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*We promise to provide your child with an enjoyable, challenging, and rewarding time in a safe and positive environment.*

## March's Plan

Remember to pack your sneakers and P.E. uniform before you go to bed each night!

Grades K – 2	Grades 3 – 5	Grades 6 – 8
<ul style="list-style-type: none"> <li>• How can I work with other people?</li> </ul>	<ul style="list-style-type: none"> <li>• Completion of Basketball</li> <li>• Four Square</li> <li>• Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Four Square</li> </ul>



## March is National Nutrition Month

Teaching your children healthy eating habits may be challenging due to time constraints, shuttling kids to and from extracurricular activities, and fitting in your personal schedule, BUT it is one of the most valuable tools you can give to your children. Serve as a role model to your children by introducing them to new foods, setting a schedule for meals, and sitting down together to eat. MyPyramid.gov offers an interactive website, providing you with information about healthy food choices for children over the age of two and adults. Look for ways to stay active and eat right. Check out [www.eatright.org](http://www.eatright.org) for valuable nutrition information and locating a dietician near you.

# P.E. Class of the Month

(Grades 2 - 8)



Each month, we will pick a class that demonstrates strong sportsmanship skills through healthy interactions with peers, participates in all class activities with a fine attitude, and sets an outstanding example for peers at Pinnacle. The class's name will be placed on a jersey outside the athletic center, as well as receive a jersey to display in their classroom. This month we recognize: **Miss Tomzcak's 4<sup>th</sup> Grade Class!**

# High-Fives of the Month

(Grades K & 1)

Kindergarteners and First graders work to earn a "bee" sticker at the end of each class. When a class achieves ten stickers, they earn choice time and are recognized on the High-Five Wall.

Individuals who are role models and demonstrate healthy behaviors will also earn a place on the wall. The following classes earned a HIGH-FIVE this month:

Miss Clark's Class    Miss McGee 1<sup>st</sup> Grade    Mrs. Turner's K



## Healthy Tips for Families

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones drink lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.
- 8 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 9 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 10 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday.
- 11 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 12 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 13 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 14 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

