

## MONTHLY INTRODUCTION

### July: Summer Bucket List

The school year has ended for most schools. July gives students a nice bucket list of things to do besides getting in trouble. Many students complain that their summer days get boring. However, when students are thinking about and doing the things they should, boredom becomes a non-factor. Boredom is a sign that we aren't doing the things we should. The list of things students should be doing with the summer are as follows:

- Cultivating Positive Social Impact
- Volunteerism
- Community Initiatives
- Service Organization Initiatives
- Peer Health Awareness Initiatives
- Effective Health Advocacy
- Effective Social Advocacy
- Activities to benefit local, state, national and world health initiatives
- Developing Strategies to address social issues
- Vocational Exploration
- Continuing Education
- Career Research
- Job Readiness
- Explore Food Choices and Dietary Trends
- Learning how eating environments impact nutrition
- Relate Nutrition, Physical Activity, and Lifestyle
- Weight Loss/Weight Gain Education
- Adolescent Eating Patterns & Habit Awareness
- Learning the Unique contribution of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals)

**Interpersonal skills to support a healthy, active lifestyle**

**Nutrition**

**Fitness/Physical Activity**

## Family Field Trips to Plan for July

Clean a Public Area



Visit a Nursery

Volunteer at a Summer Camp

Visit an Egg Farm/Chicken Coop

Attend a Town Meeting

Read Local Yellow Pages & Familiarize Yourself with Resources

Scavenger Hunt & Find Your Very Own Unique "Lucky" Rock

Visit Local Builder & Look at Floor Plans/Construction Material