

# DIXIE SCHOOL DISTRICT IS CELEBRATING VALENTINE'S DAY AND HEALTHY HEART MONTH



The heart, the symbol of Valentine's Day, is why February is also seen as a time to increase awareness about heart health.

To build a strong heart you need:

- ♥ to eat a variety of healthy foods and avoid unhealthy fats such as saturated fats and trans fats.
- ♥ a daily dose of huffing and puffing activity (jump roping, dancing, basketball, roller skating, etc.)

How is Dixie School District celebrating a heart healthy Valentine's Day and heart health awareness all month?

1. Valentine's Day celebrations should focus on activities, games and crafts. Food brought to school is required to follow the District Wellness Policy guidelines. Some yummy suggestions for Valentine parties include fruit cut out with heart shaped cookie cutters, trays with red veggies and fruits, whole grain crackers and cheese, pop corn without artificial flavors or colors.
2. PE teachers will be focusing on the importance of physical activity. Students will be bringing home an "exercise gram" to record their physical activities outside of school. Please assist your child in recording his or her activities during February.

Return the exercise gram to school so that the PE teachers can tally up all of the minutes/hours of exercise at the end of the month.

Dixie School District is there to help your children be well on the way to having a healthy heart month.

