



School Lunch is Worth Celebrating!

Did you know the last Friday in May is School Lunch Hero Day? This one is special to us for obvious reasons! As another school year comes to an end, we want to celebrate our staff—and invite you to celebrate with us! Our nutrition department takes pride in what they do, supporting parents in their efforts to create happier, healthier kids. With each year, we learn more and more about what students need to stay full and focused throughout the day. Looking ahead, we want to continue the good work of always striving to be better...by serving better! Know a school meal hero who should be recognized for their efforts?

Tell us here: <https://rethinkschoolmeals.com/nominate>

Fit for Life

May 6th is National Fitness Day and it's a great opportunity to celebrate all our bodies can do. Nutrition is an important element of student health, but so is exercise! For students over the age of 6, the American Academy of Pediatrics recommends 60 active minutes each day. Movement has brain and body-building benefits that students need to learn and grow.¹

Here are 5 ways you can move together this month:

1. Get activity trackers and compare steps.
2. Find a new local park and plan a hike.
3. Take a homework dance break.
4. Sign up for a local 5K.
5. Finally, YouTube is a great resource for family-friendly guided yoga and movement



Readers are Leaders

Many students in grades 3-5 can lose up to 20% of their school year learning gains over the summer months. It's called the Summer Slide.² Each fall, teachers start the year prepared to review for this reason... But there are things you can do to support your student at home, too. One way to keep skills up throughout the break is to enroll in a Summer Reading Program. Summer Reading Programs typically incentivize students with prizes for books or minutes read. Most local libraries have them, but you can also find a ton of free options online.

Get started here:

<https://imaginationoup.net/free-summer-reading-programs-kids/>

Sources:

- 1 - <https://publications.aap.org/aapnews/news/12804?autologincheck=redirected>
- 2 - <https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/summer-slide.html>