



# JUNE 2026 WELLNESS NEWSLETTER

ROCKY MOUNT PREP CHILD NUTRITION DEPARTMENT

*Healthy Choices Today, Bright Futures Tomorrow!*

As the school year comes to a close, let's celebrate our achievements and look forward to a safe, healthy, and fun summer! Keep building healthy habits that will last a lifetime.



## NUTRITION FOCUS

*Fuel Your Summer Adventures!*

- Eat a variety of fruits and vegetables every day.
- Choose whole grains, lean proteins, and low-fat dairy foods.
- Limit sugary drinks and snacks—choose water instead!
- Plan ahead for healthy meals and snacks when you're on the go.



## SUMMER PRODUCE PICKS




## HEALTHY HABITS THIS MONTH

**STAY HYDRATED**  
 Drink plenty of water throughout the day, especially when it's hot outside.

**BE SUN SMART**  
 Wear sunscreen, hats, and sunglasses. Seek shade and reapply sunscreen often.

**STAY ACTIVE**  
 Find fun ways to move your body every day—swim, bike, dance, play, and explore!


**GET ENOUGH REST**  
 A good night's sleep helps you have more energy and a better mood.

*Healthy habits don't take a vacation!*


## FUN DAYS TO CELEBRATE!

**JUNE 5 NATIONAL DOUGHNUT DAY**  


**JUNE 8 BEST FRIENDS DAY**  


**JUNE 14 FLAG DAY**  


**JUNE 18 INTERNATIONAL PICNIC DAY**  


**JUNE 21 FIRST DAY OF SUMMER**  


**JUNE 27 NATIONAL SUNGLASSES DAY**  


## SUMMER SAFETY REMINDERS

- ✓ Always wear a helmet when biking or scooting.
- ✓ Swim only with a responsible adult and follow water safety rules.
- ✓ Buckle up every time in the car.
- ✓ Know your emergency contact information.



## FAMILY WELLNESS TIP

Create a "Summer Wellness Bucket List" together! Include activities like:

- ✓ Try a new fruit or vegetable
- ✓ Go for a nature hike
- ✓ Have a family game night
- ✓ Read a book together
- ✓ Volunteer in your community





## HAPPY SUMMER!

Thank you for a wonderful school year. We are so proud of our Jaguars!

*Have a safe, healthy, and fun summer!*



## CONTACT INFORMATION

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STRONG SCHOLARS. HEALTHY HABITS. BRIGHT FUTURES.

# WE ARE JAGUARS!