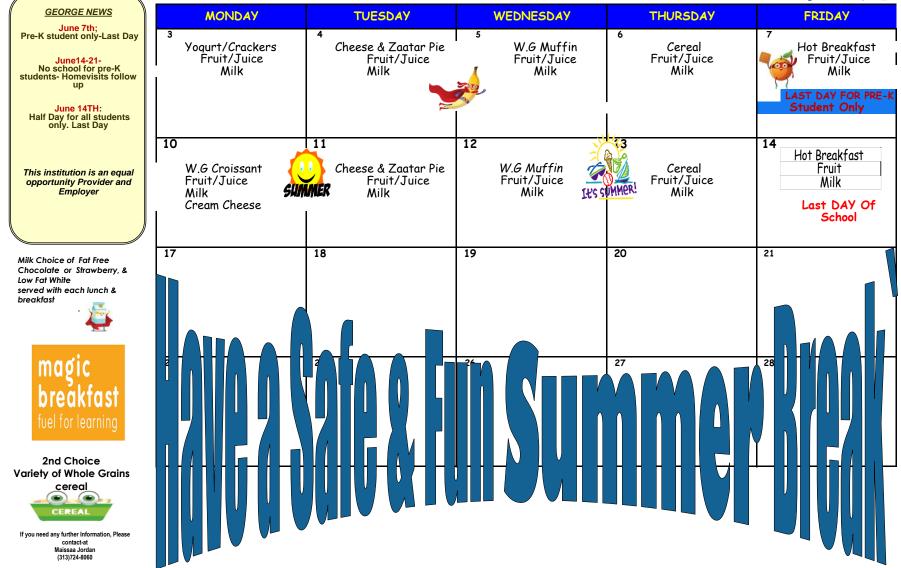


## Star International Academy -George

June 2024, K-2nd Grade Breakfast Menu





Tips to keep your child healthy this summer

Hydration is always an essential component of health for your child. As temperatures rise and kids are increasing their activity levels, the focus on hydration should be heightened during the summer. There are a lot of recommendations for how much water one should drink, but a simple rule to follow is to drink no less than half your body weight in ounces of water per day (ex: if your child weighs 100 lbs, they should drink at least 50 oz. of water each day). The more active they are, the more they need to rehydrate!