

# healthykids

a journey to healthy habits

April 2026

## April Elementary

### Kickstart Car

As weather permits, we are excited to bring the Kickstart vehicle to school to have fun outside of the classroom while staying active! Through interactive games like jump rope, dribbling balls, running through obstacles, balancing or using quick-feet, students were rewarded for all of their hard work in the classroom during our Healthy Kids visits.



## Try it at home

Give it a go! Use code HEALTHYKIDS to get a FREE 1-mile fun run/walk registration or take \$5 off any other event at Races for all Paces on June 6. This offer is for kids 12 and under. Bring the whole family and join in one or more uniquely timed events!

## April Kindergarten

### Kickstart Car

We wrapped up a fun year of Healthy Kids lessons with the Kickstart car! Students got the chance to go outside (weather permitting) to enjoy fun, interactive lessons like jump ropes, scooters, balance pods and more. We jumped, scooted and had a blast at each station for a few minutes before rotating to the next. For all of the hard work put into learning these healthy habits this year, each student received a Healthy Hero activity book and a Healthy Hero Ian Medal. Take some time to complete an activity together at home from the book!



## Try it at home

Ask your kiddo about one of the Healthy Heroes: Sasha, Zoe, Ian, Ori. What do they teach us?



10K • 5 K • 1 Mile Walk/Run • Toddler Trot & Diaper Dash

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?raceId=84911&coupon=HEALTHYKIDS>

## Summer Classes

Register NOW 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](http://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





If you were not able to attend the presentation by Chris McKenna, founder of Protect Young Eyes, we encourage you to check out the website for more information. <https://www.protectyoungeyes.com/>

The presentation held on April 14, was packed with very practical advice regarding technology and how to raise tech-wise, morally grounded and resilient kids in a wild, digital world.



Summer will be over before you know it so get your student athlete game-day ready with Sarah Bush Lincoln's \$20 sports physicals. Fourteen area clinics are participating, making it easy and affordable to check this off your list. Please note that SPORTS physicals DO NOT meet the kindergarten, 6th or 9th grade HEALTH physical requirement.

- Immunizations will not be given.
- Cash or check only will be accepted.
- Insurance will not be billed, nor will insurance co-pays be collected.
- Parent or guardian must sign medical history form or be in attendance.

**See the entire schedule of participating clinics, dates and times:**

**[www.sarahbush.org/sportsphysicals](http://www.sarahbush.org/sportsphysicals)**



**SBL Healthy Communities**

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