



SEPTEMBER 2026 WELLNESS NEWSLETTER

ROCKY MOUNT PREP

Fuel Your Goals This Fall!

ROCKY MOUNT PREP
CHILD NUTRITION DEPARTMENT

Healthy Students. Bright Minds. Stronger Jaguars!

September is a great time to build healthy habits, set new goals, and fuel our learning journey. Let's make this a month of good choices, positive routines, and a healthy, happy school year!



NUTRITION FOCUS

Healthy Choices for a Successful Year!

- ✓ Eat a variety of fruits and vegetables every day.
- ✓ Choose whole grains, lean proteins, and low-fat dairy foods.
- ✓ Limit sugary drinks and choose water instead.
- ✓ Fuel your brain with a healthy breakfast.
- ✓ Try new fruits and vegetables—explore fall favorites!



FALL PRODUCE PICKS

Fresh, Flavorful, and Nutritious!



Apples



Pears



Sweet Potatoes



Broccoli



Carrots



Pumpkin



Squash



Collard Greens



HEALTHY HABITS THIS MONTH



GET ENOUGH SLEEP

Aim for 9–11 hours each night so you can focus, learn, and do your best.



STAY HYDRATED

Drink water throughout the day, especially during school and outdoor activities.



BE ACTIVE

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



KEEP A POSITIVE MINDSET

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

FUN DAYS TO CELEBRATE!

SEPT 7

LABOR DAY



SEPT 9

NATIONAL TEDDY BEAR DAY



SEPT 13

GRANDPARENTS DAY



SEPT 16

NATIONAL GUACAMOLE DAY



SEPT 22

FIRST DAY OF FALL



SEPT 24

NATIONAL PUNCTUATION DAY



SEPT 26

NATIONAL PANCAKE DAY



SEPT 29

WORLD HEART DAY



FALL FAMILY WELLNESS TIPS

- ✓ Plan family meals together.
- ✓ Try a new fruit or vegetable each week.
- ✓ Go for a nature walk and enjoy the changing season.
- ✓ Have a family game night.
- ✓ Limit screen time and make time for movement.
- ✓ Read a book together.
- ✓ Visit a local farm or pumpkin patch.

STRONG SCHOLARS.
HEALTHY HABITS.
BRIGHT FUTURES!

CONTACT INFORMATION



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WE ARE JAGUARS! 🐾