



Healthy Living Week

- || Monday, October 26; Sock it to sweets! -Crazy Sock Day
- || Tuesday, October 27; Hats off for a healthy heart. - Crazy Hat Day
- || Wednesday, October 28; Peace, Love and Safety! - Tie dye shirts or Camouflage
- || Thursday, October 29; Being Healthy is no Fairy Tale! - Fairy Tale story costumes
(Prince, Princess, Knight, Dragon, 7 Dwarfs, 3 Little Pigs, Goldilocks, Billy Goats Gruff)
- || Friday, October 30; Exercise Like Athletes - Wear your favorite team colors or jersey

Top 10 Brain Foods

- *Salmon
- *Eggs
- *Peanut Butter
- *Whole Grains
- *Oats/Oatmeal
- *Berries
- *Beans
- *Colorful Veggies
- *Milk and Yogurt
- *Lean Beef

GET OUTSIDE AND EXERCISE

- PLAY IN THE YARD
- PLANT A GARDEN
- PRACTICE SPELLING WORDS WITH SIDEWALK CHALK
- PRACTICE MATH PROBLEMS WITH ROCKS OR LEAVES

Is your child getting enough sleep?

A solid routine is best for young children. After dinner it might be a good idea to take a bath, pick out a couple of books, and then go to bed.

Children ages 5 and 6 need at least 10 - 12 hours per day.

Children ages 7-8 need at least 10 - 11 hours per day.