

# RMP JANUARY NEWSLETTER

January 2025

## New Year, New You

Happy New Year! January is the perfect time to set fresh goals and embrace healthy habits that will carry us through the year. This month, we are focusing on goal-setting, staying active during the winter months, and incorporating seasonal foods into our diets.

### New Year, Fresh Goals

Setting wellness goals is a great way to start the year. Here's how you can make your goals SMART (Specific, Measurable, Achievable, Relevant, Time-bound):

- For Students: Encourage them to try one new vegetable a week or drink an extra glass of water each day.
- For Families: Plan one physical activity together each weekend, like a nature walk or family yoga session.

## Stay Active

### Stay Active Indoors

When the weather is too cold for outdoor play, here are some indoor activities to keep everyone moving:

- **DIY Fitness Classes:** Create a family-friendly workout routine with jumping jacks, stretches, and dance moves.
- **Fitness Challenges:** Use apps or simple charts to track steps or minutes of movement each day.
- **Active Screen Time:** Find interactive games or videos that combine fun with exercise.

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## Seasonal Winter Foods

Winter produce offers incredible flavor and nutrition. Add these items to your family's meals:

- **Sweet Potatoes:** Bake them as fries or mash them for a comforting side dish.
- **Citrus Fruits:** Enjoy oranges, grapefruits, and tangerines for a vitamin C boost.
- **Root Vegetables:** Roast carrots, parsnips, and beets for a sweet, healthy treat.

## Join Our Efforts

**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.

Warm regards,  
Shamika Gardner  
Child Nutrition Coordinator  
Rocky Mount Preparatory School