

Hello Jaindl students and families!

It is more important than ever before to get kids moving as a break from sedentary screen time. It is recommended that kids ages 6 to 17 get at least 60 minutes of activity EVERY DAY! The 60 minutes doesn't have to come all at once, break it up and have fun being active!

### **Here are some tips to keep kids physically active:**

- Have kids show you a game they like to play at recess or suggest they put together a playlist and have a family dance party!
- Take a walk outside, or a jog, bike, pogo stick, roller skate. Variety keeps activity FUN!
- Have an indoor strategy for inclement weather. Indoor scavenger hunts, simple obstacle courses, balloon volleyball are all fun activities that can be done indoors. Don't forget those tried and true exercises like pushups and sit ups. Make it a family friendly competition!
- Let kids brainstorm ideas for ways to be physically active-then embrace the challenge!

### **IMPORTANT REMINDER**

Although we have been fortunate with some unseasonably warm weather, colder temperatures are now arriving. It is important that your children come to school wearing appropriate outerwear for cold weather. Please note that elementary students will continue to go outside for recess through the winter season if weather permits.

**STAY WARM AND STAY HEALTHY!**

*-Nurse Kubik*