

Health & Wellness Newsletter — Nourishing Our Students, Supporting Healthy ...

Haysville USD 261 Health & Wellness Newsletter

Supporting Healthy Students, Healthy Families & Healthy Communities

Welcome to the Haysville USD 261 Health & Wellness Newsletter!

Our goal is to support the health and well-being of every student, staff member, family, and community member. Healthy habits can begin at any age, and small, positive choices each day can make a meaningful difference.

Throughout the school year, we will share helpful information about **nutrition, physical activity, wellness, and healthy habits** that families can easily incorporate at home and at school.

Building Healthy Eating Habits

Good nutrition helps students have the energy they need to learn, grow, participate, and enjoy their school day.

Our school nutrition programs follow USDA nutrition standards designed to provide students with balanced meals that include a variety of nutritious foods.

We encourage students and families to:

- Enjoy a variety of fruits and vegetables.
- Choose whole-grain foods when available.
- Include lean proteins and other protein-rich foods.
- Choose low-fat or fat-free dairy options when appropriate.
- Drink plenty of water throughout the day.
- Be mindful of foods and beverages that are high in added sugar and sodium.
- Enjoy meals together whenever possible.
- Remember that healthy eating is about balance—not perfection.

A Healthy Plate

A simple way to think about a balanced meal is to include:

½ plate: Fruits and vegetables

¼ plate: Whole grains or other grains

¼ plate: Protein

Plus: A serving of dairy or an appropriate alternative

Different ages and activity levels have different nutritional needs. Families should choose foods and portions that are appropriate for their individual needs.

Moving More Every Day

Physical activity is an important part of a student's overall health and well-being. It can support strong muscles and bones, cardiovascular health, coordination, energy, and overall wellness.

Physical activity doesn't have to mean organized sports. There are many ways to get moving!

Try:

- Walking or biking
- Playing outside
- Dancing
- Playing a family game
- Gardening
- Swimming
- Playing basketball, soccer, or another favorite sport
- Taking active breaks during homework or screen time
- Choosing activities that the whole family enjoys

Every Minute Counts!

Children and teens benefit from regular physical activity throughout the day. Encourage students to find activities they enjoy and make movement a regular part of their routine.

Adults can participate too! A family walk, a game in the backyard, or dancing together can be a fun way to spend time together while being active.

Don't Forget Hydration

Water is an important part of staying healthy and active. Encourage students to bring a refillable water bottle to school when permitted and drink water regularly throughout the day.

Staying hydrated is especially important during physical activity and warmer weather.

Wellness Is More Than Food and Exercise

Health and wellness include many parts of our lives. Along with nutritious foods and physical activity, students benefit from:

- Getting adequate sleep
- Spending time with family and friends
- Taking breaks from screens
- Managing stress
- Spending time outdoors
- Developing positive relationships
- Asking for help when they need it

There is no single "perfect" way to be healthy. Our goal is to provide students and families with information, resources, and opportunities that help them make healthy choices.

Healthy Habits Start Small

You don't have to change everything at once.

Try choosing **one healthy habit** to work on this week:

This week I will...

- ☐ Drink more water
- ☐ Eat an additional serving of fruits or vegetables
- ☐ Take a 10-minute walk
- ☐ Try a new healthy food
- ☐ Get to bed a little earlier
- ☐ Take a break from screens and move
- ☐ Spend time doing something I enjoy

Small steps can become lasting habits!

Thank You for Supporting Student Wellness

We appreciate our students, families, staff, and community partners for helping make health and wellness a priority in Haysville USD 261.

Together, we can create an environment where students have the knowledge, skills, and opportunities they need to develop healthy habits for school and for life.

Healthy Choices • Active Lives • Successful Students