



## School and Home Connection



### What are we learning about this week?

This week we learned about **healthy drinks** and ways to reduce our sugar intake through our drink choices. We also learned about **reducing screen time** and adding more active time to the day.



### What is this week's goal?

Drink 6 cups (or 3 bottles) of water every day this week!



### Review with your child:

1. What did you learn about sugary drinks today?
2. What kind of drinks have no sugar in them?
3. What is the recommended daily limit for screen time? (2 hours)
4. What are some activities you like to do that don't involve a screen?



### Take action:

As a family, try to drink an extra glass of water every day this week! You can drink it in the morning, before dinner, or any other time that you can set to help you remember. Mio and Crystal Light flavor packets are a great addition if the taste of plain water really isn't your thing!