**Healthy Futures Update - Parent Bulletins**

**February**

**TRACC/Inventory Update/Healthy Futures Kudos**

Thank you to the entire school community, parents, families and staff alike, for helping us collect data about the whole child health work our building is doing. Next steps include a debrief of inventory findings and strategic planning sessions with the Whole Child Health Leadership Team.

If you have not done so yet, please support our schools inventory process by completing the family survey found here. Thank you! <https://www.surveymonkey.com/r/School12FamilySurvey>

**Cooking Matters**

Anticipated Cooking Matters session dates for our scholars and/or families is now here! Cooking Matters for Kids and Families teaches scholars grades 3rd - 5th and parents/families, how to prepare healthy meals and snacks, as well as how to make smart choices wherever they go - at school, at home, at the store, or out to eat. Learn more about Cooking Matters here: <http://cookingmatters.org/>

**Curbside Market**

The Winter Curbside Market schedules are now up on the Foodlink website! [www.foodlinkny.org/fight\_hunger/curbside-market/#101](http://www.foodlinkny.org/fight_hunger/curbside-market/#101)

**Playworks & Recess**

Our scholars are learning fun attention-getters in school. How about trying them at home to help transition your child from one activity to another smoothly? Check out think link for a short clip. <https://www.youtube.com/watch?v=78eiLtQjmss>

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**Youth Hockey Program**

The Genesee Valley Ice Arena is offering FREE ice hockey instructions for kids! Boys and girls, between the ages 6-12 years are welcomed. The lessons are every Saturday, until March, from 10:15 AM - 11:45 AM. To learn more, please call the Genesee Valley ice Arena at 428-7888.

**YMCA**

The YMCA of Greater Rochester is now offering free parent & child swim lessons for children under 3 years old. If you are interested in learning more, please visit the link is here: <https://rochesterymca.org/swim-lessons/>

The YMCA is committed to providing membership and program services to all. Visit the link to learn how families can apply for financial assistance <https://rochesterymca.org/financial-assistance/>