

AUGUST 2026 Wellness NEWSLETTER

NEW YEAR. NEW GOALS. HEALTHY HABITS. BRIGHT FUTURES.

Welcome back, Jaguars! Let's start this school year strong by making smart choices, staying active, and supporting our minds and bodies every day.



NUTRITION FOCUS

Fuel Your Best Year Yet!

Good nutrition helps you learn, play, and grow every day!

- ✓ Start your day with a healthy breakfast.
- ✓ Choose colorful fruits and vegetables at meals and snack time.
- ✓ Drink water throughout the day—your brain and body will thank you!
- ✓ Include whole grains and lean proteins to keep your energy up.



SEASONAL FAVORITES

Fresh picks for a healthy start!



Peaches



Blueberries



Watermelon



Cucumbers



Bell Peppers



Corn



HEALTHY HABITS THIS MONTH



GET ENOUGH SLEEP

A good night's sleep helps you focus, remember, and feel your best each day.



STAY HYDRATED

Bring a water bottle and sip throughout the day—especially in the heat!



STAY ACTIVE

Move your body! Take dance breaks, walk, or play. Every bit counts.



BE SUN SMART

Wear sunscreen, hats, and sunglasses. Seek shade when you can.



FOCUS ON YOUR MENTAL WELLNESS

It's okay to take a breath. Talk, pray, journal, and ask for help when you need it.

Healthy habits today lead to a stronger you tomorrow!



FUN DAYS TO CELEBRATE!

AUG 4

NATIONAL CHOCOLATE CHIP COOKIE DAY



AUG 7

PURPLE HEART DAY



AUG 12

INTERNATIONAL YOUTH DAY



AUG 19

WORLD HUMANITARIAN DAY



AUG 26

NATIONAL WOMEN'S EQUALITY DAY



AUG 31

EAT OUTSIDE DAY



Every day is a chance to be kind, make a difference, and shine!



BACK TO SCHOOL REMINDERS

- ✓ Eat a healthy breakfast at home or at school.
- ✓ Pack or choose balanced lunches.
- ✓ Bring a refillable water bottle.
- ✓ Wash your hands often.
- ✓ Get plenty of rest.
- ✓ Come to school ready to learn!



FAMILY WELLNESS TIP

Start a Family Wellness Challenge!

Choose one healthy habit to focus on this month as a family.

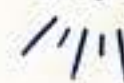
- ♥ Drink more water together
- ♥ Go on evening walks
- ♥ Try a new fruit or vegetable
- ♥ Have tech-free family time

Small steps together, BIG results!



DID YOU KNOW?

Eating healthy foods and staying active can help improve your memory, mood, and energy—all year long!



**STRONG SCHOLARS.
HEALTHY HABITS.
BRIGHT FUTURES.**

CONTACT INFORMATION

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*Let's make this
our healthiest
school year yet!*

