

SHE SLIDES! SHE'S SAFE!

Playing sports can be good for all kids, but girls tend to play sports less than boys, and so they might miss out on these benefits. Sports are fun and provide good exercise, but they can also **build girls' self-confidence, develop teamwork, and reduce stress, too.** And guess what?

Research shows that girls who play sports also

do better in school than girls who don't play. Makes sense – when your body gets a workout, your mind is sharper, too, and **exercise also develops key learning skills like concentration, strategic thinking, and goal-setting.** The brain even

releases chemicals during exercise that **improve your mood.** And, maybe best of all, when you play sports you get to **spend more time with your old friends and make new ones, too!**



**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

the big number

82

More than 4 out of 5 female business executives (82%) played sports as a girl, and 2/3 still exercise regularly.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

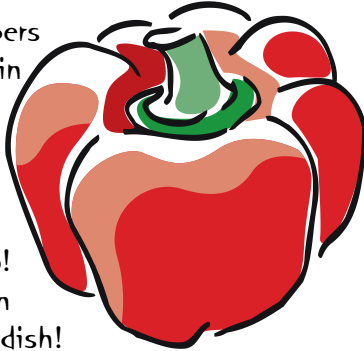
"SHE SLIDES! SHE'S SAFE!"

EAT BETTER

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

RED PEPPER

By weight, sweet red peppers have three times the vitamin C of oranges, plus they're loaded with cancer-fighting beta carotene. And – oh, yeah – they're crunchy and delicious, too! Sliced red peppers make an outstanding snack or side dish!



PLAY HARDER



Hey, the Super Bowl doesn't start until later in the day! In the morning or early afternoon, try to plan a family activity that gets you going for the big game. Not a football fan? On Super Bowl Sunday, the ski slopes and bowling alleys are all yours! Take advantage!

LIVE HEALTHIER

You see hearts everywhere in February, but the most important hearts are the ones we can't see – the ones beating inside all of us. February is American Heart Month, and a great time for everyone to think about the heart health of those we love.



LEARN EASIER

They're way old-school and way low-tech, but flash cards are a tried and true way to study well, learn well, and do well in school. Flash cards are cheap to make. They're portable. They're hands-on. They're endlessly customizable. And they're like playing a game! When kids write things down, they remember better and "re-learn" what they've gone over in school. Plus flash cards offer parents an easy way to get involved in their kids' learning. Don't scoff just because you don't have to plug them in or charge their batteries. Flash cards work!



Their greatest discovery was small potatoes.

European explorers first came to the Americas searching for gold. But they found something even more valuable: potatoes. This "exotic" crop from Peru would eventually feed millions of people around the world.

Food shapes history. And food shapes history class, too. Because kids who regularly eat balanced, nutritious meals perform better in all their classes.

Convenient, economical, healthy School Meals. Now there's a discovery!

School Meals
We serve education every day™