



# MARCH 2012



## The Family that Runs Together, Grows Healthy Together!

As a parent, you know that children are naturally very active. They seem to have only two gears, full speed and stop. But did you know that physical activity is actually necessary for a child's healthy growth. Exercise builds strong bones, healthy muscles and joints, and promotes healthy sleep patterns. It also helps with self-esteem and focus. But studies have found that 58% of children spend more time in front of TV and computer screens than they do outside. Children should spend at least 1 hour a day doing physical activities, such as biking, skating, swimming, or playing team sports, in addition to time spent at recess and PE. And the best way to influence your kids is by example. Parents should make exercise a part of the daily family routine by spending time with your kids in some type of outdoor activity, such as the **Falcon 5K and Fun Run at Holy Family on May 19**. Studies have shown that behavior learned as children is more likely to continue into adulthood. When you make sports and physical activities a priority, you are building a strong foundation for a lifetime of health for your family.

Mon	Tue	Wed	Thu	Fri
27 Pasta Alfredo served with salad and fruit	28 Sloppy Joe sandwiches served with tator tots and fruit	29 Cheeseburgers served with vegetables and fruit	1 Baked Ziti served with salad, breadsticks and fruit	2 <b>11:30 Dismissal</b>
5 Chicken Nuggets served with vegetables and fruit	6 Nachos with beef served with vegetables and fruit	7 Spaghetti with meat sauce served with salad and fruit	8 Hot Dogs served with vegetables and fruit	9 <b>No School</b>
12 Macaroni and cheese served with vegetables and fruit	13 Soft tacos with lettuce and cheese served with fruit	14 Grilled cheese sandwiches served with soup and fruit	15 Fish sticks served with vegetables and fruit	16 Cheese pizza served with salad and fruit
19 Chicken Noodle soup served with vegetables, fruit and a roll	20 Meatball subs served with vegetables and fruit	21 Chicken sandwich served with vegetables and fruit	22 Turkey and Cheese served with vegetables and fruit	23 Cheese pizza served with salad and fruit
26 Cheese quesadilla served with black beans and rice and fruit	27 Lasagna served with salad and fruit	28 Cheeseburgers served with vegetables and fruit	29 Chicken Fried Rice served with vegetables and fruit	30 Cheese pizza served with salad and fruit



**Lunch Tickets can be purchased through the school office for \$35.00 for 10 lunches.**