

### Student Safety Topic: Health Awareness

#### Why It's Important:

According to the American Psychological Association, "both physical and mental health affect how we think, feel, and act on the inside and outside." Everything from mental focus to stamina and even disposition can be affected by a child's physical health. Starting early to instill the value of healthy eating habits and physical activity will go a long way in helping your child/student be successful.

#### Participate as a Family:

As with most good habits, a healthy lifestyle is most easily learned when it is modeled by the adults in a child's life. Try these simple tips to get started making healthy changes that will benefit everyone!

- Make a weekly meal plan together. Be sure to discuss how to balance healthy food options with those that aren't as healthy.
- Include physical activity throughout the day or evening. A simple walk around the park or playground can be turned into a learning activity.
- Encourage your child/student to drink plenty of water. Not only does water prevent dehydration, it also helps with digestion and feeling full between meals.
- Don't forget healthy treats! Sweets and fun treats are a part of every childhood; just be sure to limit them to only special occasions.

Visit our webpage for additional resources!  
<http://www.arkansased.gov/divisions/communications/my-childmy-student>

### College & Career Readiness Topic: Digital Learning

#### What is Digital Learning?

Technology is common in most schools, but what really is "digital learning?" According to DigitalLearningDay.org, digital learning is "any instructional practice that effectively uses technology to strengthen a student's learning experience." Digital learning opens doors for students by giving them access to other students and experts around the world! It also provides additional professional development and networking opportunities for teachers, who can access online classes and work collaboratively with other teachers across the country. The possibilities are endless!

#### Celebrate Digital Learning Day!

Digital Learning Day is scheduled for February 22, 2018. Simply visit DigitalLearningDay.org for resources. Be sure to add your Digital Learning Day event to the interactive map on the website! Also visit ArkansasiTunesU.com to see and hear submissions on the theme "Students Teaching Students Through Vlogging."

#### Continue the conversation...

- How does leading a healthy lifestyle help my child/my student academically?
- How can I promote a healthy lifestyle at home/school?
- What healthy activities are available for my child/my student?
- How can my child/my student get involved in Digital Learning Day?
- Why is digital learning important?
- How can my child/my student participate in digital learning activities throughout the year?