Time to Track Your Fruits and Veggies

September is National Fruits and Veggies Month!!

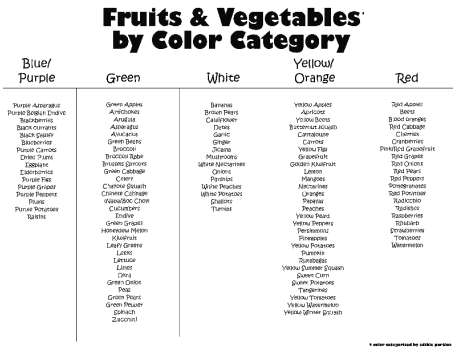
Did you know that children should eat 5-9 servings of fresh fruits and veggies every day?

Did you know that most children only get 3 or fewer servings of fresh fruits and veggies every day?

Did you know that consumption of fresh fruits and veggies daily can help lower the risk of cancer?

Are you familiar with the "eat from the rainbow every day" concept?

What better gift to give your child (and yourself!) than the gift of a healthy life?



Here's your chance to put that into practice! Simply **download** the fruit and veggie **tracking forms** (examples above) from the Sope Creek website and begin tracking together the servings of fruits and veggies your child eats **during the week of September 12th – 16th**. The object is for your student to eat from all the different color categories each day!

Turn in your completed tracking forms to the PTA basket located in the Main Office at school on **Monday, September 19th**.

Participants will be entered into a drawing and one prize per grade level will be awarded! Winners will receive a $10 gift card to Whole Foods!

Now get going, get tracking and get healthy!

PTA Health and Nutrition Committee: Robin Zeldin (rrzeldin@aol.com), Natalie Rogers fluffyjune@yahoo.com), & Emily Crouch emilyandbrad-crouch@gmail.com)

Have A Coffee And Learn More About Sope Creek's Counselors

Sarajane Lombardi has started a "Coffee With A Counselor" event this year. These 30-minute coffees will happen the last Thursday of most months except holidays and conference week. The next coffee date is **Thursday, Sept 29th** at 7:30 –8:00 am in the Teacher's Lounge and the topic will be "LIFESKILL of Responsibility - Don't Miss the Boat."

At these coffees, parents will have an opportunity to learn more about the counseling program. You'll hear about the instruction provided to students, counseling services and how the team collaborates with the teachers to ensure student success.

For more information contact Sarajane Lombardi at Sarajane.Lombardi@cobbk12.org.

Food Allergies

The state has a new policy regarding food allergies in the school setting.

The cafeteria computer will not be flagged with a student allergy **UNLESS** there is a signed physician statement on file.

If your child uses an EpiPen and you have not yet completed an Allergy Action Plan, please contact me.

Thank you for your cooperation!

Nurse Shannon

770-916-7093