

NOURISH TO FLOURISH

Spring Newsletter



It is time to start planning and preparing to garden! Growing your own food is a cost effective way to bring healthy food to your table. It is also a fantastic way to disconnect from devices and reconnect with your family, friends and community.

- Consider what you want to plant.
- Pick a spot that will provide enough sun, has good drainage and soil that is easy to work with (add nutrient dense soil / compost as well).
- Container planting, raised bed planting or community gardening are great alternatives to a traditional garden.
- Seeds and seed starter kits are an easy way to start your garden. To reduce costs consider starting a seedling “swap” with family / friends / community.
- Invest in basic garden tools or start a tool “swap” program.
- Don't transplant outside too soon. Be aware of potential frost that can damage young plants.
- Consider composting your table scraps to feed your garden. And don't forget to water.

Eating as a family provides skills that reinforce learning and development, increase vocabulary, encourage social interactions with others, foster independence and encourage healthy eating habits.

So clean off the table, pull up a chair, turn those devices off

and start a conversation!

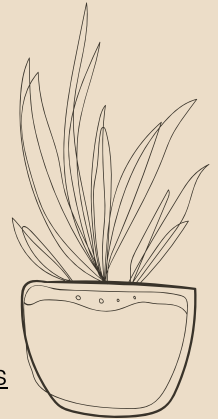
Use this QR code

for more information:

or click here [Eating Together](#)



Scan the QR code to visit the Rainy River District School Board's Nutrition and Supports webpage:



Or click here [Nutrition and Supports](#)

Taking Mental Health Outside

Some of the positive benefits to spending time outdoors:

- Spending time in nature tends to reduce cortisol levels (the stress hormone).
- Creates a calming effect that can help lower blood pressure, your heart rate and reduce anxiety.
- Sunlight exposure helps our bodies produce Vitamin D (Vitamin D helps with mood regulation).
- Can help regulate sleep cycles / improve the quality of sleep.

There are so many activities to do outside...paint, sketch, collect and identify leaves, rocks, bugs...the list is endless if you use your imagination and creativity!

For more information on the Student Nutrition and Support program, please contact Tara Rajala, Student Nutrition and Support Coordinator via email or telephone:

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