

# healthykids

a journey to healthy habits

December 2025

## December Elementary

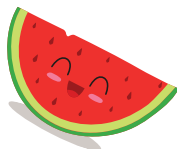
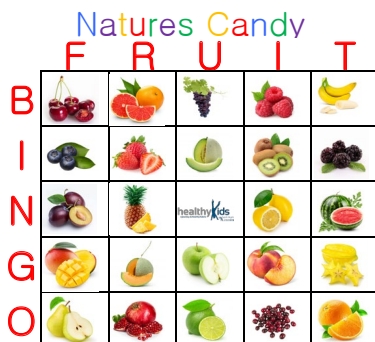
### Fruits - Nature's Candy



This month, students learned how fruits help protect our bodies and keep us healthy.

Often called "nature's candy", fruit is packed with important vitamins like A, B, and C that support immunity, energy, and overall wellness.

We also discussed how natural sugars in whole fruit give us energy, while added sugar in juices and dried fruits should be limited. Plus, fruits are mostly made of water, helping keep our bodies hydrated! We finished the lesson with Nature's Candy Bingo where students were given clues to identify different fruits to earn a prize! Blueberries were the snack of the month.



## Parent Tip

Make fruit smoothies a fun weekly tradition! Let your child choose 2 to 3 bags of frozen fruit at the store, pick a day to blend together, add fruit to the blender with a splash of milk and some Greek yogurt for extra protein. Blend, sip and enjoy!

**Smoothie Night!**

## December Kindergarten

### Eat the Rainbow

Just like a rainbow leads to a pot of gold, eating a colorful variety of fruits and vegetables supports "golden" health and strong bodies. Each color helps our bodies in a different way.

This month, kindergartners learned about the importance of fruits and vegetables by reading The Sugary Story. The story highlighted the importance of the natural sugars found in fruits and vegetables that gives our bodies energy versus the added sugars found in things like candy and soda.

The lesson ended by playing our Healthy Hero Sasha's Race to Build a Rainbow, where they collected foods from every color of the rainbow! Blueberries were the snack of the month.



## Parent Tip

Create a fun, healthy snackle box for your child using a divided container or lunchbox. Fill each section with colorful, nutritious choices like fresh fruit, cheese cubes and veggies with dip, yogurt, whole grain crackers or trail mix. Let your child help choose and arrange the snacks. It makes them more excited to eat healthy!

**Build a Snackle Box!**

## Teacher Spotlight: Miss Tracy, our Healthy Hero!

Tracy Haddock has been with Healthy Communities since October 2024 and serves as Director of Healthy Communities. She enjoys any opportunity she gets to be in the classroom, sharing her passion for helping others make healthy choices.

Tracy lives in Windsor with her husband, Mike, and they have four adult children who are all married, along with five grandchildren and another grand baby on the way.

She is passionate about the SBL Dental Program, planning the Races for All Paces event and taking Sports World presentations to area schools. In her free time, Tracy helps serve her community through a civic improvement group, spending time with her grandchildren whenever she can and daily walks with her sister.



### ○ Meet ○ MISS TRACY

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**Pediatrician Aamir Ansari, DO**, from the SBL Pediatric Clinic offers some great tips when it comes to kids and flu season. Click this You Tube link to learn more.

[https://youtube.com/shorts/rSzgeOc\\_U88](https://youtube.com/shorts/rSzgeOc_U88)



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