



MAY 2026 WELLNESS NEWSLETTER



ROCKY MOUNT PREP
CHILD NUTRITION DEPARTMENT

Healthy Celebrations & Sun Safety

As we wrap up another amazing school year, May is a time to celebrate accomplishments while making healthy choices. Let's stay hydrated, protected, and energized for all the fun ahead!



NUTRITION FOCUS

Fueling End-of-Year Success

- Start each day with a healthy breakfast to maintain energy and focus. 
- Choose fruits and vegetables as snacks during testing and special events. 
- Include whole grains and lean proteins to help keep scholars energized. 
- Stay hydrated by drinking water throughout the day. 

SEASONAL FAVORITES

May is a wonderful time to enjoy:



Strawberries



Blueberries



Cucumbers



Lettuce



Carrots



HEALTHY HABITS THIS MONTH

SUN SAFETY MATTERS

As temperatures rise:

-  Wear sunscreen when spending time outdoors.
-  Wear hats and sunglasses when appropriate.
-  Seek shade during the hottest parts of the day.
-  Drink plenty of water before, during, and after outdoor activities.

STAY ACTIVE

Physical activity helps reduce stress and improve mood!

-  Family walks
-  Bike rides
-  Outdoor games
-  Playground visits
-  Nature walks



FUN DAYS TO CELEBRATE!

- MAY 4**  **STAR WARS DAY** 
- MAY 5**  **CINCO DE MAYO**
- MAY 13**  **NATIONAL APPLE PIE DAY**
- MAY 16**  **NATIONAL DO SOMETHING GOOD FOR YOUR NEIGHBOR DAY**
- MAY 28**  **NATIONAL HAMBURGER DAY**


FAMILY WELLNESS TIP

Create a Family Hydration Challenge this month!

- ✓ Water consumed each day
- ✓ Outdoor activity completed
- ✓ Fruits and vegetables eaten

Celebrate healthy choices together!





STRONG SCHOLARS. HEALTHY HABITS. BRIGHT FUTURES.

A Note from Ms. Shamika Gardner

Thank you for supporting Rocky Mount Preparatory School's wellness initiatives throughout the school year. Together, we are helping our scholars build healthy habits that will last a lifetime!

CONTACT INFORMATION

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WE ARE JAGUARS! 