

April: Spring into Action!

*Healthy Eating + Physical Activity =
Better Health and Better Students*

Eating a healthy diet means also eating healthy snacks. Consider having a “healthy snack” spot in the kitchen for your child. Let your child see you munch on raw vegetables!

Encourage your child to be physically active after school and on the weekends by playing their favorite games. Students should be physically active for at least 60 minutes each day.

Attention Families:

Go to the **April** section of your child’s student planner and read the information on healthy eating and physically activity.

As a family, complete all of the activities for the month of **April**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Healthy Habits Challenge**.



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