



Healthy School News

AGRA PUBLIC SCHOOLS

PO Box 279, Agra, Oklahoma 74824

August 17, 2018

Welcome to the Healthy School News

Parents: This school year we will be working to provide you information to keep your child healthy and happy this school year. This is a big part of their academic success. There will be informational articles, recipes for healthy snacks, and activities to encourage learning. Our goal is to work hand-in-hand with parents and guardians to provide a safe, healthy, positive school environment for students to learn and grow.



BEFORE SCHOOL There are lots of ways your kids can get active before, or even on the way to school. They can be physically active every morning before breakfast, or, as long as it's safe, walk or bike to school. Just follow these tips to help ensure safety. Be sure their route has adult crossing guards at every intersection. Teach your child to never talk to strangers, and discuss when it's okay to get a ride from a family member or friend. Remind them to never walk or bike alone, and to take the same route every day. Designate safe places to go in case they need help, like grocery stores or a friend's house. Respect traffic lights and stop signs. Always wear a helmet!



DINNER When it's dinnertime, let your kids pitch in in the kitchen. They'll be more interested in eating something they were involved in preparing. Plus, they'll gain important nutritional knowledge in the process.

The Little School That Could



Aged Does!