

Cabrini Team Health Monthly Celebrations

September: Better Breakfast Month

Nutritionist to talk about healthy breakfast, Cabrini purchases yogurt and apple to give to kids

October: National Pretzel Month

Nutritionist to talk about healthy snacks, Cabrini purchases pretzels to give out along with a recipe to make them

November: National Gratitude Month

Make gratitude jars, have MH counselor come in to talk about gratitude

December: Operation SantaPaws

Have Pet therapy dog come in to schools, service project- accumulate and donate items or food to pet shelters—school that does the most will “win” something or visit from someone

January: National Staying Healthy Month

Trainer or yoga instructor come to school to do fun exercises

February: Children’s Dental Health Month

Have dentist/hygienist at school to talk about dental health, give out free toothbrushes..

March: National Nutrition Month

Nutritionist at school to talk about nutrition and eating healthy—cooking demo

April: National Garden Month

Either Brady Faith or planting a seeds to grow

May: National Salad Month

Chef or Nutritionist to demo healthy salad making and eating it

June: National Fruits and Vegetables Month

U pick strawberries -transportation to and from