



From our September, 2016 Newsletter

## What Parents Can Do To Support Healthier Schools

As Fall approaches, many children are heading back to school. Because children spend much of their time in classrooms, schools are an ideal setting for promoting healthy habits.

- Ask that water be made available throughout the day or that you be allowed to send a no spill water bottle into school.
- Encourage teachers and administrators to reward kids with extra recess or movement games rather than sweet treats.
- Encourage kids to sign up for after school sports, running clubs, and other physical activity opportunities offered by the school or your town, or volunteer to lead such activities.
- Support safe walking routes to school.
- Activities such as yoga, Zumba, gardening, and martial arts inspire students to be physically active and make healthier lifestyle choices.
- Ensure that healthy options are offered during lunch and snack times. Healthy students are also better learners.
- Students who eat foods rich in protein, vitamins, and minerals are more likely to perform better than those students whose diets are heavy in unhealthy foods like sweets and fried foods.