

SFP PRIDE POST

What's coming up

There may be only one quarter left in this school year, but it is never too late to come see what we are all about. Want to learn some tips and tricks to better support your student's academic journey? We're here for you.

Next Topics:

How to make bread

This will be a one day class (4/11 at 9am at OCJ) Participants will participate hands on in trying a bread recipe. Seating very limited, must RSVP and receive a confirmation in order to attend.

Preventing Summer Slide

What we don't use, we lose. Don't let your student lose any of the learning they worked so hard for! Learn how to prevent your student sliding backwards so they can start the next school year strong!

Easter Seals Mental Health Services Presentation

Wednesday, April 24th at 9am
In person at OC Johnson

*Any parent/guardian of any YSD1 student is eligible to attend

**No child care available.



"I wasn't sure if the program was really what I was looking for, but it turned out to be exactly what me and my kids needed."



Behavior Influence spotlight Does your child...

- Have trouble paying attention?
- Experience chronically dry skin?
- Feel very sleepy a lot?
- Or the opposite, seem very hyper a lot?

How balanced is their diet? Elementary aged children should be eating protein, whole grains, fruits, vegetables, and dairy, in appropriate portions, **every day**.

And did you know that the USDA recommends that **everyone** (adults and children) consume **no more than** 50grams of sugar per day?

Fun fact: one can of sprite, or one 20oz gatorade, has approximately 35grams of sugar in it.