



Students throughout the District are learning about character building through a weekly series of character-building lessons. Each lesson provides a **Home Link** and a **Community Link** to reinforce the daily classroom lesson. The **Home Link** is designed to foster meaningful communication among family members.

The *Community Link* is a proactive tool designed to heighten good character awareness and promote socially responsible behavior in the community. Each week focuses on the character quality presented in our elementary schools and provides ideas for your consideration.

The Community Link

This week, our students are focusing on the quality of **HEALTHY LIFESTYLE**. They are learning about:

- The importance of developing healthy living habits.
- Which foods are good and nutritious.
- Why getting adequate sleep and eating breakfast are necessary for growing and maintaining the brain's ability to work.
- How to calculate how many daily calories are consumed and determine how many of those calories are healthy calories.

Please take the time to consider what this good character quality means to your own group or organization by sharing the following:

HEALTHY LIFESTYLE

is the way a person lives his or her life so that his or her mind and body is free from illness and harm.

Consider using this Community Link with your employees, membership or organization whenever possible.

What You Can Do!

- Be a role model for healthy living in your organization. Encourage others to be role models for healthy living for the youth in our community.
- Ask this question to yourself and others: "If you don't take care of your body, where will you live?"
- Walk when you can. Take the stairs whenever possible. Dance instead of snack and you'll feel better before you know it.
- Food for thought: Think about your daily habits. Do you eat breakfast? Do you eat the recommended amount of veggies and fruit? Do you exercise regularly? Should you?
- Integrate Healthy Habits throughout your organization as often as possible.