

# AUGUST WELLNESS NEWSLETTER



## Theme: Back-to-School Wellness



### Nutrition Focus

- Reset summer habits by eating regular, balanced meals
- Review school lunch menus together with your child
- Limit late-night snacks that can disrupt sleep

### Healthy Habits This Month

- Aim for at least 8 hours of sleep each night
- Maintain a consistent bedtime and wake-up time
- Elevate mood and focus with morning exercise

### Fun Days to Celebrate

- 8/8 - National Happiness Happens Day
- 8/19 - National Potato Day

**ROCKY MOUNT PREP  
CHILD NUTRITION DEPARTMENT**