



Hello Mullica families,

Each week you will receive some suggested activities to do together as a family that focuses on a specific topic within the monthly PBIS theme. October's theme is RESPECT. This week's topic is: **respect our environment**.

Last week we focused on respecting our food, where it comes from, and the people who grow our food. This week we are revisiting similar themes on where our food comes from and focusing on our environment. Talking about big topics like climate change with our children can be difficult, especially with our youngest, but children are never too young to learn how to respect and love the environment and nature for what it has to offer.

1. **Explore the outdoors:** Whether it's going on a hike on a trail, soaking up the sun in our own backyards, taking a stroll on the beach, or tending to our gardens, there's endless opportunities to take advantage of the great outdoors. Even as the weather begins to cool down, find time at least once a week to take the family outside and enjoy what mother nature has to offer. October is also the perfect time to go pumpkin picking and enjoy the fall foliage.
2. **Eat locally and seasonally:** As the seasons change, so should the foods we eat. Although it's become a health and food trend, eating locally and seasonally is an age-old practice since, well forever! Eating locally and [seasonally](#) simply means to eat what's available around you during a certain time of the year. In the wonderful [Garden State](#), we are fortunate to be able to experience all four unique seasons and all the different foods available throughout the year. Now that it's fall, try some [kale](#), [squash](#) or [parsnip](#) dishes!
3. **Organize a local road clean up:** What better way to teach our children how to respect our environment than to keep it clean from human trash, as nature intended? Start small by cleaning up your own yard of debris, then from there consider [organizing a local road clean up](#) with a large group of volunteers. Remind our children that no matter how small our efforts, it all adds up into one big impact.



As always, we'd love to see what our families are doing at home! Feel free to [share any photos or anecdotes](#) of any existing efforts your family does that pays respect to our environment and/or any new steps you and your children have taken to take care of our planet.