

March 2019

chartwells
eat. learn. live.



March is National Nutrition Month!



Pie Anyone?!

After an exciting day at school celebrating Pi, come to Ashley Pond from 5pm-6pm and join Chef Laurence Pena and others for some, “pie in the face,” fun!

March 12th is Girl Scouts Day!



We wanted to support our local Girl Scouts during this peak selling time, by sharing a recipe made with Girl Scout cookies. Our research yielded that we couldn't pick just one.

Head to www.girlscouts.com and see the veritable plethora of choices for you to create and help a great cause.

Los Alamos School District



www.eatright.org/nnm

There are so many great resources at our fingertips, when it comes to nutrition. Find ideas:

www.kidshealth.org

The website is divided into 4 categories to educate at every age. The information is divided into sections for parents, kids, teens and educators.

The educators section has a free newsletter, a special section on mental health from the Michael Phelps Foundation, how to move teens into adulthood through health literacy, and more.



The Chartwells team helped the LAHS Senior Boys Track Team members, celebrate their accomplishments for 2019! Go SENIORS!