

# healthykids

a journey to healthy habits

October 2025

## October Kindergarten

### Meet the Healthy Heros:

In our first Healthy Kids lesson, kindergarteners were excited to meet the Healthy Heroes, Sasha, Zoe, Ian, and Ori! These special superheroes may not wear capes, but they gain their powers by practicing healthy habits every day.



During this interactive lesson, students took turns pulling fun clues from a mystery bag, each hint representing a healthy habit they'll learn about in the coming months. From fruits and veggies to talk about healthy eating, to electronic toys to discuss screen time, sports equipment to encourage exercise, and even soda bottles to spark conversations about sugary drinks each clue revealed more about what it takes to be a Healthy Hero.

After meeting the whole team, students had a chance to train like the Healthy Heroes by making a promise to choose healthy habits and they even created their own Healthy Hero masks to celebrate!

Ask your child to look in the pantry or fridge and find a food that might be high in empty calories. Then, work together to come up with a healthier swap, perhaps switching soda for water with fruit slices or trading chips for air-popped popcorn. Encourage your child to explain why their swap is a better choice!

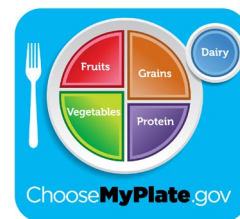


**Try it at home!**

## October Elementary

### Food for Fuel:

We're excited to share that October marked the start of our Healthy Kids program! This month's elementary lesson, "Food for Fuel," focused on teaching students about the MyPlate model and the importance of including all five food groups in their daily meals.



Students explored how the right balance of foods fuels our bodies to stay healthy and strong. We compared our bodies to cars, just like a car won't run well on the wrong type of fuel, our bodies don't perform their best when we fill them with "Pretender Foods" (highly processed, sugary, or fatty foods). The students made the connection that, unlike a car, we only get one body, so it's important to make smart food choices!

To wrap up the lesson, students raced through a race car-themed game that challenged them to sort foods into the correct food groups. But watch out! Pulling a Pretender Food card meant a trip back to the Pretender Pit Stop. It was a fun and engaging way to reinforce healthy eating habits while putting their new knowledge into action.

**Try it at home!**



The next time you go grocery shopping, challenge your child to pick out two similar foods and compare their labels. Which one has less added sugar? Which one has more whole ingredients? Talk about why some foods might look healthy on the front of the package but tell a different story on the label. Remember, it's what's on the back or side of the box that counts!

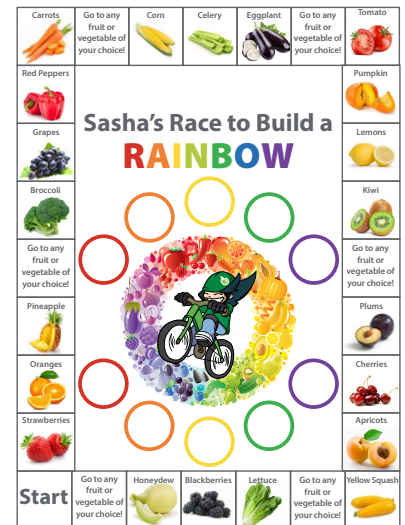
## Teacher Spotlight: Mr. Josh, our Healthy Hero!

This month, we're turning the spotlight on someone who is a superhero in the world of healthy habits, Mr. Josh!

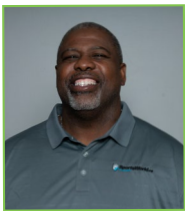
With nearly 15 years of experience, Mr. Josh holds the title of our longest-serving Healthy Kids Educator. He brings energy and a healthy dose of competitiveness to every lesson he teaches. He visits 12 schools every month, sharing his love for health and wellness to kindergarten and elementary students.

Did we mention he's Superman's #1 fan? It's no surprise, just like the Man of Steel, Mr. Josh is always ready to swoop into a classroom or attend a special event in the communities we serve with a smile and a mission to inspire.

His favorite lesson to teach? **Eat the Rainbow!** A colorful and interactive lesson that gets kids excited about trying fruits and veggies of every shade. We're so lucky to have him on our team!

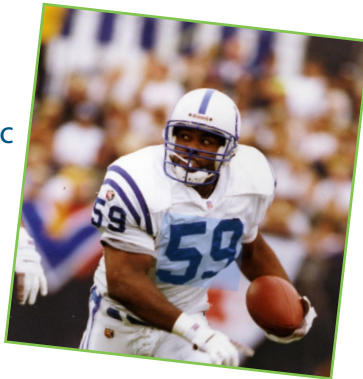


## Sports World Outreach



Sarah Bush Lincoln Healthy Communities partnered with Sports World Outreach to bring former NFL player, Steve Grant to schools across central Illinois. Steve reached more than one thousand

kids and encouraged them to make positive choices, build strong relationships and strive for academic excellence. Students in need had the opportunity to share concerns through confidential comment cards. Each card was reviewed and support was given right away to those asking for help.



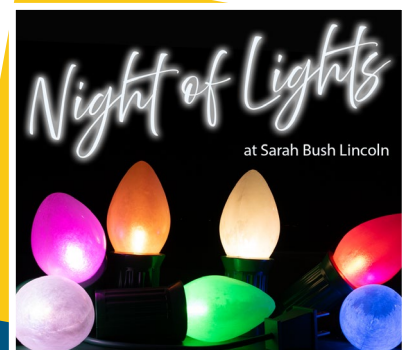
## Healthy Communities

102 W. Buchanan Ave.

Charleston, IL 61920 | 217-345-6822

[www.sarahbush.org/healthycommunities](http://www.sarahbush.org/healthycommunities)

Join Sarah Bush Lincoln from 5 to 7 pm, Thursday, November 20, for Night of Lights. View the light displays, take a photo and then stop in the Heart Center lobby at Entrance H for a visit with Santa and Mrs. Claus, cookies, hot chocolate and more. This free event is a great way for the entire family to get in the holiday spirit. The light displays will be on throughout the holiday season.



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