



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!