



Dear Parents, Caregivers, & Students

Happy February! This month is Heart Health Month, so focus on being physically active, eating healthier foods, getting enough sleep, and reducing stress.

Make Valentine's Day heart-healthy with a snack board

Assemble a board with favorite fruits, snacks & sweets

- Strawberries
- Raspberries
- Low-fat cheeses
- Whole-grain crackers
- Almonds
- Dark chocolate



Recipe adapted from Healthy Family Project



Wellness Corner

- Get **active** and do some exercise every day!
- Eat **heart healthy foods**. Think avocados, almonds, dark chocolate, blueberries, oatmeal, and oranges.
- **Limit your sodium intake** - season foods with lemon, garlic, and other spices like cumin or parsley instead.
- **Reduce stress** by meditating, stretching, or reducing social media time.

Prayer Corner

Lord, we thank you for continuing to supply our every need. May we glorify and reflect you the way you deserve to be reflected.
Amen.