



February Newsletter Inserts

February #1: February is Black History Month!

This month we celebrate the achievements and important contributions made to U.S. history by African Americans. Former First Lady Michelle Obama has made many important contributions to the health of our nation and the fight against childhood obesity. She did this by spearheading the *Let's Move* campaign. Mrs. Obama isn't all talk and no action! She lives a physically active lifestyle and has even planted a garden at the White House to provide fresh vegetables. We thank Mrs. Obama for her efforts to make the U.S. a healthier nation. Let's help continue her efforts by doing what we can to make our school and community the healthiest they can be!

February #2: Healthy Hearts!

Make this your healthiest Valentine's Day yet! A focus of Building Healthy Communities is to have healthy foods and drinks available at our classroom celebrations. Soon it will be Valentine's Day and we would love to have some healthy options for students to enjoy. We can teach students that parties can include treats that taste great AND are healthy.

Themes for this holiday are hearts and the colors red and pink. Some ideas for what to bring or send into school are; 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. How about a pink smoothie? Add some strawberry milk with yogurt and blend.



February # 3: 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 exercise during the winter months as it is in the summer. Does your child like to go sledding, build a snow fort or just take a quick walk outside? Can you think of ways your family can be active inside? Put dance music on, go up and down the stairs a few times, do some stretches or yoga poses, or march in place while you watch TV. These and other activities will get your family off the couch, exercise their hearts, and improve circulation. Ask your child to show you what they are learning in P.E. Can you do what they have learned to do? Ask them what equipment they like to use in the gym; your school has received lots of new items. Ask them what they did at recess that would count as physical activity.

February # 4: 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) through a quality, physical education curriculum, including new equipment, (2) encouraging students to be active during recess, (3) offering short 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 and supervised setting. Encourage your child to be physically active at home and do LESS sitting around. Encourage them to turn the TV or computer off to move around more in ways they enjoy. When you do watch TV, think of fun movements to do during the commercials. Invite your kids to go with you when you walk the dog or shovel snow. Maybe you can walk to school together instead of driving. You will be surprised how easy it is to reach that 60-minute goal if you build physical activity into your day at several different times. However, you choose to do it, just get moving!