

March Health Newsletter



Gardeners Know the Best Dirt

We have had so many sensational things happening in the garden and outdoor classrooms! Each and every child has had an opportunity to plant vegetables and/or herbs. Currently we have many types of lettuce, brussel sprouts, potato, broccoli, carrots, kale, and cabbage growing. For herbs we have basil, sage and calendula.

During Montessori Week we had a presentation on mushrooms, and the children got to help inoculate logs and place mycelium in jars. These are the “seeds” to grow mushrooms. The logs will be placed in the garden and the jars are in certain classrooms.

We can't wait to harvest all of these yummy crops!



March is National Nutrition Awareness Month

Here at CEMCO we take a leading direction in healthy eating. A balanced diet is key to a healthy bodies and minds. That is why Maria Montessori believed that a healthy body, mind and spirit were essential to education. This is also why we have developed nutritional guidelines, as explained in our *Family Handbook*.

Studies have shown that childhood obesity is on the rise. In fact about 1 in every 5 students ages 6-19 is considered obese. So how do we combat this rising rate?

Here are a few tips you can try at home:

- Include your children in the preparation of meals
- Offer fruits and veggies first
- Sit down to eat together as a family
- Model good eating habits

Ideas for healthy choices:

- Fruits and veggies (with or without dip)
- Bagels with cheese
- Low-sodium crackers with ham and cheese
- Nuts
- Air-popped popcorn
- Low-sodium pretzels
- Hardboiled eggs
- Yogurt
- Hummus (use veggies, pitas, pretzels or crackers to dip)
- Dehydrated meats

