

Shelby County Schools Coordinated School Health

March 2021

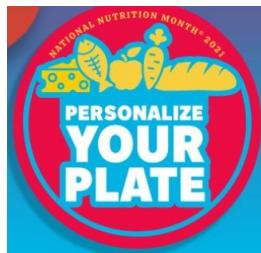
National Nutrition Month

"Health is the result of investing in good nutrition"

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is **"Personalize Your Plate."** There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are. <https://sm.eatright.org/NNMinfo>

#NationalNutritionMonth



Follow us on Instagram for updates!



Scan the QR Code or click
[Scscoordinatedschoolhealth/](https://www.instagram.com/scscoordinatedschoolhealth/)



Health Headline

National Nutrition Month

School Breakfast Week– March 8-12

**National Sleep Awareness Week
March 14-20**

**Sign up today for
Girls on the Run**

School Breakfast Week

&

National Sleep Awareness Week

March 2021

School Breakfast Week

Join us March 8-12 for National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. This year's theme, "Score Big with School Breakfast," reminds parents and stakeholders that a healthy school breakfast helps ensure students' academic success in school so they can "score big" and reach their goals.

Studies show that children who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

Resource: School Nutrition
Association
www.schoolnutrition.org
#NSBW



Girls need
Girls on the Run
now more than ever!



Scan the Girls on the Run QRC to register today!!

National Sleep Awareness Week

Join us March 14-20 for Sleep Awareness Week for a week-long of sleep health. As the global voice for sleep health, NSF educates the public about the importance of sleep health through our annual Sleep Awareness Week campaign. This year's Sleep Awareness Week theme is "Celebrate Sleep Health."

Resource: National Sleep Foundation
www.thensf.org
#CelebrateYourSleepHealth

CELEBRATE YOUR SLEEP HEALTH

Girls, get ready to RUN THE WORLD

Yes, we're talking to you! Girls on the Run Memphis wants you to join us this Spring. Get ready to make new friends, new memories, and have fun while doing it.



How does it work?

Twice a week for 8 weeks, you'll join your team for in-person or live virtual lessons, led by a trained coach.

Together you will explore topics like making friends, understanding emotions, celebrating differences, and overcoming challenges. Through fun games, great discussions, creative activities, and physical exercise, you'll develop the tools to become a stronger, more confident, and brighter version of yourself!

Talk to an adult at home and visit our website at <https://www.gotrmemphis.org/our-programs> to learn more about signing up for our Girls on the Run Spring Program.



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