



January 2018

A New Start!!



The Chartwells staff wishes you a prosperous 2018!

You will hear many people talking about New Year's resolutions and you can make one too.

Think of just one thing that you can do to make yourself, your community or the world a little better.

If you see a new student say "hello."
If you think someone is having a bad day, say something kind.

As Mahatma Ghandi said,
"Be the change you wish to see in the world."



Los Alamos School District



Everyone should try and eat more fruits and veggies in 2018! There are great things in season this month like bananas, pears, oranges and grapefruit. Our seasonal veggies include; brussels sprouts, kale, sweet potatoes and collard greens. So, fill half your plate with fruits and veggies today and visit www.fruitsandveggiesmorematters.org

♥ A Community Asset in our midst ♥



Our very own Ashley B. was nominated for a Community Assets Award for her work with Chartwells. Ashley's kindness resonated with the person that nominated her. **Thanks Ashley!**

The most important meal of the day!

Breakfast is the most important meal of the day, so start yours with our breakfast pizza. Delicious bread, gravy, eggs and sausage with cheese. Have a suggestion for us? Call Chef Holsapple at 505-663-2401.

