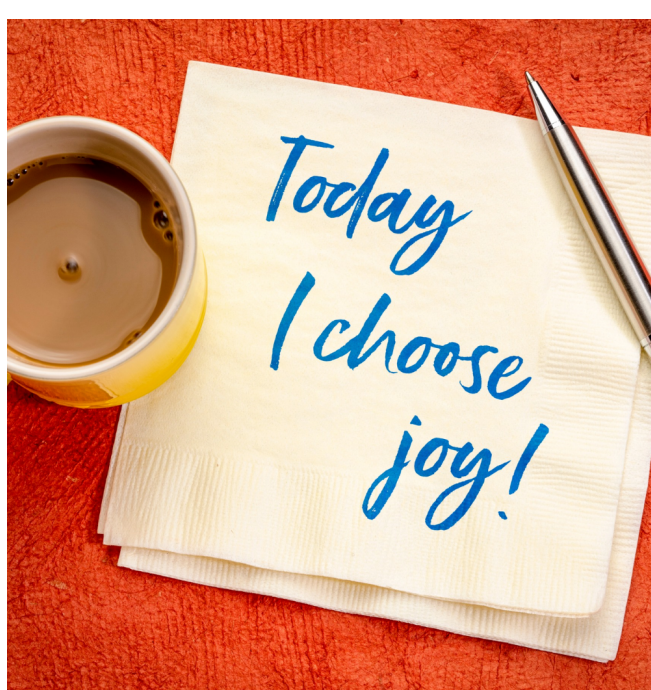


The Importance of Affirmations



Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.



Self-affirmation may also help to mitigate the effects of stress. Affirmations have been used to successfully treat people with low self-esteem, depression, and other mental health conditions. And they have been shown to stimulate the areas in our brains that make us more likely to effect positive changes in regard to our health.

Upcoming Parent Night Sessions

Parents, please be reminded that it is required that you attend at least 1 parent night session per month.



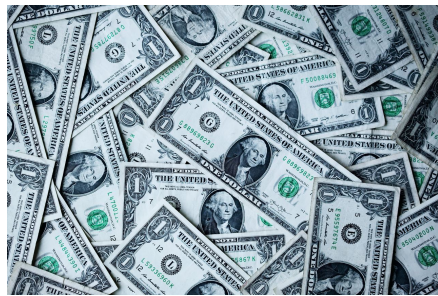
TRY Health via ZOOM with Arnica Grudger

These events will take place on

- 3/31
- 4/13
- 5/12

6:30 pm - 7:30 pm. The link will be sent to you via email in our weekly parent email the week before. To sign up for these virtual sessions please sign up

[Register](#)



Budgeting

You're Invited to Learn Virtually about Budgets with us!

Cooking Encourages Learning

Cooking is an opportunity to teach your kids loads of important life skills, but chief among them is the discernment to make healthier eating choices. When experimenting in the kitchen with you, your kids learn what is and isn't good to routinely fuel their growing bodies with. Having your children learn to make healthier eating choices by making their own food helps them to enjoy a wider variety of more nutritious foods, because there's nothing like home cooking.

Guest Speaker:
Shameca Battle M. Ed.

Extension Agent, Family & Consumer Sciences

North Carolina A&T State University

North Carolina Cooperative Extension, Guilford County Center

Cooking Creates Healthy Habits

Beyond making healthier nutritional choices, cooking also encourages healthy food hygiene and safety in the kitchen. Cooking with your children educates them about proper cooking tools, the right temperatures at which foods should be cooked and prepared, and the importance of maintaining a clean kitchen. Kids who learn the benefits of food safety at a young age are more conscious of the fact that spoiled, expired, or incorrectly prepared foods can make their friends and family sick. They also learn that washing their hands before preparing a meal is especially important in maintaining correct hygiene.

Register Here for Budgeting

Register



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