

# Wellness Days 2018-2019

Date	Theme	Focus	Goal
<p>September 21st</p>		<p>September is Healthy Students are the Best Students Month.</p> <p>Start the school year off right with a healthy breakfast and lunch everyday and combine it with 30 minutes of play. Healthy Eating + Activity= Happy Ready to Learn Students!</p>	<p>Increase student and parent understanding of the healthy foods served in our cafeteria and the importance of 30 minutes of play a day!</p> 
<p>November 30th</p>	<p>Fuel up with Dairy</p> 	<p>November is Fuel up with Dairy Month.</p> <ul style="list-style-type: none"> <li>Emphasizing the importance of getting 3 servings of dairy a day.</li> <li>Understanding all the different types of dairy that are available.</li> </ul>	<p>Increase student and parent knowledge on the importance of consuming 3 servings of dairy a day.</p> <ul style="list-style-type: none"> <li>Promote milk as a healthy sports drink.</li> </ul> 
<p>February 22nd</p>		<p>February is Love your Heart Month.</p> <ul style="list-style-type: none"> <li>Emphasizing heart healthy foods: fruits, vegetables, low-fat milk, lean meats, and whole grains.</li> <li>Understanding the importance of exercise and a healthy heart.</li> </ul>	<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 26th</p>		<p>April is I love Fruits and Veggies Month.</p> <p>Salads can contain a variety of fruits and vegetables. Fruits and vegetables can be enjoyed in many different ways. Fruit is nature's desert!</p>	<p>Increase student and parent knowledge on the health benefits of eating fruits and vegetables.</p> 