


Kaler Elementary School - South Portland LearningWorks 21 Club  
April Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u> Clubs: Physical Fitness	<u>3</u> STEM Day	<u>4</u> STEM Day  <i>Vitamin C Day</i>	<u>5</u> Clubs: Science, Art & Legos  <i>National Raisin Day</i>	<u>6</u> <b>No Program on Fridays</b>  <i>National Kids Yoga Day</i>
<u>9</u> Clubs: Physical Fitness	<u>10</u> STEM Day	<u>11</u> STEM Day	<u>12</u> <b>No Program: Early Release</b>  <i>Drop Everything and Read Day</i>	<u>13</u> <b>No Program on Fridays</b>
<u>16</u> <b>No Program: Happy April Vacation!</b>   <u>Happy Patriot's Day!</u>	<u>17</u> <b>No Program: Happy April Vacation!</b>	<u>18</u> <b>No Program: Happy April Vacation!</b>	<u>19</u> <b>No Program: Happy April Vacation!</b>  <i>Garlic Day</i>	<u>20</u> <b>No Program: Happy April Vacation!</b>
<u>23</u> Clubs: Physical Fitness  <u><i>Earth Day (22nd) - Do something to celebrate the environment today!</i></u>	<u>24</u> STEM Day	<u>25</u> STEM Day	<u>26</u> <input type="checkbox"/> <b>**Math Family Night: 4:15-5:15 PM**</b>  <i>National Pretzel Day</i>	<u>27</u> <b>No Program on Fridays</b>  <u><i>Arbor Day</i></u>
<u>30</u> Clubs: Physical Fitness  <i>National Raisin Day</i>	<u>1</u> STEM Day	<u>2</u> STEM Day	<u>3</u> Clubs: Science, Art & Legos	<u>4</u> <b>No Program on Fridays</b>

**Healthy Tidbits from our Let's Go Partners!**

Looking for some inspiration for healthy snacks and meals, new nutritious foods to try, and other healthy lifestyle topics to focus on this month? Check out the monthly March "Holidays" for some inspiration! Also see daily "holidays" on the calendar above!!!

Cranberries Month	Mathematics Education Month
Brussel Sprouts Month	Cabbage Month
National Tomatillo Month	National Asian Pear Month
National Garden Month	National Pecan Month

**Make  Your Goal EVERY DAY!**

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low-fat milk

\*Keep TV/Computer out of bedroom. No screen time under the age of 2.