



# CINCINNATI CLASSICAL ACADEMY

FORMING HABITS OF MIND, HEART, AND SOUL

May 12, 2023

Dear Parents,

As we get ready for the excitement of a fun and relaxing summer break, we would like to take a moment to remind you of the importance of encouraging your children to eat nutritiously and to get plenty of outdoor exercise. These two factors are essential to maintaining good health and well-being.

A balanced and healthy diet is important for a child's growth and development, both physically and mentally. By providing your child with a variety of nutritious foods, you can help ensure that they have the necessary vitamins, minerals, and nutrients to support their overall health. Additionally, a healthy diet can help improve cognitive function, which can lead to better academic performance.

On the other hand, a diet that is high in sugar, unhealthy fats, and processed foods can have a negative impact on your child's health and well-being. It can lead to health problems that can have long-term consequences. Furthermore, dozens of scientific research studies show that a poor diet can also affect a child's ability to concentrate and learn effectively.

In addition to a healthy diet, regular exercise is also essential for maintaining good health and well-being. Outdoor activities such as running, hiking, playing sports, or simply playing outside will help children develop their physical skills, improve their coordination, and build strong bones and muscles. Outdoor exercise has also been shown to reduce stress and improve mood, which can have a positive impact on a child's mental health and overall well-being.

Unfortunately, in today's digital age, children are spending more time than ever in front of screens, video games, and social media. These digital pursuits are highly addictive and have deleterious effects on the development of a child's brain. And, as you likely know, a sedentary lifestyle can lead to numerous health problems; it can also contribute to poor sleep quality, which can further affect a child's ability to learn and concentrate.

We cannot emphasize enough how important it is to encourage your children to eat nutritiously and to get plenty of outdoor exercise. By prioritizing your child's health and well-being, you are not only setting them up for academic success but also for a lifetime of good health.

This week, we introduced students to the **400-Hour Outside Challenge** for the 93 days of summer vacation. Please see the details enclosed in a separate packet. We would love to see all our students participate in the challenge! We hope you will encourage them to do so.

We wish you and your children a healthful and relaxing summer.

Sincerely,  
Mr. Rose, Headmaster  
Mrs. Di Nino, School Nurse