

Monthly Newsletter

TCSS HEALTH
SERVICES

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MARCH 2025



March is National Nutrition Month

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National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Food, Nutrition and Health Tips

1. Eat breakfast
2. Make half your plate fruit and vegetables.
3. Watch portion sizes.
4. Be active.
5. Get to know food labels.
6. Eat healthy snacks.
7. Follow food safety guidelines.
8. Drink more water.
9. Prepare more meals at home.
10. Reduce added sugars.

In this newsletter
you can expect:

Health Services
Updates

Scheduled
Events

Monthly Health
Focus

Health
Awareness
Information

Ways to observe
and get involved



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March is also National Sleep Month

How much sleep do you need?

Most adults need about 7 to 9 hours of sleep each night. Kids and teens need more.

Poor sleep may put you at risk for:

- Alzheimer's Disease
- High Blood Pressure
- Cardiovascular Disease
- High Blood Sugar
- Depression
- High Cholesterol
- Diabetes
- Infections

Poor Sleep Can Cause:

- Accidents
- Hormone Imbalance
- Weight Gain
- Stress
- Breathing Problems
- Unhealthy Eating

Benefits of Good Sleep:

Healing and repair of cells, tissues and blood vessels
Stronger immune system
More creativity and productivity
Improved mood and energy
Better brain function
Less risk of chronic disease

To learn more
visit:

eatright.org

heart.org

<https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/how-sleep-affects-health>

The SNOTY
(School Nurse of
the Year) will be
announced this
month.

