

Wellness Theme: Nutrition

It's important to choose healthy foods as a family. It's also important for kids to eat healthy snacks. Healthy snacks meet your daily nutrition needs, give you energy, and satisfy your hunger. Limit foods such as candy, pop, fruit juice, fruit drinks, and chips. To help keep your teeth healthy, limit foods that are high in sugar. It's important to eat mindfully, paying attention to what you are consuming.

School Council Meeting

The next School Council Meeting will be held on **Monday**, **March 25 at 6 pm**. All parents are invited to attend.

Upcoming Dates:

- Fri March 8: Connection Friday & Beach Day
- Thur March 21: Student-Led Conferences & Book Fair
- Mon March 25: School Council Meeting
- Wed March 27: Family Numeracy Fair (more info to come)
- March 29 April 7: Easter Break
 NO SCHOOL
- Fri April 12: Turkey Bingo

CONGRATURATIONS

To the **Kolk Family** for winning the TV Raffle! Thank You to everyone who bought tickets we raised over \$650

> Connection Friday & Beach Day

Our next Connection Friday is

starting at 12:40 pm and then

to stay for cookies & coffee

Parents are

assembly

on March 8.

after.

invited to the

Student-Led Conferences

Student-Led Conferences will be held on **Thursday, March 21**. Watch for information going home with your assigned time.

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