



March's Nutrition Nugget-

Welcome to March! Exciting news-CCSC Wellness Committee & Clarksville Schools will be sponsoring our first District Wellness Week for our school community! March 20 through March 24, 2023. Each day will focus on a different topic or activity to promote health and wellness to our students, staff and community- Melissa.



National School Breakfast Week is March 6-10, 2023!

Did you know children who eat breakfast are more likely to...

- *Reach higher levels of achievement in reading and math*
- *Score higher on standardized tests*
- *Have better concentration and memory*
- *Be more alert and maintain a healthy weight*

When the school week gets busy, it's easy for students to rush out the door in the morning without having a nutritious meal. That's why school breakfast is such a great option! In fact, students who participate in school breakfast tend to have **better attendance rates and fewer behavioral problems.**

The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. These breakfasts tend to be more nutritious than the average breakfast a child gets from home or a convenient fast-food restaurant.

Clarksville Schools is proud to offer free school breakfast at all 4 of our locations! Encourage your student(s) to check out the variety of options we have available on a daily basis.

Visit the link below for more information on MyPlate nutrition. How to use MyPlate at home. Healthy recipes from MyPlate Kitchen and much more! <https://www.myplate.gov/life-stages/families>

There is more to a Dairy Farm than just milking cows! Click on this link to take a trip to a Dairy Farm. [Virtual Field Trip to a Dairy Farm](#)

Enjoy a few March/Spring Jokes from confidencemeetsparenting.com Visit their website for more!

Q: Can bees fly in the rain?

A: Only when they wear their yellow jackets.

Q: What do you call a rabbit who has fleas?

A: Bugs Bunny

Q: What do you call a fake diamond in Ireland?

A: A sham-rock

Q: Why do people wear shamrocks on St. Patrick's Day?

A: Real rocks are too heavy!

Q: What do you call it when worms take over the world?

A: Global Worming.

Q: What has 18 legs and catches flies?

A. A baseball team.

Q. Why can't you tease egg whites?

A. They can't take a yolk.

Knock, Knock

Who's there?

March.

March who?

Bless you!

"The USDA is an equal opportunity provider."