

Starting The Second Half Of The School Year With Healthy Choices & Healthy Relationships



No MATTER
how long
the winter,
SPRING
is sure
to FOLLOW.

PASS
MEETING
MONDAY
FEBRUARY
8TH
5PM
SEE YOU THERE

Starting the second half of the school year after the Christmas Break can be both exhausting and inspiring! You can help your child have a good start to the second half of the year by implementing some of these healthy tips and ideas!

- Remember to take your child for healthy check-ups (medical, dental, vision and hearing)
- Talk about their experiences from their school day at the dinner table! Healthy food and healthy conversation at the dinner table can teach your child healthy relationships, and show your child that you are interested in their day!
- Be positive! When you show your child a positive attitude, they are more likely to think the same way too!
- Find out the best way to stay in touch with the teachers and support staff!
- Attend school meetings, learning celebrations, and school to see how things are going at the sc