



HEALTHY NUTRITION & LEARNING

Nutrition is a huge factor in preparing the brain for learning, but sometimes kids have trouble with eating. Watch for these things below. If they occur frequently or consistently, it may signal a problem.

- Eat less food than usual
- Eat more food than usual
- Avoids eating with family at mealtime
- Spends less time with friends and more time alone
- Exercising a lot before or after school or even after sports practices
- Hoarding food, eating in secret
- Going to the bathroom or showering after eating to hide purging

Contact an AAHS Support Staff Member and share what you are seeing. We want to help you, and help your child fuel their brain for learning and their body for growing.

PLEASE REACH OUT TO AN AAHS SUPPORT STAFF MEMBER WITH ANY QUESTIONS OR CONCERNS

Sam Kvilhaug - Behavior Lead - sam.kvilhaug@academicarts.org - 651-457-7427 ext. 203

Mallery Hammers - School Social Worker - mallery.hammers@academicarts.org - 651-457-7427 ext. 214

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