzarella. Ask your child what nutrients come from it and how it helps their bodies. Here are some tips on how to [Involve Kids in the Kitchen!](#)

Check out BHC’s parent tip sheets featuring [Tips to eat Low Fat Dairy or Fat Free Dairy](#) and [Alternatives to Milk!](#)

February Newsletter Insert – Week 2

Building Healthy Communities: **Healthy Hearts!**

Make this your healthiest Valentine’s Day yet! A focus of Building Healthy Communities is to teach children that engaging in physical activity help keep their hearts healthy, and this is Heart Health Month! Aim for 60 minutes of activity every day, even if it comes in 5-minute movement breaks! Check out these tips on how to [Move More!](#)

The colors representing this holiday are often red and pink. Instead of candy hearts, celebrate by snacking on red apples, red seedless grapes, or strawberry yogurt! Use a heart-shaped cookie cutter to cut cheese slices. Make a healthy fruit roll-up - spread strawberry cream cheese on a whole grain tortilla, and top with red fruits or vegetables; or make a pink fruit smoothie!

Check out BHC’s parent tip sheets featuring how to [Celebrate Healthily](#) on Valentine’s day, using these [Family Bonding Activities!](#)



February Newsletter Insert – Week 3

Building Healthy Communities: **We Live in a Winter Wonderland!**

It can be hard to stay active all winter when it is cold outside, and it gets dark early. However, it is just as important to be physically active during the winter! Try some family-fun activities to get moving like sledding, build a snow-fort or skating! If it's *too* cold to be outside, put dance music on to stretch out and move around together! These and other activities will get your family off the couch, decrease [Screen Time](#), exercise their hearts, and improve circulation. Check out these tips on how to [Move More!](#)

February Newsletter Insert – Week 4

Building Healthy Communities: **Get Moving!**

The recommended amount of physical activity for children is at least 60 minutes per day. Building Healthy Communities gets kids moving in four ways: (1) quality physical education curriculum, including new equipment BHC provided our school, (2) encouraging students to be active during recess, (3) encouraging and providing physical activity breaks in classrooms, and (4) having a before– or after-school Healthy Kids Club, which offers non-competitive physical activity in a safe setting. Encourage your child to be physically active at home! To decrease [Screen Time](#), encourage them to turn the TV or computer off to move around more in ways they enjoy. Invite your kids to go with you when you walk the dog or shovel snow. There are many ways to reach that 60-minute activity goal if you fit it in throughout the day! Check out these tips on how to [Move More!](#)