

Celebrate Every Kid Healthy Week at Home and at School

Every Kid Healthy Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year. This year this special observance will be April 22 through 26.

This year each day a spotlight on the actions schools and families are taking to improve the health and wellness of their kids. Also highlighted is the link between nutrition, physical activity, mental health, and learning, because healthy kids are better prepared to learn and thrive.

Texas A&M AgriLife Extension Family and Community Health Educators, Parker County, Cook's Children's, Pecan Valley, Community Action Committee, and other collaborators, reminds everyone that it is very important to keep your family members and students healthy during this time which includes all health.

Here are some activities planned for Every Kid Healthy Week 2024:

- Mindfulness Monday: Get your Kids or students practicing social emotional health and mindfulness skills to build resilience.
- Tasty Tuesday: Build lifelong healthy eating habits by exposing kids to new foods, healthy cooking, and growing their own produce.
- Wellness Wednesday: Get moving! Physical activity fuels not only the body but the mind too.
- Thoughtful Thursday: Create a school or home culture that celebrates diversity and works progressively towards creating a more equitable learning opportunity.
- Family Friday: Bring families and schools together to support children's health at school and home.

You can access more resources on completing these activities by visiting the following websites. <http://howdyhealth.tamu.edu/ekhw> and <https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/> .