



OCTOBER 2026 WELLNESS NEWSLETTER

ROCKY MOUNT PREP
CHILD NUTRITION DEPARTMENT

HEALTHY
SCHOLARS
BRIGHTER
FUTURES!

October is a season of change, fresh flavors, and healthy habits!
Let's stay active, make smart choices, and fuel our Jaguars
for a fantastic fall season!



NUTRITION FOCUS

Fall Into Healthy Choices!

- ✓ Enjoy a variety of fruits and vegetables daily.
- ✓ Choose whole grains, lean proteins, and low-fat dairy foods.
- ✓ Limit sugary drinks and choose water.
- ✓ Try new fruits and vegetables this season.
- ✓ Make healthy snack choices at school, at home, and on the go!



FALL PRODUCE PICKS

Fresh, Seasonal and Delicious!



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

Enjoy fall activities like walking, playing outside, joining a sport, or dancing!



MAKE SMART CHOICES

Choose fruits, vegetables, whole grains, and lean proteins to keep your energy up.



KEEP A POSITIVE MINDSET

Be kind, set goals, and celebrate your progress—big or small!

FALL FAMILY WELLNESS TIPS

- ✓ Plan family meals together.
- ✓ Try a new fruit or vegetable recipe.
- ✓ Go for a nature walk and enjoy the fall colors.
- ✓ Have a family game night.
- ✓ Limit screen time and make time for movement.
- ✓ Read a book together.
- ✓ Visit a local farm, pumpkin patch, or community event.

STRONG
SCHOLARS.
HEALTHY HABITS.
BRIGHT
FUTURES!

FUN DAYS TO CELEBRATE!

OCT
1-31

NATIONAL
BULLYING PREVENTION
MONTH



OCT
5-9

NATIONAL SCHOOL
LUNCH WEEK



OCT
10

WORLD
MENTAL HEALTH DAY



OCT
12

INDIGENOUS
PEOPLES' DAY



OCT
16

BOSS'S DAY



OCT
17

FALL FESTIVAL
(TRUNK-OR-TREAT)



OCT
21

UNITY DAY
(WEAR ORANGE)



OCT
24

MAKE A DIFFERENCE DAY



OCT
31

HALLOWEEN
(SAFE & HEALTHY FUN!)



CONTACT INFORMATION



Ms. Shamika Gardner
Child Nutrition Coordinator &
Local Wellness Plan Director



shamika.gardner@rmprep.org



252-443-9923 ext. 101

WE ARE JAGUARS!