

Dear Parents,

A healthy child is ready to learn. A healthy body supports a healthy mind. We as parents need to nurture our child's/children's physical well-being daily. We can do this by:

- Teaching our child/children about good nutrition. We need to offer a variety of foods each day such as fresh fruits, vegetables, and dairy products. Try limiting sweets as much as possible. Try to get your child/children to choose water as much as possible. Eating together as a family promotes proper eating habits. Don't label foods as "good" or "bad" based on your preferences. Try to offer a variety and let your child/children make their own choices.
- Promote exercise as often as possible. Be an example to follow. Don't drive when you can walk. Make a game out of walking several blocks to a store.
- Be sure your child/children receive enough rest. You as parents know how much sleep is needed. Try to establish a regular bedtime and follow the routine as closely as possible. Encourage quiet activities at night. Also be aware of hidden caffeine in drinks after dinner.

Math is built on previous knowledge so review and practice. Practicing math skills daily provides a way to improve. Remember that Clover Garden purchased the rights to Study Island, an excellent program to help prepare your child for NC State Testing. If you have not visited this site, give it a try.

I will be in my room Monday, March 3, 2014, from 6:15 until 6:45 PM. If you have any concerns or suggestions as to how I may better serve your child more productively, please come to see me. (This is also PTT night.) I can also be reached by phone during the school day if that is more convenient.

Sincerely,  
Donna Johnson