



Dear parents and guardians,

For the next few weeks, your child's class will be participating in the **Healthy Kids Quest** program. This program is designed to encourage students to explore different ways of taking care of themselves so that their bodies can function, they feel good, and they are able to live well.

Allowing children to explore what they like, and need, to do to take care of themselves can provide a blueprint for establishing positive lifestyle habits. Supporting children as they grow and mature while they learn, at their own pace, about what it means to take care of themselves can have a lasting impact.

The themes covered in the **Healthy Kids Quest** program highlight:

Enjoying Food → People often have different eating habits, depending on their budget, culture, taste, and lifestyle. The goal of teaching children about food is to encourage a positive attitude towards eating over a lifetime by letting them trust their hunger cues, taste new foods at their own pace, explore different foods through colour, texture, taste, smell, sounds and where the foods come from, and by giving them opportunities to develop food-related skills such as cooking and gardening.

Moving and Resting → Getting enough sleep and staying physically active are vital components in taking care of ourselves. Encouraging children to practise bedtime routines and to replace a certain amount of screen time with a variety of activities — from reading to sledding — opens their eyes to what their bodies need and the number of different ways they can spend their time.

Spending Time with Others → The time we take to eat and to stay active benefits our bodies, but is also an opportunity to spend time and connect with others in our families and communities. Together, we bond, learn more about each other and our cultures, and develop a social network that supports mental health.

The class will learn more about these themes through activities and games at school. They may also have homework they will need to complete with your assistance at home. Your support will help your child get the most out of the **Healthy Kids Quest** program.

Thank you for your co-operation!