

School and Home Connection



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

This week we learned about **sugar-sweetened beverages** and learned how much sugar is in some of our favorite drinks! We also talked about other options with less sugar. During physical activity time, we learned about **pedometers** and ways we can take more steps every day!



**What is this week’s goal?**

Wear your pedometer every day this week! Check it at the end of each day to see how many steps you got.



**Review with your child:**

1. When choosing something to drink, what is something we should look for on the label to see how much it has? (Sugar)
2. What is a low-sugar drink that you like? (Water, some flavored waters, milk, Gatorade/Powerade Zero)
3. How many steps do we want to try to take every day? (10,000)
4. What’s one way we could take more steps in the day?



**Take action:**

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!