



Happy Valentine's Day!



Originating from ancient Roman traditions, the Valentine's Day we celebrate today has evolved from a festival that paired young individuals to a day for celebrating love in all its forms. In the present, it provides an opportunity for families to emphasize emotional well-being and the importance of nurturing relationships.

As parents and caregivers, we can use this occasion to teach our children about healthy expressions of love and affection, emphasizing gestures like kind words, acts of service, and spending quality time together. By understanding its historical roots, we can appreciate Valentine's Day not just as a commercial holiday, but as a meaningful reminder to prioritize social-emotional health, connection, and putting more love out into the world!

For more information about Valentine's Day, click here:

<https://kids.nationalgeographic.com/celebrations/article/valentines-day>



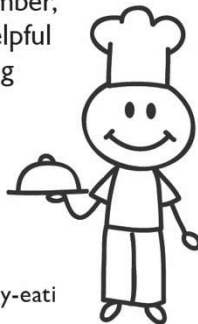
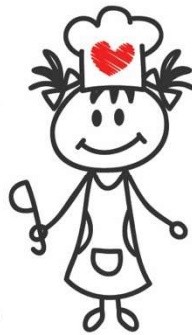
Be a Savvy Snacker

Empowering our students with brain-boosting snacks

not only supports their physical health, but can also help enhance their cognitive function and concentration. Let's rethink snacking, focusing on wholesome choices that fuel both body and mind. Consider pairing crunchy options like apples or celery with peanut butter or hummus. Choose lower-sugar drink alternatives like infused water or unsweetened teas. Simple swaps, such as whole-grain toast with nut butter or a fruit smoothie, can pack a powerful nutrient punch! Remember, when choosing packaged snacks, it's helpful to check the Nutrition Facts for serving sizes and ingredients. Together, let's nourish our families with snacks that energize their days and support their learning journey!

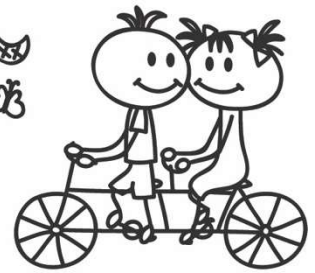
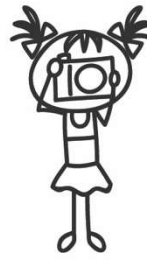
For more snack ideas, click here:

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/healthy-snacking>



Be Heart Smart

February isn't just about celebrating love; it's also a powerful reminder to prioritize the health of our hearts! Since 1964, thanks to President Lyndon B. Johnson's proclamation, we've celebrated February as American Heart Month – a time dedicated to spotlighting heart health and the vital steps we can take to safeguard our hearts. How can you share the importance of heart health with your kids? Encourage them to embrace daily veggies, opt for whole grains, and enjoy the kinds of physical activities that make their hearts sing! Want to go even further to support heart health this month? Consider joining a CPR/AED class with the American Red Cross.



Together, as families, let's ensure that every beat counts! For more on American Heart Month, click here:

<https://www.redcross.org/local/florida/south-florida/about-us/news-and-events/news/american-heart-month--be-prepared-to-save-a-life.html#:~:text=In%201964%2C%20President%20Lyndon%20B,to%20prevent%20this%20deadly%20disease.>