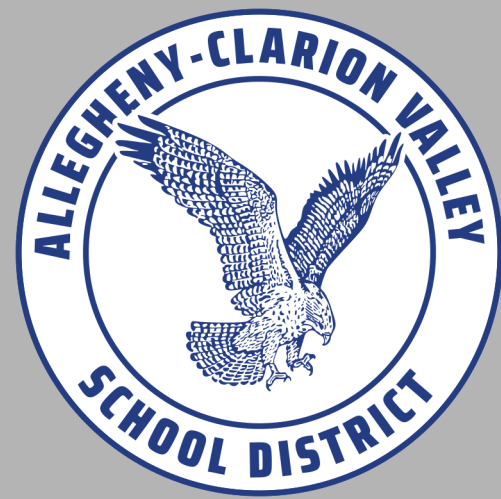


FALCON STRONG:

HEALTHY BODIES, STRONG MINDS!



MARCH 2026

UPDATED 2026 FOOD GUIDELINES:

The 2026 U.S. Dietary Guidelines look very different from past versions. Instead of putting grains like bread and pasta at the bottom of the food pyramid, the new model puts protein and fats at the base. Foods like meat, eggs, fish, full-fat dairy, and plant proteins are now the main focus. Grains and fruit are still included, but in smaller amounts. Added sugar is still strongly limited. Overall, the new message supports eating more protein and fewer carbs.

Some people think this change could help with blood sugar control, feeling full longer, and eating fewer processed “low-fat” foods. But it may not work well for everyone. Some people, especially athletes, need more carbs. Eating fewer grains and fruits could also mean getting less fiber, which is important for digestion. The new guidelines may not fit every culture, budget, or body type.

In the end, no single food guide works perfectly for everyone. The best way to eat is the one that helps you feel strong, healthy, and satisfied. Talking with a registered dietitian can help you figure out what balance of foods is right for you.



SPRING SPORTS PRACTICE BEGINS MARCH 2ND

Check out the A-C Valley's website for updated games for Varsity Baseball, Softball, Track and Field, Junior High Volleyball, JH Baseball, JH Softball and JH Track!!

[CALENDAR LINK](#)





VAPING: KNOW THE RISKS

Vaping Dangers Vaping has become increasingly popular among teens and adults, but it poses serious health risks—especially for teenagers whose brains and bodies are still developing. Because adolescents are more vulnerable to addiction and long-term damage, the effects of vaping can be especially harmful during these critical growth years.

According to the American Lung Association, most vape products contain nicotine, a highly addictive chemical that can negatively affect brain development, attention, learning, and mood. One vape pod can contain as much nicotine as a full pack of cigarettes. In addition to nicotine, vaping devices may expose users to harmful chemicals and heavy metals, increasing the risk of lung disease, asthma, cardiovascular problems, gum disease, addiction, and secondhand exposure. Although often promoted as a safer alternative to smoking, vaping carries significant health risks that should not be ignored.



WHOLE SCHOOL , WHOLE COMMUNITY, WHOLE CHILD

The Whole School, Whole Community, Whole Child (WSCC) outline was created by the CDC to help improve student health in schools. It brings together schools, families, and community groups to support students' physical, mental, and emotional well-being. Education and health both serve the same children, its main goal is to support the "whole child" and show that healthy students are better learners.

The WSCC framework focuses on using proven school policies and practices to connect health and learning. It includes 10 important parts: physical education and activity, nutrition services, health education, social and emotional climate, physical environment, health services, counseling and social services, employee wellness, community involvement, and family engagement. All of these parts work together to help students succeed in school and in life. A-C Valley implements these concepts to help encourage the student to participate in life-long physical activity.

