

September Daily Health Announcements



<p>Welcome Back students! This year our school is participating in the Building Healthy Communities program! This program will help our school focus on finding more ways to offer nutritious food as well as increase our daily movement!</p>	<p>When schools participate in the Building Healthy Communities program, the results are awesome! For the past 10 years, the BHC program has: improved students' nutrition, increased their physical activity, prevented and reduced childhood obesity, and increased academic performance.</p>	<p>Did you know that eating healthy foods can actually help you be a better student? Eating nutritious foods like fruits, vegetables, grains, protein, and dairy can help make sure your body and brain are healthy and ready to learn! This year, we'll learn all about healthy food choices with the Building Healthy Communities program!</p>	<p>Active bodies are healthy bodies! Being physically active throughout the school day can help students have better focus, memory, and get better grades!</p>	<p>You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods as well as ones you haven't tried in a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least 5 servings of fruits and vegetables a day — 2 fruits and 3 vegetables.</p>
<p>Did you know human teeth can be just as strong as shark teeth? Kids need calcium to build strong teeth, and milk is a great source of this mineral!</p>	<p>Calcium in dairy foods helps build strong teeth, but did you know it also helps build strong bones? You should drink 2-3 cups of milk per day or mix it up with other calcium- rich dairy foods like yogurt or cheese!</p>	<p>Water and milk are the healthiest beverage options, but if you want something else, it's OK to have 100% juice occasionally. But try to limit juice to no more than 1 serving a day, which is about 6 to 8 ounces.</p>	<p>If we eat too fast, we miss out on what we are meant to enjoy! It is healthy to chew food slowly and to be mindful of the taste and texture of our food. This also will help us stop eating when we feel full.</p>	<p>When you're thirsty, cold water is the best thirst-quencher. To be healthy, we should avoid sugary drinks, like sodas, juice- cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories and doesn't add important nutrients for our bodies.</p>
<p>Have you ever tried noticing each of your 5 senses? Try this mindful exercise: Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste!</p>	<p>Sometimes, children need to try something new several times before they like it, so don't be afraid to try new tastes! This helps us to grow and develop our taste buds!</p>	<p>It is a good idea to eat at the kitchen table and to avoid eating in the car or while watching TV. This helps you focus on how much you eat and can help prevent overeating.</p>	<p>Did you know kids should be active 60 minutes each day? Short sessions of movement throughout the day can add up. Be active by shooting hoops, playing tag, dancing or simply taking a walk!</p>	<p>Eat only when you're hungry. Do not eat because you are bored, tired, or stressed. Instead, create other habits. For example, take a walk, play a game, read a book, or call a friend.</p>
<p>All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies. Different colors have different effects, so it's healthy to eat a variety of different colors each day! Aim to fill half your plate with fruits and vegetables!</p>	<p>It is easy to be active at home! You can dust, vacuum, garden, or walk the dog! These activities add up to get the 60 minutes of physical activity we need each day!</p>	<p>Did you know a bunch of bananas is called a "hand"? Bananas are a delicious and healthy food because they contain Vitamin A, which helps your vision and helps to build strong bones! Next time you need a healthy snack, remember that bananas are a great choice!</p>	<p>Fruits and vegetables, like strawberries, cucumbers, or broccoli, are nearly 90% water! Eating enough fruits and vegetables throughout the day can help us stay hydrated, which is essential for survival! Aim for 5 servings!</p>	<p>The MyPlate icon uses sections to remind us that we need to consume foods from the five food groups. But this doesn't mean foods need to be separate on your plate! Some of our favorite healthy foods are a mix of food groups, like soups or sandwiches!</p>

Social media graphics for the month of September can be found [here!](#)