

RMP LOCAL WELLNESS

NEWSLETTER



MONTHLY NEWSLETTER

MAINTAIN HEALTHY LIFE

As we embark on a new school year, we are excited to continue our commitment to fostering a healthy and supportive learning environment for all our students. Our Local School Wellness Policy (LSWP) is designed to promote the physical, emotional, and social well-being of our students, and we have some exciting initiatives and updates to share with you this month.

VISION & CAUSE

At Rocky Mount Prep School, we envision a healthy and vibrant learning environment where every student has access to nutritious meals and opportunities for physical activity. We are committed to fostering lifelong healthy habits and promoting overall wellness to support the academic and personal success of our students. We believe that healthy students are better learners, and our mission is to implement a comprehensive wellness program that integrates nutrition education, physical activity, and a supportive school environment.



HEALTHY BACK TO SCHOOL TIPS

Starting the school year on the right foot can set the tone for a successful and healthy year. Here are some tips to help your family get back into the swing of things:

- **Balanced Breakfast:** Ensure your child starts the day with a nutritious breakfast to fuel their body and mind.
- **Healthy Lunches:** Pack balanced lunches with a variety of fruits, vegetables, whole grains, and lean proteins. Check out our school menu for nutritious options.
- **Stay Active:** Encourage your child to participate in physical activities both during and after school. Physical activity helps improve concentration and overall health.
- **Hydration:** Make sure your child drinks plenty of water throughout the day to stay hydrated and energized.

New Initiatives and Updates

Enhanced Wellness Policy: This year, we are focusing on improving the implementation and evaluation of our LSWP. We aim to support compliance with USDA requirements and promote a healthy school nutrition environment.

Nutrition and Food Security: We are committed to ensuring all students have access to nutritious food both during and outside of school hours. Look out for updates on our breakfast and after-school snack programs.

Whole School, Whole Community, Whole Child (WSCC) Framework: We are integrating the WSCC Framework into our wellness initiatives to provide a comprehensive approach to student health. This includes physical education, health education, and social-emotional learning.

Join Our Wellness Efforts

We invite all families to join us in our wellness efforts. Your involvement and support are crucial in making our wellness initiatives successful. Together, we can create a healthier school environment for our students. Contact Us If you have any questions or would like to get involved, please contact:

Ms. Shamika Gardner: shamika.gardner@rmprep.org

School Nutrition Office: 252-443-9923 ext. 101

Thank you for your continued support in promoting health and wellness at Rocky Mount Preparatory School. Here's to a healthy and successful school year!

Warm regards,

Shamika Gardner

Child Nutrition Coordinator