



High February 2011

Park and Walk

Do you live too far away to walk or bike to school? If you park at least two blocks away, your child can still participate in Walking Wednesdays! All of this helps to alleviate congestion around school grounds and ultimately improves the air quality that our children breathe! Make sure your child doesn't miss this opportunity and remember, you can participate by parking and walking!



Healthy Hearts

Healthy hearts are essential for children's development and ability to learn throughout the day. It is well documented that developing healthy eating and exercise habits at an early age leads to a lifelong personal commitment to a healthy lifestyle.

Health professionals agree that exercise habits need to be established during childhood to reduce the chances of coronary heart disease, reduce blood pressure, counter obesity, lower lipids, slow osteoporosis, improve psychological well-being, and possibly reduce the risk of cancer. Walking to school is a great way to start life long healthy habits.

Meet Judy White

Judy and daughter, Lauren, have been enjoying Walking Wednesdays since last school year. Usually they walk to school several times a week. Judy thought it was a great program and just started volunteering to help.



Judy White and daughter, Lauren

Judy is starting to make a habit of parking several blocks away and walking to school. She says, "It's a good way to spend some quality time with Lauren in the mornings and gives us time to talk."

Judy first started volunteering because, "It's a great way to meet other parents while promoting healthy habits." One of the benefits of Walking Wednesdays is creating social connections and strengthening communities. Judy has seen this to be true. Her favorite part about the Walking Wednesdays program is connecting with other parents and students.

Thank you, Judy, for joining the Walking Wednesdays team!

We all need energy in the morning and a great way to fuel the day is with a healthy breakfast. It is a must, especially for kids. Studies show that kids who eat breakfast do better in school and are absent less. Choose healthy options that are whole grain, contain calcium, and are low in sugar and fat. Fruit is also a great addition to breakfast!

For more information visit healthyhearts4kids.org.



UPCOMING EVENTS:

Feb. 9 - NUSD School Board Meeting 6:30 p.m. 1901 Arena Blvd

All Wednesdays - Walking Wednesdays

Mystery Wednesday - Walk or bike every Wednesday because it might be treasure box day!



Bicycle Rebates are Back!

The North Natomas TMA's Bicycle Rebate Program is back for 2011. It's now time to make a commitment to cycle more and drive less. Apply now and you might be chosen to receive a rebate. Adult rebates: 40% of the cost of a new bicycle up to \$250 or 40% of the cost of a new accessory up to \$50. Child rebates: 40% of the cost of a new children's bicycle up to \$100.

This opportunity is first-come-first-serve, so make sure you get your completed application in soon. All applications must be postmarked by April 30th -just in time to enjoy spring riding! To find out more about the Bicycle Rebate Program, visit ntma.org or call 419-9955.

First Lady Michelle Obama *Let's Move!* Campaign

The *Let's Move!* campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

Physical activity is a great way to fight childhood obesity. The *Let's Move!* campaign suggests:

- Give kids toys that encourage physical activity like balls, kites, bikes, and jump ropes.
- Encourage kids to join a sports team.
- Walk to school.
- Walk around the block after a meal.
- Find time to spend together as a family with a fun activity. Some ideas you might consider include a family park day, swim day or bike day.

In December, President Obama signed the Healthy, Hunger-Free Kids Act which is in support of the *Let's Move!* campaign. Some of the main points include:

- Gives USDA the authority to set nutritional standards
- Provides additional funding to schools that meet updated nutritional standards
- Helps communities establish local farm to school networks
- Creates school gardens
- Expands access to drinking water
- Promotes nutrition and wellness in child care settings

For more information about the *Let's Move!* campaign, visit letsmove.gov.



Cynthia Singh

Meet Cynthia Singh

Mrs. Blair's 6th grade student, Cynthia Singh, just started participating in Walking Wednesdays over the last few months. After trying it for the first time, Cynthia realized she liked walking and wanted to walk every Wednesday! She really likes collecting the different charms, especially the colorful ones. Cynthia's favorite color is blue and in her spare time she likes hanging out with friends and shopping!

Thank you, Cynthia, for participating!

The History of Valentine's Day

Every February we _____ Valentine's Day by giving _____, candy and _____ to those we love. We do this in honor of Saint Valentine. Valentine was a _____ who lived in _____ Rome. St. Valentine performed weddings in secret because the Emperor _____ had made them illegal. In Roman mythology, Cupid (from the Latin word meaning "_____") is the son of _____, the goddess of _____. Cupid is often said to be a very _____ boy who goes around _____ people with his bow and arrow, causing them to _____ in love.