

# Local Wellness Newsletter

RMP LOCAL WELLNESS  
COMMITTEE



## Celebrating National Childhood Obesity Awareness Month!

Welcome to September! This month, we are focusing on promoting healthy habits and raising awareness about childhood obesity. Our Local School Wellness Policy (LSWP) continues to guide our efforts in fostering a supportive and healthy school environment. Here's what we have in store for you this month.

National Childhood Obesity Awareness Month Childhood obesity is a serious health issue that affects many children across the nation. At Rocky Mount Preparatory School, we are committed to providing a healthy environment that encourages good nutrition and physical activity.



Here are some ways we can work together to prevent childhood obesity:

- **Healthy Eating:** Encourage your children to eat a variety of fruits, vegetables, whole grains, and lean proteins. Avoid sugary drinks and snacks high in fat and sugar.
- **Physical Activity:** Ensure your child gets at least 60 minutes of physical activity each day. This can include activities like playing sports, riding bikes, or simply playing outside.
- **Limit Screen Time:** Encourage children to spend less time on electronic devices and more time being active. Aim for no more than 2 hours of recreational screen time per day.

**Fall Harvest** As we transition into fall, it's the perfect time to enjoy seasonal fruits and vegetables. Fall produce is not only delicious but also packed with essential nutrients. Here are some seasonal favorites to incorporate into your meals:

- **Apples:** Great for snacking or adding to salads.
- **Pumpkins:** Perfect for soups, pies, and roasted dishes.
- **Squash:** Versatile and nutritious, squash can be roasted, steamed, or added to casseroles.
- **Sweet Potatoes:** A nutritious alternative to regular potatoes, rich in vitamins A and C.

**Mindful Eating** Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. It can help prevent overeating and promote a healthier relationship with food. Here are some tips for practicing mindful eating:

- **Eat Slowly:** Take your time to chew and savor each bite.
- **Listen to Your Body:** Eat when you are hungry and stop when you are full.
- **Avoid Distractions:** Try to eat without watching TV or using electronic devices.
- **Appreciate Your Food:** Take a moment to appreciate the colors, smells, and textures of your food.

**Join Our Wellness Committee** We are always looking for enthusiastic parents and community members to join our Wellness Committee. Your ideas and participation are invaluable in helping us achieve our wellness goals. If you're interested, please contact us!

**Contact Us** If you have any questions or suggestions, or if you would like to get involved, please contact:

- Ms. Shamika Gardner: [shamika.gardner@mprep.org](mailto:shamika.gardner@mprep.org)
- School Nutrition Office: 252-443-9923 ext. 101

Thank you for your ongoing support in promoting health and wellness at Rocky Mount Preparatory School. Together, we can make a difference in the lives of our students.

Warm regards,

Shamika Gardner  
Child Nutrition Coordinator  
Rocky Mount Preparatory School