

# Wellness Newsletter

School Nutrition Department

September 2021

## Harvest of the Month

This month's Harvest of the Month is

**APPLES!**

For facts, recipes and some information regarding fun ways to incorporate the Harvest of the Month in your classroom, click [here](#)



## Wellness Wednesday

For our Wellness Wednesday promotion this month and in honor of National Childhood Obesity Awareness Month, we want to encourage you to send us a picture or video of any type of physical activity that you are doing with your students. If this is not something you are currently doing, we encourage you to try it! This is an easy and fun way to take a brain break with your students and it can be as easy as following along with a short video. Click [here](#) for some fun Brain Break videos from STRONG4LIFE.

**To participate, send your picture or video to us at the following email address:**

[SNP@glynn.k12.ga.us](mailto:SNP@glynn.k12.ga.us)

Each Wednesday in September we will share your pictures and videos on our Facebook page and post about the cool things happening in your classrooms!



## Georgia Crunch 4 Lunch



Join the GA DOE's School Nutrition Program in a celebration of Georgia apples. Georgia's Crunch 4 Lunch is a statewide celebration of apples in school meals. All Georgians are encouraged to "crunch" into a locally grown apple at 12:00 noon on **Friday, September 24th**. The collective "crunch" encourages healthy eating and supports farm to school Initiatives throughout Georgia.

For more health & wellness information as well as information regarding the Glynn County School Nutrition Program, please visit our [website](#)

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