

## Families Making the Connection


### Get Active as a Family

Being active offers benefits and opportunities for fun as a family! Physical activity builds strong bones and muscles and helps control weight. Children need 60 minutes of moderate to vigorous activity every day. For health benefits, adults need 30 minutes of moderate activity at least 5 days a week. It doesn't have to occur all at once. It all adds up!

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, hula hoops, and jump ropes.
- Encourage kids to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Make a new house rule: no sitting still during TV commercials.
- Facilitate a safe walk or bike ride to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Turn on some music and dance.
- Support students being active with school through PE, recess, Energizers, intramurals and other activities.
- Be creative and find ways to be active and have fun together.

## Menus for January 2021

				Friday, January 1
				No School
Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday, January 7	Friday, January 8
No School	Chicken Nuggets Milk Fresh Fruit/Veggie	PBJ Sandwich Sun Chips Milk Fresh Fruit/Veggie	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	Turkey Cheese Sub Sun Chips Milk Fresh Fruit/Veggie
Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
Turkey Cheese Sub Sun Chips Milk Fresh Fruit/Veggie	Teriyaki Broccoli Bowl Fresh Fruit/Veggie Milk	Chicken Burrito Milk Fresh Fruit /Veggie	Nada Taco Milk Fresh Fruit/Veggie	Chili Bowl Milk Fresh Fruit/Veggie
Monday, January 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
No School	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	Chili Bowl Milk Fresh Fruit/Veggie	Chicken Nuggets Milk Fresh Fruit/Veggie	Cheese Quesadilla Milk Fresh Fruit/Veggie
Monday, January 25	Tuesday, January 26	Wednesday, January 27	Thursday, January 28	Friday, January 29
Chicken Burrito Milk Fresh Fruit /Veggie	Nada Taco Milk Fresh Fruit/Veggie	Pizza Milk Fresh Fruit/Veggie	Chicken Patty Sandwich Milk Fresh Fruit/Veggie	PBJ Sandwich Sun Chips Milk Fresh Fruit/Veggie

Inland Leaders Charter Schools