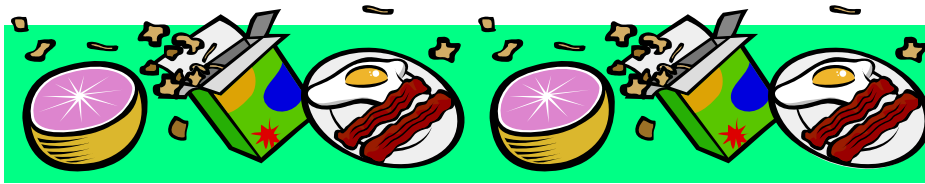


HCS Staff Wellness Newsletter



Breakfast really IS the most important meal of the day.

It is vitally important to organize your schedule so you have time for breakfast. Encouraging your students to eat breakfast will also prove beneficial. Research shows breakfast reaps the following rewards:

- Sharpened Mental Acuity
- More Energy
- Improved Memory
- Improved Mood
- Fewer Behavior Problems
- Better Weight Control
- Increased Metabolism

Fiber and Protein are 2 key items that contribute to a healthy breakfast.

Quick and Healthy Breakfast Ideas Include:

- Any whole grain cereal (Cheerios, Life, Oatmeal)
- Hardboiled Eggs
- Whole wheat toast with peanut butter
- Whole wheat bagels with low fat cream cheese
- Apples, Bananas
- All Bran Cereal Bars
- Yogurt with low fat granola

Remember that breakfast items that are high in fiber and protein (and low in sugar) will keep your students' blood sugar stable as school progresses, thus improving their ability to focus and behave.

Coming to an Elementary or Middle School near you...

Hawkins County Schools received a \$337,713.00 grant to increase physical activity throughout the school day.

Grant funding will provide:

- 1/4 mile walking trails at each K-5 school
- Groundcover to bring all K-5 playground equipment up to safety standards
- New circuit training equipment for all K-5 playgrounds
- Take 10! Activity Kits for all K-5 classroom teachers
- Dance, Dance Revolution, Nintendo Wii, and Gamebikes for all K-8 PE classes
- Professional development funds for PE teachers

Want to receive fitness and nutrition tips via email each day? Visit www.getfittn.com and sign up for daily tips!



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