

MAY 2023							Celebrating Health Month						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
7	8	9	10	11	12	13							
SLEEP	FACT: REM sleep makes up about 20% of total sleep time and is often when you have your most vivid dreams	FACT: Quality of sleep is just as important as quantity of sleep. Deep, restorative sleep is necessary for physical and mental health.	FACT: Regular exercise can improve sleep quality and duration, but it's important to avoid vigorous exercise close to bedtime.	FACT: Sleep is important for memory consolidation and learning, and lack of sleep can lead to decreased cognitive function.	FACT: Getting enough sleep is essential for good health, as it plays a vital role in many bodily functions, including physical and mental restoration and repair.								
14	15	16	17	18	19	20							
NUTRITION	FACT: A balanced diet is important for good health: Consuming a variety of foods from all food groups including fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the necessary nutrients for maintaining good health.	FACT: Hydration is crucial for the body: Drinking enough water and fluids is important for many bodily functions such as regulating body temperature, and flushing out toxins,.	FACT: Processed foods and added sugars should be limited: Consuming a diet high in processed foods and added sugars can increase the risk of chronic diseases such as obesity, diabetes, and heart disease.	FACT: Adequate intake of vitamins and minerals is important: A balanced diet should provide all necessary vitamins and minerals for optimal health. Certain vitamins and minerals such as Vitamin D, calcium, and iron may need to be supplemented if levels are deficient.	NO SCHOOL								
21	22	23	24	25	26	27							
EXERCISE	NO SCHOOL	FACT: Regular exercise is essential for good health: Engaging in regular physical activity can improve cardiovascular health, boost the immune system, and reduce the risk of chronic diseases such as diabetes and heart disease.	FACT: Exercise can improve mental health: Physical activity can help reduce stress, anxiety, and depression, and improve overall mood and cognitive function.	FACT: Different types of exercise have different benefits: Aerobic exercise can improve cardiovascular health, while strength training can build muscle and improve bone density.	FACT: Exercise can improve brain function: Exercise has been shown to improve cognitive function, memory, and mood by increasing blood flow and oxygen to the brain.								
28	29	30	31										
NATURE	FACT: Nature can promote a sense of well-being and connectedness: Being in nature can promote feelings of calmness, connectedness, and awe, which can improve overall well-being and quality of life.	Exposure to natural light can improve sleep: Exposure to natural light during the day and darkness at night helps regulate the body's circadian rhythm, which can improve sleep quality.	FACT: Being active outdoors can improve physical health: Outdoor activities such as hiking, biking, or gardening can provide exercise and fresh air, which can improve cardiovascular health, strengthen muscles, and reduce the risk of chronic diseases.										

SCHOOL GOALS:

Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.

Goal 2: To increase student awareness, understanding and practice of healthy living.