

BEST BITES-

Give your child a chance to combine math practice and exercise with daily “math breaks”. Give directions that include math problems and a fitness activity. For example, say, “do 2+2 jumping jacks” or “Do 11-2 cartwheels”. Kids always do better with a challenge!



DID YOU KNOW? DEVELOPING GOOD HABITS !

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip* If your student is having trouble waking up early move back their bed time!

Healthy breakfast Ideas

- Day One: hard boiled eggs, carrot sticks, 8 oz. juice or fruit
- Day Two: 1/2 cup yogurt, add 1/4 cup granola, 8 oz. juice or fruit
- Day Three- 8oz cold cereal, 1/2 cup skim milk, 8 oz. juice or fruit
- Day Four: two eggs scrambled, whole wheat toast, 8 oz. juice or fruit
- Day Five: 8 oz oatmeal, 1 serving fruit, 8 oz. juice

[The Case for Eating Breakfast](#)

Cafeteria Plan

Why should your child buy school meals?

Cafeteria meals are healthier than ever because of the new national standards. Plus, if they get lunch at school, you can knock “pack lunch” off of your to do list! Consider these three suggestions:

1. Go over the school menu together. They could circle their favorite items and decide what will they put on their tray the next day. talk up menu items (“The pork burritos sounds really good!”)
If you're excited about the choices, they are likely to share your excitement.
2. Discuss what they eat at school. What do they like best? What do they throw in the trash? You might then suggest that he write to the cafeteria manager to tell them about their favorite meals. They could also mention what they do like and make recommendations for new foods to serve.
3. If your child has food allergies, alert the cafeteria manager as well as their teacher and the

school nurse. Give each of them a list of the foods they are allergic to, possible reactions and what to do if they accidentally eats something they are allergic to.

[Elementary Abbey Group Information](#)
[Middle/High School Abbey Group Information](#)

Quote of the Month About 80 percent of the food on the shelves of supermarkets today didn't exist 100 years ago." Larry Mcleary "*Feed Your Brain, Lose your Belly*"

Statistic of the Month Did you know that the High School Track Team ran approximately 3,650 mile collectively during their 2015 Fall Season?

Helpful hints, recipes, physical activities, and popular topics

[Choose My Plate](#)

[Exercise for Children](#)

Hinsdale School District Health and Wellness Policy

[JLCF – WELLNESS POLICY](#)