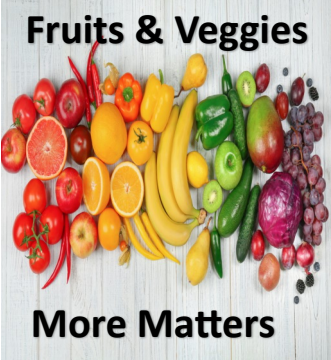




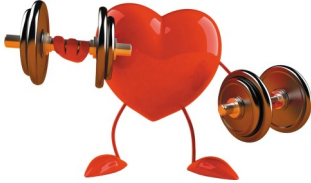



Wellness Days 2020-2021

Date	Theme	Focus	Goal
<p>September 25th</p>	<p>Fruits & Veggies</p>  <p>More Matters</p>	<p>September is fruit & veg- gies- More Matter Month.</p> <p>Start the school year off right with a healthy breakfast and lunch eve- ryday with a wide variety of fruit and veggies. The biggest portion on your plate should be veggies.</p>	<p>Increase student and parent understanding of the healthy foods bene- fits eating a variety of fruits and veggies daily.</p> 
<p>November 20th</p>	<p>Fuel Up With Dairy</p> 	<p>November is Fuel up with Dairy Month.</p> <ul style="list-style-type: none"> • Emphasizing the im- portance of getting 3 servings of dairy a day. • Understanding the different ways and types that are avail- able. • Easy ways to add dairy to your diet. 	<p>Increase student and parent knowledge on the importance of consuming 3 servings of dairy a day.</p> <ul style="list-style-type: none"> • Promote milk as a healthy sports drink. 
<p>February 26th</p>	<p>Love Your Heart Month</p> 	<p>February is Love your Heart Month.</p> <ul style="list-style-type: none"> • Emphasizing heart healthy foods: fruits, vegetables, low-fat milk, lean meats, and whole grains. • Understanding the importance of exer- cise and a healthy heart. 	<p>Increase student and parent knowledge on the importance of having a healthy heart. Also the different ways to have a healthy heart through diet and exercise.</p> 
<p>April 30th</p>	<p>Global Child Nutrition Month</p> 	<p>April is Global Child Nu- trition Month.</p> <p>Bring awareness that all children should have the opportunity to receive proper nutrition through out the world.</p>	<p>Increase student and parent knowledge on the importance of proper nu- trition through the pro- grams we provid to our students daily.</p> 