


# HEALTHY HEART MONTH



## FEBRUARY 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
 <p><b>February is healthy heart month at Rowayton School!</b> Students and staff will participate in a heart-healthy activity every day this month. Being heart healthy means eating well (plenty of fruits, veggies, whole grains and low sugar/salt/unhealthy fats), exercising, and getting enough sleep. It also means being kind to others and feeling happy! Join us to make your month at home heart-healthy too by thinking of ways you and your family can be good to your and others' hearts! <b>Return this calendar at the end of this month with a mark on the activities you completed.</b></p>						
<p><b>2</b> <b>GROUNDHOG DAY</b> At home suggestion: Play outside and see if YOU see YOUR shadow today</p>	<p><b>3</b> <u>Heart Health Intro:</u> Class discusses what makes our hearts healthy and happy</p>	<p><b>4</b> <u>Be Kind:</u> Smile or wave when you pass someone in the hall</p>	<p><b>5</b> <u>Move Around:</u> Class does GoNoodle together</p>	<p><b>6</b> <u>Curious About Hearts:</u> Class comes up with questions they have about the heart and how it works</p>	<p><b>7</b> <b>NATIONAL WEAR RED DAY</b> <u>Show Support:</u> Wear RED to show you support heart health</p>	<p><b>8</b> At home suggestion: Eat a veggie</p>
<p><b>9</b> At home suggestion: Help someone at home with a chore</p>	<p><b>10</b> <b>DODGEBALL BEGINS (3-5)</b> <u>Caring about Kindness:</u> Students discuss and share something kind that someone did for them</p>	<p><b>11</b> <u>Mindful Minute:</u> Take a few minutes as a class to do a meditation exercise</p>	<p><b>12</b> <u>Calm Your Body &amp; Mind:</u> Try a yoga pose (or 2) as a class</p>	<p><b>13</b> <b>NO SCHOOL</b> At home suggestion: Give a neighbor or friend a compliment</p>	<p><b>14</b> <b>NO SCHOOL VALENTINES DAY</b> At home suggestion: Do something nice for someone you know</p>	<p><b>15</b> At home suggestion: Make a list of 5 healthy foods that you like</p>
<p><b>16</b> At home suggestion: Do 10 jumping jacks</p>	<p><b>17</b> <b>NO SCHOOL NATIONAL RANDOM ACT OF KINDNESS DAY</b> At home: Think of a way you can be kind at school</p>	<p><b>18</b> <u>Kind Ideas:</u> Class discusses ways to be kind in school and chooses one or more to do today</p>	<p><b>19</b> <u>Helping Hearts:</u> Offer to help someone at school</p>	<p><b>20</b> <u>Support The Staff:</u> Honor someone who works in the school and create a class note or picture to describe how they help you feel heart healthy</p>	<p><b>21</b> <u>Lunchtime Kindness:</u> Use the activity cards at your table to spread kindness</p>	<p><b>22</b> At home suggestion: Try a new healthy food</p>
<p><b>23</b> At home suggestion: Join a buddy (family/friend/neighbor) to jog for 15 min around the block/in a driveway (or even in place inside!)</p>	<p><b>24</b> <u>Class Talk:</u> Share something heart-healthy you did this month</p>	<p><b>25</b> <u>More Moving:</u> Class does 5 stretches and 5 jumping jacks together</p>	<p><b>26</b> <u>Prioritize Health:</u> Eat the healthiest thing in your lunch first</p>	<p><b>27</b> <u>Find Fresh Air:</u> Take three deep breaths outside (or near a window) as a class</p>	<p><b>28</b> <b>DANCE-A-THON (K-2)</b> <u>Heart Reflections:</u> Discuss as a class one thing you learned about being heart healthy this month</p>	<p><b>29</b> At home suggestion: Tell someone you know how you think they help your heart</p>

### HEALTHY HEART FACTS

**FOOD:** The American Heart Association recommends children from ages 2-18 have less than 25 grams of added sugar per day  
**EXERCISE:** Kids ages 6+ should be physically active for at least 60 minutes per day (and ideally get breathless during some of the activity)  
**SLEEP:** Kids ages 6-12 should get 9-12 hours of sleep per night  
**KINDNESS:** Being kind helps produce serotonin, a chemical in the brain that lets us feel happy and calm

