

Mercer County School District #404

HEALTH HABITS

Organized Sports and Young Children

Children need active play whether it be free play and family activities or well-planned sports classes offered by local Park Districts. Most children enjoy participating in both. Before enrolling your child in an organized activity please take into consideration the following tips.

- **Does the program fit my child's needs?** Is my child having fun? Does he/she want to be there or are you pushing participation, if so your child may not be ready for organized activities, or may need to choose some other activity.
- **Is the Program committed to Safety?** Plenty of water, warm up and cool down activities? Someone is trained in CPR?
- **Do the adult leaders know children as well as they know sports?** Encourage versus yelling? Scolding doesn't make a child play better. Are coaches and instructors patient with the children?

Source: Illinois Early Learning Project, Illinois State Board of Education

I Tried it Day!
March
Sweet Potato Fries

CATCH CARNIVAL

Attention: Elementary Students
Invite your parents to attend the CATCH Carnival with you where you will have the chance to **GO FOR THE GOLD?** Learn to train like an athlete. You will have an opportunity to travel through the body on the BODY WALK and learn why good nutrition is vital for every part of the body. You and your parents will participate in Olympic Sports Activities and choose from snacks that help you obtain peak performance!!
Apollo Elementary April 16th 5:30-7:00
New Boston Elem. April 22nd 5:30-7:00

Sponsored by: Mercer County YMCA and Mercer County Health Department, District #404 & Community Organizations

Attention Students and Parents!!
Ala Carte is coming to a school lunch near you!!

All intermediate, Jr. High and High School students will have the opportunity to purchase **Healthy** ala carte items after they have eaten their hot or cold lunch. These items can be purchased with their school meal plan, the students will not need to exchange cash.

Parents please talk to your students about a spending limit and the importance of eating their lunch prior to purchasing anything extra. The ala carte items are only a supplement to the hot lunch program. Only foods that meet specific nutrition guidelines will be offered for sale.

100% whole wheat bread and wheat buns now served exclusively at school lunch.
GO GRAINS GROUP!!