



## School and Home Connection



### What are we learning about this week?

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!



### 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.)



### 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!