



March 2015

Parent Engagement Communicator

Dear Parents,

The National theme for March is Nutrition Month. Here at Yeled V'Yalda, our teachers focus on nutrition in the activities they do so that your children will have an easier time when you prepare healthy, nutritious meals for them at home. **National Nutrition Month** is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. When shopping, stock up on fruits and vegetables. You should have lots of time now to prepare healthy meals for your family.

March is National Nutrition Month



Attached you will find the following Nutrition Education literature:

- **Be a Healthy Role Model for Children – 10 tips for setting good examples**
- **Add More Vegetables to your Day – 10 tips to help you eat more vegetables**
- **Choose My Plate – 10 tips to a great plate**
- **Eating Right on a Budget – Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics**

In addition to cooking nutritious meals for your family, take advantage of the “**Homemaker Hotline**” which has prerecorded tips and ideas which has become routine for many busy mothers as they start their day. This hotline provides a step-by-step guide with ideas in creating a manageable, organized, and stress-free lifestyle. The number is **347-772-1188**, (*option 7, then 3 for tips and ideas*).

In conjunction with the IRS, Touro College is offering **Volunteer Income Tax Assistance (VITA)** - free personal income tax preparation for parents. See attached flier for more details. If you have any other questions, please call **718-252-7800 ext. 284**.

If you haven't yet listened to the teleconference about **Ending Sibling Rivalry** presented by **Giti Zelmanovitz**, school psychologist, feel free to call **718-305-5310**. Wait for the prompt, then dial 1. After the next prompt, dial 2. This teleconference will be available until **Wednesday, March 11, 2015**. All listeners will be entered into a raffle for a **\$20 gift certificate** to Funthinks for an educational toy (see flier for details).

We look forward to your participation in all our Parent Engagement opportunities.

Sincerely yours,

Libby Chein

Libby Chein
Parent, Family Community, Engagement Coordinator