



Building Healthy Students



Grapeview School District

October 2018

Secrets for Better Brain Power

What's the best way to give your student a boost when it comes to learning in school? Some studies show that students learn better if they're physically active each day. Exercise helps the brain get more of the oxygen it needs to think right.

Other studies tell us that children who eat breakfast and lunch have better math and language skills. Food gives the brain nutrients needed for thinking.



A balance between healthy eating and physical activity is the best way to have better brain power.



Loving Your Family

One way to be active this fall is to rake leaves. Put away the leaf blower and pull out the rakes! Everyone can help and have fun jumping into leaf piles. No leaves in your yard? Find a neighbor who can't rake their own.

National School Lunch Week

S-t-r-e-t-c-h your food dollars...Take a fresh look at *Basic Food*. Families can now qualify with income at or below 200% of the federal poverty guidelines. If approved for *Basic Food*, your children will automatically qualify for free lunch. For more information, call 1-877-514-FOOD or go online at www.foodhelp.wa.gov.

Kids Can Cook!

The last of the harvest comes in during October – winter squashes, potatoes, apples and pears. Save money—buy these locally and store in a cool, dry place for eating later.

Apple-Pear Confusion

- 1 apple
- 1 pear



1. Choose fruits that are about the same size.
2. Wash fruits.
3. Use a plastic knife to cut slices about one-half inch thick across each fruit.
4. Make new fruits by stacking one slice of apple, then one slice of pear and repeat. What is it...an apple or a pear?! Eat it up, yummm.