

APRIL 2021



Move More Month

Did you know exercise is a real brain booster? According to research from Harvard University, movement is proven to help students improve in the academic areas of learning, memory, concentration, and even emotional resiliency! The American Heart Association has named April "Move More Month" so we're giving you with 10 ways you can help your student move more!

1. Run in place for 30 seconds
2. Dance party for 1 minute
3. Stand up and sit down 10 times
4. Read standing up
5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
6. Jumping Jacks
7. Do the hokey pokey
8. See how many squats you can do in 15 seconds
9. Stand up, touch your toes
10. Wall sit while reading

Source: <https://www.greatschools.org/gk/articles/spark-exercise-and-the-brain/>

Some SPRING for Your Step

It's good to be mindful of where the food we serve comes from—this Earth Day, let's take a moment to appreciate our planet for its ability to provide us with what we need to thrive! On April 22nd, take some time as a family to show you care! Here's how:

- Make a plant-based meal¹
- Organize a clean-up²
- Plant flowers together³



1. <https://www.earthday.org/actions/make-your-next-meal-plant-based/>
2. <https://www.doinggoodtogether.org/bhf/clean-up-your-neighborhood>
3. <https://www.burpee.com/findgrowzone>



Kindness ROCKS!

This month, get creative as you celebrate National Park Week, April 17-25. Have you heard of the Kindness Rocks project? All across the country, people are painting rocks and hiding them as a way to spread creativity and kindness! During National Park Week, find a local park that's new to you and bring some Kindness Rocks to hide as you hike or play!

Source: <https://www.thekindnessrocksproject.com>

We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com