

March Elementary

Staying Active

March has been full of energy and movement as we focus on physical fitness and moving our bodies in Healthy Kids! Staying active is important part of growing strong, staying healthy and improving sleep, focus and energy levels. Experts recommend at least 60 minutes of physical activity every day, and this month students got closer to meeting that goal by playing Wheel of Fortune FITNESS!

Students had the opportunity to spin the Fitness Wheel, which lands on a variety of exercises. The best part? All the activities were simple, fun and didn't require any equipment. From jumping to stretching, to balance and strengthening exercises, every spin brought competition and enthusiasm to the class.



Try it at home

Help your child reach their daily activities by making movement part of your family routine. Try a walk together after dinner or on the weekends, do a YouTube movement video or let them SEE you work out. Chances are they'll want to join in!

March Kindergarten

Healthy Hero Zoe

Our Healthy Hero of the month was Zoe, who reminds us how important it is to set limits on screen time—two hours or less! As a class, we read “The Couch Potato” by bestselling creators of The Bad Seed. This story about a tech-savvy spud helped students understand that it is important to find a healthy balance between screen time can take away from other activities they love. To get our bodies moving, we play Fruit and Veggie Land, a fun active twist on the classic board game Candy Land that combines fruit, vegetables and exercise!



Try it at home

Bedtime Challenge: ask your child to help make a bedtime routine chart that includes brushing teeth, reading a book and turning off screens or lights. Check off each step as they get ready for bed!

Summer Classes

Registration opens April 1 for the Reading and Running Club, Parent and Child Cooking Class, Safe Sitter and Teen Cooking Class. Spaces fill up fast!

www.sarahbush.org/healthycommunities



RUNNING AND READING CLUB

9 to 11 am

June 15, 17, 22, 24, 29

July 1, 6, 8, 13, 15

July 18 (5k Run for the Bagel)

Mattoon Public Library

Parent / Child Cooking Class

11am to 1 pm

June 16, 18, 30

July 2, 7, 9

EIU Klehm Hall



TEEN Cooking Class

11am to 1 pm

June 23

July 21

EIU Klehm Hall



Race day is June 6 at EIU's O'Brien Stadium



Kids 12 and under who participate in Healthy Kids classroom lessons are eligible for **\$5 off** registration for any event at Races for all Paces! Use promo code **HEALTHYKIDS** at checkout to receive the discount.

This offer is provided on behalf of Sarah Bush Healthy Kids to encourage healthy, active fun for kids and families. Children must be accompanied by an adult.

<https://runsignup.com/Race/Register?raceld=84911&coupon=HEALTHYKIDS>

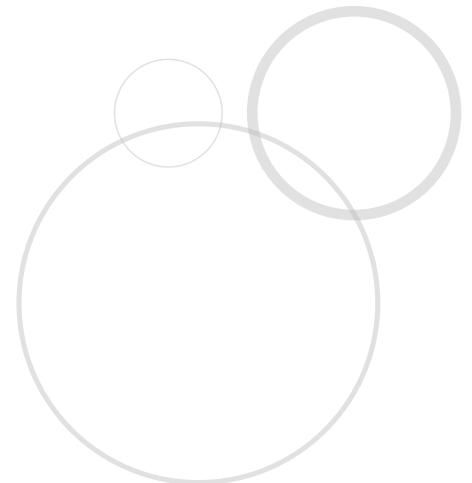


SBL Healthy Communities

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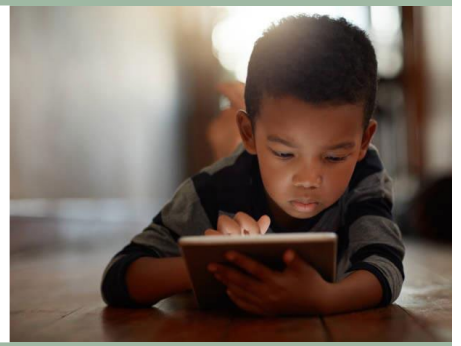
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DIGITAL DISCERNMENT

Creating a tech-ready home in the AI Age

A free workshop for parents and caring adults



It is possible to raise calm, confident kids in today's fast-moving digital world and we're here to show you how! Introducing our Tech-Ready Home Framework, a proven, practical approach designed to help families thrive in the AI age. After speaking with thousands of parents, grandparents and caregivers, we've discovered the FIVE key habits that set up a home for digital success and peace of mind.

In this 90-minute session, you'll learn:

- Why your router might just be the most powerful parenting tool in your home.
- What's even more effective than parental controls?
- What the "Toxic Trio" is and how to protect your kids from it.
- Why 72% of teens are already using AI companions and what that means for your family.

6 - 7:30 pm
Tuesday, April 14

The Fields Church | Mattoon
Cross County Mall location
700 Broadway Ave. East, Mattoon
Parking is located at the back of the mall.

- No registration required
- Light refreshments will be served
- Raffle prizes

Sponsored by Linda K. Keeler

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