



NOVEMBER 2026

WELLNESS NEWSLETTER

ROCKY MOUNT PREP
CHILD NUTRITION DEPARTMENT

Be Kind
Be Grateful
Be Healthy
Be Your Best!

GRATEFUL
HEALTHY
SCHOLARS
BRIGHTER
FUTURES!

November is a time to be thankful, make healthy choices, and take care of ourselves and each other. Let's fuel our Jaguars with good nutrition, positive habits, and a grateful heart!



NUTRITION FOCUS

Nourish Your Body. Fuel Your Success!

- ✓ Enjoy a variety of fruits and vegetables daily.
- ✓ Choose whole grains, lean proteins, and low-fat dairy foods.
- ✓ Limit sugary drinks and choose water.
- ✓ Practice portion control.
- ✓ Try new fall fruits and vegetables.
- ✓ Make healthy choices during holiday celebrations.



SEASONAL PRODUCE PICKS

Fresh, Flavorful and Full of Goodness!



FAMILY WELLNESS TIPS

- ✓ Plan healthy meals together.
- ✓ Try a new fall fruit or vegetable.
- ✓ Take a family walk and enjoy the cooler weather.
- ✓ Have a technology-free evening.
- ✓ Read a book together.
- ✓ Give thanks and share what you are grateful for.
- ✓ Volunteer or do something kind for someone.



HEALTHY HABITS THIS MONTH



GET ENOUGH SLEEP

Aim for 9–11 hours each night to help you focus, learn, and feel your best.



STAY HYDRATED

Drink water throughout the day, especially as the weather gets cooler.



BE ACTIVE

Find fun ways to move—walk, play outside, join a sport, or have a family dance night!



PRACTICE GRATITUDE

Take time each day to think about the good in your life. A grateful heart is a healthy heart!



KEEP A POSITIVE MINDSET

Be kind, set goals, and encourage others. You can do amazing things!



FUN DAYS TO CELEBRATE!

NOV 4

NATIONAL CANDY DAY



NOV 8

STEM/STEAM DAY



NOV 11

VETERANS DAY
(Thank a Veteran!)



NOV 13

WORLD KINDNESS DAY



NOV 16-20

AMERICAN EDUCATION WEEK



NOV 19

GREAT AMERICAN SMOKEOUT DAY



NOV 26

THANKSGIVING DAY



CONTACT INFORMATION



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STRONG
SCHOLARS.
HEALTHY HABITS.
BRIGHT
FUTURES!

EAT WELL
BE KIND
GIVE THANKS
STAY ACTIVE
MAKE A DIFFERENCE

WE ARE JAGUARS!