



PTA Newsletter

September: Physical Activity, Nutrition and Student Success

Successful Students Eat Smart and Move More

Eating smart and moving more have many benefits for children. These activities help kids stay healthy. In fact, certain diseases such as type 2 diabetes and high blood pressure are less likely when kids exercise and eat right. These activities can also help students succeed in school, and in life.

Physical activity helps children get better grades. Regular physical activity helps kids stay focused and more interested in what they are learning. Structured exercise teaches children how to cooperate and share. These skills are critical to academic success and in life.

Good nutrition is also important for students. Research shows that eating a school breakfast improves a child's ability to think. It also encourages school attendance. Students who eat nutritious breakfasts and lunches are better able to pay attention and learn.

Students develop lifelong eating and physical activity habits at a young age. The school environment can affect how children learn to eat. It can also affect how children view physical activity. Teaching healthy eating and the importance of getting regular physical activity at school helps ensure lasting good health.

As families, educators, and administrators, you can help to improve nutrition and physical activity in school.

For more information:

www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html

www.nutritionnc.com/ResourcesForSchools/index.htm

www.actionforhealthykids.org