

Fall 2024

RMP November Newsletter



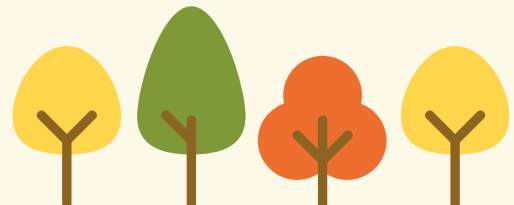
Annual Fall Festival

Mark your calendars, Our school will host its annual fall festival. Free activities include face painting, rock climbing, live music and more. Bring a little extra cash for food trucks,

Family Fitness

Staying active as a family can be fun and rewarding. Here are some ideas to keep your family moving this fall:

- Nature Walks: Take advantage of the cool weather by going on family nature walks or hikes.
- Home Workouts: Try family-friendly workout videos or create a fun obstacle course at home.
- Seasonal Activities: Rake leaves together, play touch football, or have a family dance party to stay active and have fun



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Healthy Thanksgiving and Gratitude for Wellness

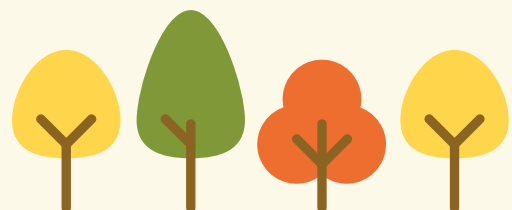
As we enter November, we are excited to focus on gratitude, healthy eating, and family fitness. This month, we have tips for a balanced Thanksgiving meal, ideas to foster gratitude, and activities to keep your family active as the weather cools down.

Healthy Thanksgiving Thanksgiving is a time to enjoy delicious food and spend time with family. Here are some tips to keep your Thanksgiving healthy and nutritious:

- **Balance Your Plate:** Make sure to fill half your plate with vegetables and fruits. Include lean proteins and whole grains for a balanced meal.
- **Portion Control:** Enjoy all your favorite dishes, but be mindful of portion sizes to avoid overeating.
- **Healthy Recipes:** Try incorporating healthier versions of traditional dishes. For example, use whole wheat bread for stuffing or make mashed potatoes with cauliflower.

Gratitude and Wellness Practicing gratitude can have a positive impact on mental and emotional well-being. Here are some ways to incorporate gratitude into your daily routine:

- **Gratitude Journal:** Encourage your child to keep a journal where they write down things they are thankful for each day.
- **Thank You Notes:** Help your child write thank you notes to friends, family, or teachers to express their appreciation.
- **Gratitude Jar:** Create a gratitude jar where family members can add notes about things they are grateful for. Read them together at the end of the month.



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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. Wishing you and your family a healthy and happy Thanksgiving!

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

