



March 2008

Dear Parents,

We will be covering the following physical education, nutrition, and health topics this month in the Healthy and Wise publication:

Physical Education

Golf

Obstacle Courses

Nutrition

The Healing and Protective Nutrients in Food

Whole Grains vs Refined Grains

Health

Your Vision and Hearing are Essential

The Nervous System

Safeguard Your Home

Having Good Character

We hope you enjoy this month's featured articles and activities. Please help your child complete the assigned home activities from the Healthy and Wise publication. Consider doing some of the additional activities below:

- Obstacle courses can be built or designed in many different ways. Help your child build or utilize existing apparatuses at the park to design an obstacle course. Have fun working your way through the course multiple times while trying to improve your time.
- Make a grocery list together with your child and include some of the foods from the article that have healing and protective nutrients. Make a conscious effort to make all of your grain selections "whole grain," if possible.
- Take steps to safeguard your home. Make sure that all household cleaning supplies and lawn and garden products are out of reach of children. Take any additional steps needed to make your home secure and an undesirable target for burglars.
- Discuss the concept of "good character" with your child. Help your child understand this concept by pointing out his/her and other family member's good character qualities. Be a role model and example for your child by continuously demonstrating good character!

Be Healthy and Wise!