Make School Lunch Happen at Home!

Parents have had much more to think about going into this school year—but lunch doesn’t have to be a worry! Did you know that our district provides meals to families EVEN when students aren’t in school? That includes remote learning! The lunches we provide are delicious, nutritious, and familiar to your student. If you’d like to hear more about our school meal services, give our School Nutrition Department a call.

Give Yourselves a Brain Boost

When it comes to working or learning remote, it can be a challenge to keep active. Going into this school year, it’s important to remember the brain benefits of movement! Did you know that a single workout can improve a student’s ability to focus for up to two hours? That’s a major brain boost! The thing is, don’t overthink it! Ask your student what sounds fun then join them if you can! Whether it’s trampoline time or a bike ride, 30 minutes of yoga or a living room obstacle course, the trick is to just find the time!

Help Stop the Spread

Something we can all do, no matter our age, is to help stop the spread of COVID-19! This is a message you can model and share with your children at home.

What you can do:

- Wash hands often with soap and warm water or use a hand sanitizer with at least 60% alcohol.
- If you’re sick, stay home. If friends or family are exhibiting symptoms, avoid contact.
- Keep a distance of at least 6 feet in public places. Show your student what 6 feet looks like using two arms, two shopping carts, or even a tape measure!
- Wear a mask in public places and/or whenever social distancing can’t be accomplished.

As you speak with your student about COVID-19, it’s important to find the balance between facts and what might cause fear. Here’s a resource you can use to start, or continue, the conversation:


We’re rethinking school meals!
Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com

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