

WELCOME BACK

WELLNESS EDUCATION



September is **Better Breakfast Month**, and LWSD is excited to help students power up their day with nutritious and delicious breakfast options. A healthy breakfast is essential for academic success, providing the energy and focus needed for a productive school day.

BITE SCIENCE



At LWSD, we're beginning the school year with a brain-boosting focus through our Bite Science: **Back to School BRAIN** education promotion. Students will learn how nutritious foods can support memory, focus, and overall brain health for a successful year ahead.

BRIGHT BITES KITCHEN



Our elementary cafeterias have a fresh new look with **Bright Bites Kitchen**! With colorful signs and fun menu displays, we're making healthy eating exciting for students. Get ready for engaging promotions, nutrition tips, and a bright, welcoming space to enjoy school meals!

SPECIAL FOOD DAY



Gett ready to stack up the fun - **National Pancake Day** is coming to LWSD! On 9/26, our school cafeterias will be serving up warm, fluffy pancakes to celebrate this delicious day. Pancakes aren't just tasty- they're a great way to start the day with whole grains and energy to fule learning and play.

HERITAGE MONTH



Hispanic Latino Heritage Month is a time to celebrate diversity and appreciate the rich cultural tapestry of our community. Throughout the month, our schools will host events and activities to educate and engage students in the vibrant traditions of Hispanic & Latino cultures.