

Parents/Guardians of Kindergarteners

Your child visited the Life Education Center!

With the help of TAM, a transparent anatomical mannequin, students learned about the basic body parts and were reminded that eating healthy helps their bodies stay strong.

The class played a game where they taught the Life Education Center's Jocko the Monkey about eating from all five food groups (Dairy, Fruits, Vegetables, Grains, Protein).

Students then met Harold the Giraffe, the LEC's mascot, who encouraged the students to have a positive attitude and to use self-praise and peer-praise to support a healthy mindset.

Students also discussed taking medicine when they are sick. They learned to only take medicine from a trusted adult and to follow safety rules including keeping medicines in their original containers that are secure and out of reach.

Remind your child that as a family you choose:



**"Wise Highs...
Choices You Can
Live With!"**

To reinforce this lesson at home:



Have some fun as a family by creating, shopping for, and cooking a meal together. Plan your meal at home first to make sure it includes the five food groups. Encourage your child to help serve the meal.



To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines in your home and make sure they are in a secure location.

Parent Tips:

1. Model Healthy Screen Time Behavior

Teach your kids how to limit screen time and find healthy alternatives like family game night.

2. Model Positive Social Behavior

Demonstrate healthy relationship behaviors like respect, empathy, and conflict resolution.

3. Model Positive Self-Talk

Demonstrate how to use your words to build yourself up rather than tear yourself down.

4. Model Perseverance

Include your kids in home projects and activities that demonstrate how to work hard to accomplish a goal.

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