



November 2018

VOTE!

Make sure you remember to vote on November 6th! Just like healthy food habits, civic responsibility is a chance for role modeling and for youth to see what you value.



November is...

There are so many things to celebrate in November.

National Adoption Month
Diabetes Month
&

Native American Heritage month.
November 12th-17th celebrate with Native students as they, "Rock their Mocs," to shine a light on their culture. You can wear a teal ribbon to show your love too.



Los Alamos School District

STRESS AWARENESS WEEK NOVEMBER 5-9

Let the UK lead the way for Stress Awareness Day. Their theme for 2018 is, "**Does Hi-Tech cause Hi-Stress?**" Teach young people to stay hydrated and find a healthy stress relieving activity like reading; listening to music, sleep, exercise, art or hanging with friends.

ALLERGY ASSIST



Our Chartwells staff is here for those with food allergies. Our menus have a feature to allow you to eliminate allergy items. Families with health concerns **MUST contact Food Service Director, Mia Holsapple** to set up proper protocols.
Mia.Holsapple@compass-usa.com

CHARTWELLS IN THE COMMUNITY



Next up for the Chartwells Crew are dual events on November 17th. Staff will be on hand for all of your snack and lunch needs during the Los Alamos Arts Council Craft Fair held at the Middle School.

They will also be donating baked goods for the Festival of Trees at the Betty Ehart Senior Center from 10am-2pm.