ROCKY MOUNT PREP JAGUARS

AUGUST 2026 WELLNESS NEWSLETTER

LEARN
EAT HEALTHY
STAY ACTIVE
BE KIND

ROCKY MOUNT PREP
CHILD NUTRITION DEPARTMENT

WELCOME BACK JAGUARS!

Healthy Scholars Brighter Futures!

Welcome back, Jaguars! A new school year is a fresh start to set goals, build healthy habits, and make great choices. Let's fuel our minds and bodies for a successful and exciting year ahead!

NUTRITION FOCUS

Power Up for a Great Year!

- Start the day with a healthy breakfast.
- Choose fruits and vegetables every day.
- Pick whole grains and lean proteins to keep you full and focused.
- Limit sugary drinks and choose water instead.
- Pack healthy snacks for after school activities.

SEASONAL FRUITS & VEGGIES

Fresh Picks for August

Watermelon, Peaches, Blueberries, Zucchini
Tomatoes, Cucumbers, Corn, Bell Peppers

HEALTHY HABITS THIS MONTH

GET ENOUGH SLEEP
Aim for 9–11 hours each night so you can learn, focus, and feel your best.

STAY HYDRATED
Drink water throughout the day.

MAKE SMART CHOICES
Choose healthy foods and limit sugary snacks and drinks.

BE ACTIVE
Find fun ways to move your body—walk, play, join a sport, or dance!

KEEP A POSITIVE MINDSET
Be kind, do your best, and celebrate progress!

FAMILY WELLNESS CHALLENGE

Create a "Back to School Wellness Routine" together!

- Pack a healthy lunch together.
- Try a new fruit or vegetable.
- Go for a family walk.
- Have a technology-free evening.
- Read a book together.
- Encourage each other all month long!

TIPS FOR A SUCCESSFUL SCHOOL YEAR

- Eat a healthy breakfast every morning.
- Keep a reusable water bottle with you.
- Try new fruits and vegetables at lunch.
- Keep healthy snacks in your backpack.
- Be active during recess and after school.
- Limit screen time.
- Set goals and believe in yourself—you can do it!

HEALTHY HABITS LEAD TO BRIGHT FUTURES!

STRONG SCHOLARS. HEALTHY HABITS. BRIGHT FUTURES!

FUN DAYS TO CELEBRATE!

AUG 3	NATIONAL WATERMELON DAY
AUG 9	NATIONAL BOOK LOVERS DAY
AUG 12	INTERNATIONAL YOUTH DAY
AUG 19	NATIONAL AVIATION DAY
AUG 26	NATIONAL DOG DAY

CONTACT INFORMATION

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WE ARE JAGUARS!