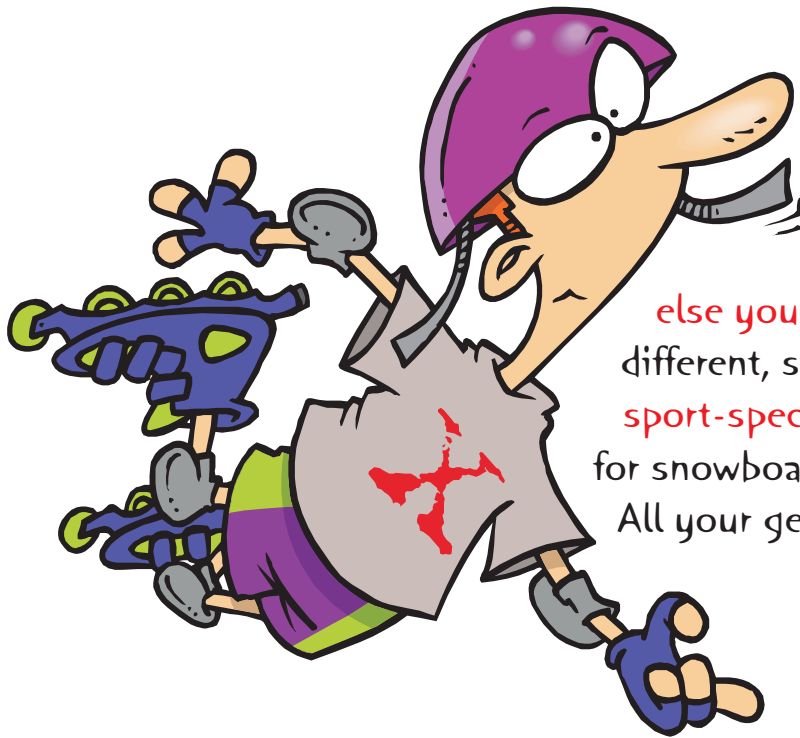


# GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, wrist guards, shin guards, and anything else you need to stay safe. Every sport is different, so it's important to wear equipment that's sport-specific -- you shouldn't wear a bike helmet for snowboarding. All your gear



should fit well and you

should use it properly, too -- which means buckling that chin strap when you're riding or skating! And wear your equipment every time you play -- 62% of kids' sports injuries happen during practices. Exercise is crucial for wellness, and you can't exercise if you're on the sidelines with an injury. So stay safe and get in gear!

the big number

# 85

Research has shown that wearing a helmet while bicycling reduces the risk of head injuries by 85%.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“GET IN GEAR”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### KIWIFRUIT

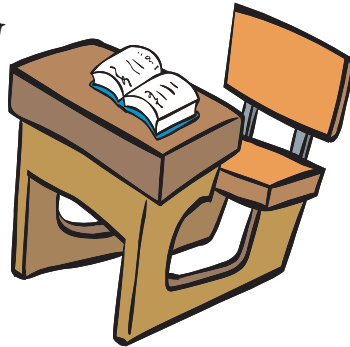
Kiwifruit seeds were brought to the United States from New Zealand in the 1930's. One Kiwifruit provides more than 100% of your daily Recommended Dietary



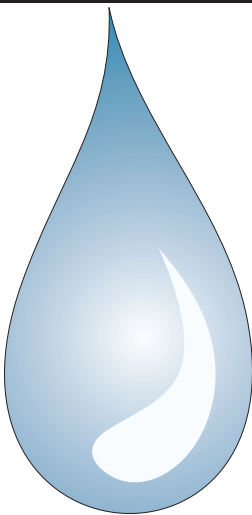
Allowance for Vitamin C! It may be fuzzy, but it's juicy, full of flavor, and good for you, too!

## LEARN EASIER

Most kids concentrate better on homework when they start off with an uncluttered work space. Keep homework areas tidy and free of mess, and if the homework at your house gets done at the kitchen table, clean it off first.

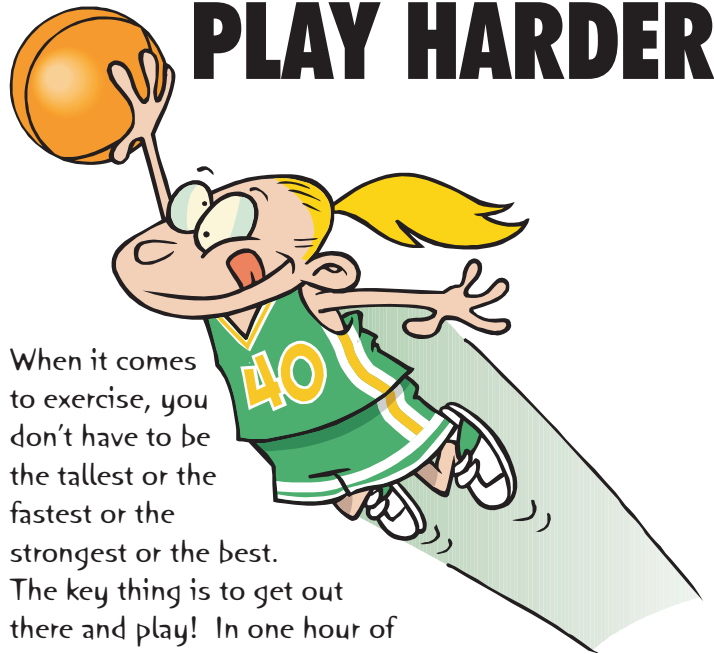


## LIVE HEALTHIER



A lot of the calories we take in don't come from food at all, but rather from things we drink. Kids (and adults) need to stay hydrated for good health, and a glass of 100% juice or milk is fine, but the bulk of what we drink should be pure, cool, natural water.

## PLAY HARDER



When it comes to exercise, you don't have to be the tallest or the fastest or the strongest or the best. The key thing is to get out there and play! In one hour of playing full-court basketball, a kid can burn 500 calories (the more you weigh, the more you burn), but even if you just shoot baskets for an hour, you'll still burn up to 300 calories and have fun, too. It doesn't matter how many baskets you make!

## Now serving: Convenience. Economy. Healthfulness.

That's quite a lot to put on the menu five days a week, but that's exactly what we try to offer our families every school day: a balanced, nutritious meal at a reasonable price – so you can let us worry about what's for lunch. And don't forget, we offer **free and reduced-price meals** for families that qualify, and you can apply any time during the school year.

**School Meals**  
*We serve education every day™*