

School and Home Connection

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjwlu6K8frMAhVHb1IKHe1uCK4QjRwIBw&url=http://worldartsme.com/moment/?order%3Ddownloads&bvm=bv.122676328,d.aXo&psig=AFQjCNFKNLsr0aSGwZB9pKK41gUZlY4CfA&ust=1464460025220462)

**What are we learning about this week?**

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjN1u2c_YXSAhUF0oMKHU6nCIoQjRwIBw&url=http://www.superhealthykids.com/product/healthy-habits-plate-for-kids/&psig=AFQjCNHxxqRdz89AsyTfWiIy6wMVj2quuw&ust=1486831478709656)This week we learned about **healthy breakfasts** and why they are important to our health. We also learned about **lifestyle activity** and how we can move more throughout our day!

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjQ68WK8PrMAhUDRVIKHYOsCO4QjRwIBw&url=http://www.iconsdb.com/green-icons/checked-checkbox-icon.html&psig=AFQjCNGx274qGm6OHn9EC_n7HPDyelDDmg&ust=1464459811754645)

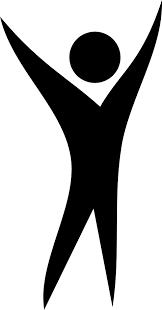
**What is this week’s goal?**

Eat a balanced breakfast every school day this week.



**Review with your child:**

1. What is an example of a balanced breakfast you would like to eat with foods from at least 2 food groups?
2. What is one example of a lifestyle activity that helps you get more steps in the day? (Taking the stairs instead of the elevator, walking the dog, helping with yardwork, etc.)

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiz3IKgrNzfAhWJq4MKHYaEBkwQjRx6BAgBEAU&url=http://www.clipartpanda.com/categories/happy-person-clipart&psig=AOvVaw0dJZAuGmxpE7GoXtKP6QbF&ust=1546973690666896)

**Take action:**

Ask your child to show you the pedometer they got from GOAL! Brainstorm some ways you can all take more steps each day this week. If you have a step tracker on your phone (it comes automatically on many of them), see if you can track your steps too and encourage each other throughout the week!