

November 2015

Healthy Announcements



EMPOWERING STUDENTS TO MAKE HEALTHY CHOICES

Healthy Mondays

November 2nd

The best way to stay healthy is being physically active and eating healthy foods. What's your favorite physical activity?

November 9th

Did you remember on Friday we talked about sugary cereal? Did you talk to your parents about the negative effects of sugar?

November 16th

Did you have an apple this weekend with peanut butter on it? Did you dip your apples in low fat yogurt? Apples are a great fall fruit and they grow right here in our community.

November 23rd

How did the water drinking go over the weekend? You can drink water anytime just remember to drink plenty of it.

November 30

Attention teachers: Its time to tell students what your favorite healthy snack is and why.

Fun Fact Friday

November 6th

Did you know you that many of your favorite cereals contain lots of sugar? Too much sugar isn't good for your teeth. This weekend talk to your parents about why its better to eat cereal with less sugar.

November 13th

Did you know that apple peels contain lots of nutrients? Try dipping your apple in low fat yogurt or peanut butter this weekend.

November 20

Did you know your body consists of lots of water? Your body is made up of almost 60% water and your muscles and brains are nearly 75% water. Every time you exercise you sweat and your body needs water to replace the sweat you lose. Remember drink lots of water this weekend, your body needs it!