

Community Reading Night and Healthy Eating in Greenway

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Join the Greenway PTC and Get Fit Itasca as they host a family community reading night on Thursday, March 25 at VanDyke Elementary School. A nutritious chili dinner will be served in the cafeteria from 5-6PM, providing families with an opportunity to enjoy a meal together.

Research has shown family meal time is an important opportunity for reinforcing healthy habits. Benefits of eating together include:

- Families who eat together eat healthier foods and have higher intakes of many important vitamins and minerals.
- Meal time provides parents with the opportunity to role model healthy eating and appropriate communication skills.
- Meal time creates a regular routine that helps children feel secure.
- Conversations that go on at the table can help expand a child's vocabulary.
- Family meal time can help improve academic performance and strengthen self esteem.

After dinner, join community volunteers who will be reading in the gym from 5:30-7:00PM. A variety of Greenway community business owners, city representatives and community members have volunteered to talk to students and families about how reading and education have impacted their lives. Don't miss Mike Antonovich, Coleraine City Mayor, or Coach Jeri Peterson and the Greenway N-K track team. In addition, take advantage of the Scholastic Book Fair going on during this event – and a special buy-one-get-one free sale!