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BLACK
• HISTORY MONTH •
OBSERVANCE

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month The story of [Black History](#) Month begins in 1915, half a century after the [Thirteenth Amendment](#) abolished [slavery](#) in the United States.



In 2021, Chinese New Year falls on 12 February. The new moon calendar dates do not correlate with a traditional Gregorian calendar - instead it changes dates but always falls sometime between 21 January and 20 February. The Ox has traits of strength, reliability, fairness and conscientiousness, as



February is
American Heart Month



Did you know February is National Heart Health Month? During this special month, help kids and adults understand the importance of a healthy heart and actions they can take to live a heart healthy life. Parents and caregivers are essential decision-makers when it comes to the nutrition, physical activity and health needs of their children. Help your child develop healthy habits early in life that will bring lifelong benefits.

- Choose healthy, nutritious foods – heart-healthy foods are low in saturated and trans fats, and lots of fruits, vegetables, whole grains and fish.
- Exercise and maintain a healthy weight – For children, the American Heart Association recommends at least 60 minutes of moderate-to-vigorous intensity aerobic activity every day.
- Limit kids' screen time as recommended by the American Academy of Pediatrics.