

May: Move and Eat to be Fit and Healthy!

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

Students' success in schools is more than just academics. Eating healthy food is important to your students' success in school.

Eating a healthy diet also means eating healthy snacks and drinking healthy drinks. Our bodies need water to function efficiently. So drinking water during the day is important. Soda, fruit drinks and sweet tea contain a lot of sugar and should be avoided. And, being physically fit is also related to improved learning and scoring higher on state and national tests.

Attention Families:

*Go to the **May** 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 **May**. 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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