

STEPS



10TH TEXAS EARLY PREVENTION STUDIES
STEPS SNAP-ED

Kindergarten



Newsletter

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**The
PK
Year...**



**Pre-K students
of the RGV.
La Joya and
PSJA ISD**

Year

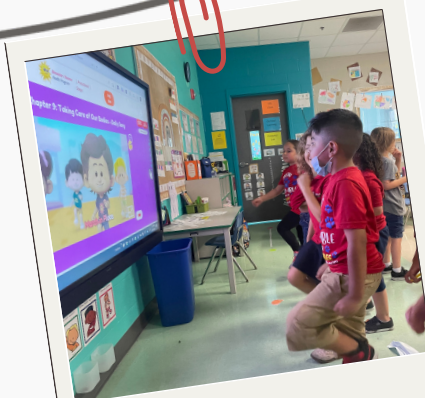
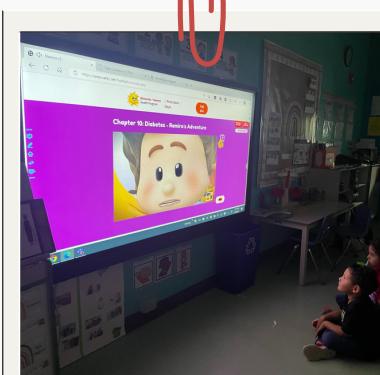
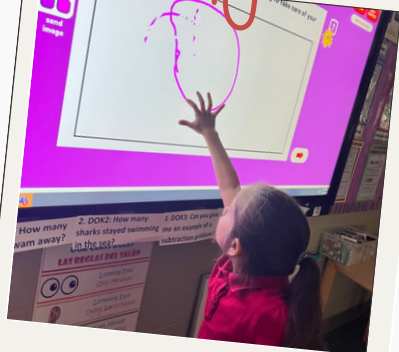
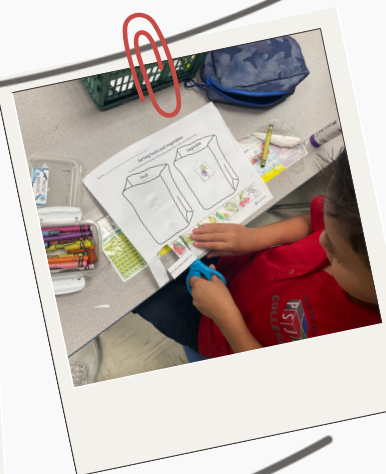
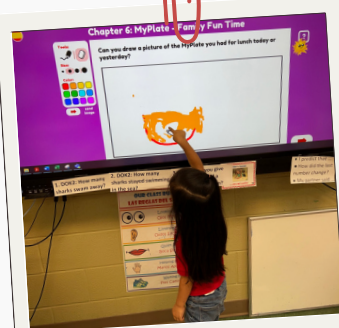


Success Stories!

Pre-K students of La Joya & PSJA participating in the Bienestar school health program activities.

LEARNING ABOUT HEALTHY EATING.

FRUITS,
VEGETABLES,
& WHOLE GRAINS.



LEARNING ABOUT
PHYSICAL
ACTIVITY
&
REDUCED
SEDENTARY
BEHAVIOR.

Stories To TELL on healthy eating.



Diaz-Villarreal Elementary, La Joya ISD

PreKinder Teacher, Y. Alvarado, La Joya ISD
Diaz Villarreal Elementary
Bienestar Health Program CSHP for the
UTRGV STEPS Project.

Students enjoyed learning about fruits and vegetables while sorting them to create a rainbow. Students watched the Bienestar educational video and sang along to the daily song (Eat 5 today, the colorful way).

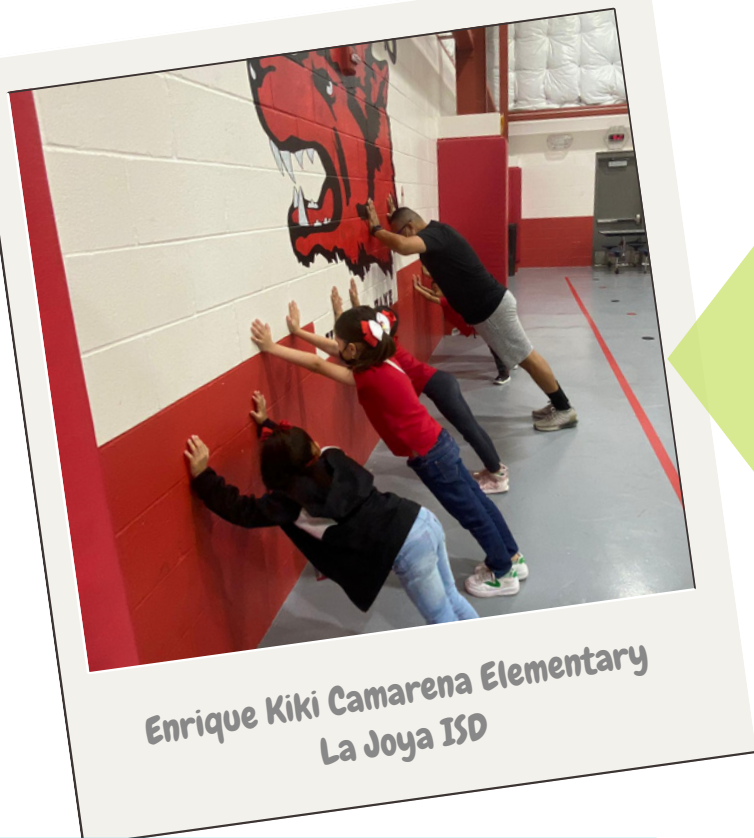


Alfred Sorensen Elementary
PSJA ISD

PreKinder Teacher, J. Lopez, PSJA ISD
Alfred Sorensen Elementary
Bienestar Health Program CSHP for the
UTRGV STEPS Project.

Students engaged in the "grocery shopping" lesson, after they watched the Bienestar video on healthy eating and identifying the kinds of healthy foods. For family fun time, they were going to tell their parents what to purchase when going to HEB.

Stories To TELL on physical activity!



Coach M. Torres, La Joya ISD
Enrique Kiki Camarena Elementary
Physical Education Bienestar CSHP for the UTRGV STEPS Project.

After students performed a couple of physical activities from the Bienestar lessons; they had a good workout. They loved running. Students warm up before any physical activity.

Coach M. Villegas, PSJA ISD
Cesar Chavez Elementary
Physical Education Bienestar CSHP for the UTRGV STEPS Project.

Students really enjoyed the Bienestar Physical activity Lessons (shadow tag and move to the music). They loved learning how they can perform different locomotor movements.



Cesar Chavez Elementary
PSJA ISD

Special Thanks to the Participating Schools in the UTRGV South Texas Early Prevention Studies (STEPS)



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The UTRGV STEPS Project school year 2022-2023 was successful thanks to the PK Teachers, Coaches, Parent Educators and Child Nutrition Services.

Thank YOU, for your dedication to improve the health of our RGV children.



FOR KEEPING YOUR 2024 NEW YEARS RESOLUTIONS!

The start of a new year is the perfect time to turn a new page, which is probably why so many people make New Year's resolutions. The new year often feels like a fresh start and a great opportunity to change unhealthy habits and establish new routines

1

Choose a specific goal



MAKE YOUR GOAL REALISTIC RATHER THAN DRASTIC.

2

Put time into planning



START BY WRITING DOWN YOUR GOAL, MAKING A LIST OF THINGS YOU MIGHT DO TO ACHIEVE THAT GOAL.

3

Start with small steps



TRY TO EAT HEALTHIER, START BY REPLACING A FEW UNHEALTHY FOODS WITH MORE NUTRITIOUS OPTIONS.

4

Remember that change is a process



IT MAY TAKE LONGER THAN YOU WOULD LIKE BUT REMEMBER THAT THIS IS NOT A RACE TO FINISH.

5

Renew your motivation



THINK ABOUT WHAT YOU WILL GAIN BY ACHIEVING YOUR GOAL.

[HTTPS://WWW.VERYWELLMIND.COM/HOW-TO-KEEP-YOUR-NEW-YEARS-RESOLUTIONS-2795719](https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719)

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