

Health & Fitness

At Little Learners we believe that the health of our children is of utmost importance. According to the CDC, “childhood obesity has tripled in the last 30 years” leading to many other health problems for kids later in life. We engage our students in daily exercises. Exercise for children means playing and being physically active. Kids exercise when they're at recess, riding bikes, or playing tag. Kids that are engaged in regular vigorous activities will have stronger bones and muscles as well as a decreased risk of developing type 2 diabetes. Physical activity improves children's attentiveness and decreases restlessness.

A balanced diet for children is also important when it comes to living a healthy lifestyle. A nutritious, balanced diet for children should include whole grains, fruits, vegetables, lean meat, beans, nuts and low-fat dairy products. Children should eat some food from each food group everyday. Children who eat a variety of healthy foods feel better and are able to enjoy a better quality of life; eating a balanced diet also can prevent serious health problems as children grow into adulthood. At Little Learners we value excellent nutrition for our children's physical and mental growth. Our school has a Nutrition Program that ensures that your child receives a high quality breakfast and lunch as well as an afternoon snack.