

WELLNESS WATCH

November 2024 Edition

November is a special time at our school. It's not just about turkeys and parades; it's a chance for us to explore and express our thanks in the most creative ways. This month, we will be honoring our veterans by learning about their courage and commitment to our country.



Joe Corbi's Pizza and Cookie Dough!

For the month of November, we will be offering Joe Corbi's pizza kits and cookie dough to raise money for our school. Holiday months can get busy, plan ahead with frozen pizza and pre-made cookie dough! Delivery before winter break.



Get Involved!!!!

Health and Wellness Team
(Meetings at 4pm on the last Tuesday of each month)

Board of Trustees Meetings
(Meetings at 6pm on the third Tuesday of each month-
babysitting provided for ages 2-12)

Family Advisory Committee Meetings (FAC)
(Meetings at 6pm on the third Thursday of each month
babysitting provided for ages 2-12)



Reminders

- Reading Club for 3rd and 4th grade continues every Monday and Wednesday until 11/25.
- Students **MUST** be on time for school- every minute counts! Frequent tardiness leads to lower grades, missed instruction, disruptive behaviors, and other negative consequences.



UPCOMING EVENTS

Daylight Savings Fun

Facts:

- Hawaii & Arizona do not participate
- It was first practiced in Germany during WWI
- Japan, India, and China do not partake in Daylight Savings either!

DAYLIGHT SAVINGS



Daylight savings time begins
November 3! Remember to turn
your clocks back 1 hour



**HARRISBURG HOLIDAY
PARADE**
SATURDAY, NOVEMBER 23
10:00 AM



REMEMBER TO CHECK THE
BATTERIES IN YOUR SMOKE
DETECTORS!



**NOVEMBER 5th
ELECTION DAY**



NEXT HEALTH & WELLNESS MEETINGS:

NOVEMBER 26TH AT 4PM
JANUARY 28TH AT 4PM

NUTRITION

Check out these awesome websites

[MYPLATE.GOV!](https://myplate.gov)

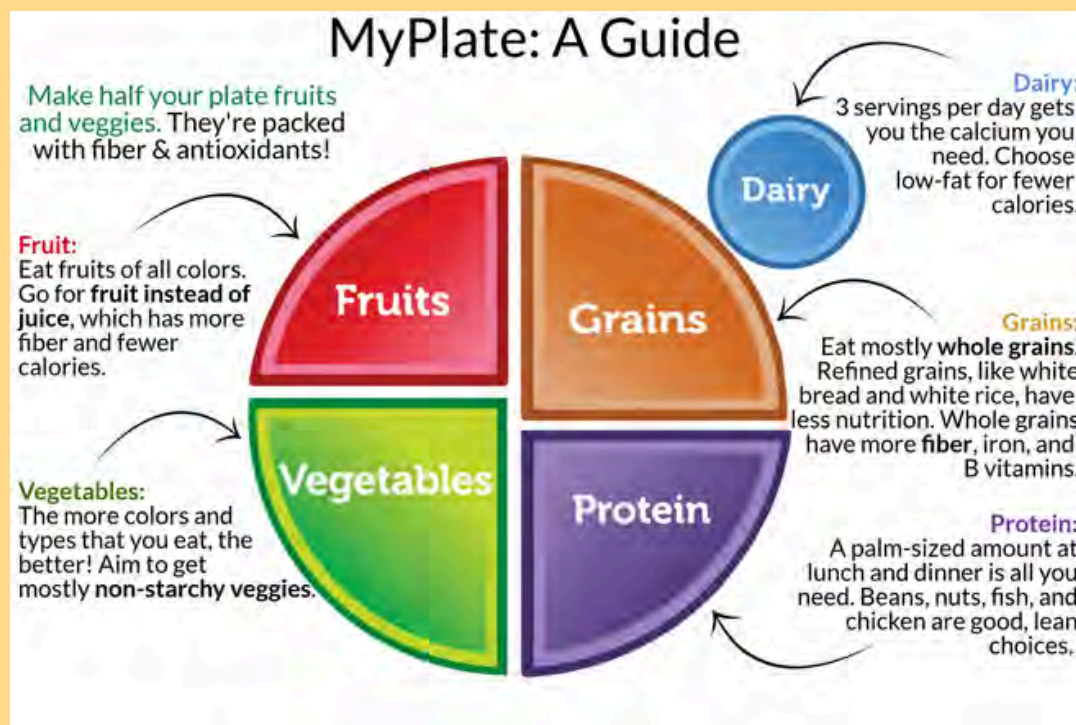
Full of great information on the food groups, how much to eat of each, what belongs in each group, and how to eat healthy on a budget.

[KIDSHEALTH.ORG](https://kidshealth.org)

Information about children's health, behavior, and growth.

[HEALTHYBEAT.COM](https://healthybeat.com)

An abundant amount of information about nutrition, fitness, and sleep. Includes articles, tips, and recipes!



TO SEE WHAT THE PROPER SERVING/PORTION SIZES ARE :



CLICK OR SCAN THE QR CODE TO VIEW THE TRIENNIAL WELLNESS ASSESSMENT.



 **CLICK HERE**
www.reallygreatsite.com