



**December 2009**

Dear Parents,

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

**Physical Education**

Martial Arts

Staying Active During the Winter Months

**Nutrition**

All About Sugar

The Milk Group

**Health**

Why Are Immunizations Important?

Wash Your Hands

Safe Shopping During the Holidays

Dealing with Stress

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

- Plan ahead for exercising in cold weather. Dress in layers and have gloves and hats available for all family members. Try to do something physically active outside at least 2-3 times a week. Bundle up and keep moving!
- Ask friends and family members to bring a healthy holiday recipe that is low in fat and sugar as part of a gift exchange. Punch a hole in the corner or top of the card. Use an ornament hanger to attach the cards on a small Christmas tree. Have guest pick numbers and allow them to select a recipe from the tree in order.
- Review your child's immunization record. Plan ahead to get any needed immunizations that might be required before the next school year.
- Keep plenty of soap and disposable paper towels on hand in your kitchen. Encourage family and guests to wash their hands before helping in the kitchen and before eating meals.
- With your family, review some of the Healthy and Wise tips for safe shopping. Customize the steps for your particular situation, if necessary.

**Be Healthy and Wise!**