

Kaler 21 Club March Calendar
 Site Coordinator Misty Vigue: 650-0751
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Monday	Tuesday	Wednesday	Thursday	Friday
<u>4</u> Math/Literacy Enrichment	<u>5</u> STEM Day	<u>6</u> Family Night! Come find out what we've been learning about from 4:15-5:15!	<u>7</u> Clubs: Improv, Multicultural, & Screen Printing	<u>8</u> No Program on Fridays
<u>11</u> Math/Literacy Enrichment	<u>12</u> STEM Day	<u>13</u> STEM Day	<u>14</u> Clubs: Improv, Multicultural, & Screen Printing	<u>15</u> No Program on Fridays
<u>18</u> Math/Literacy Enrichment	<u>19</u> STEM Day	<u>20</u> STEM Day	<u>21</u> Clubs: Improv, Multicultural, & Screen Printing	<u>22</u> No Program on Fridays
<u>25</u> Math/Literacy Enrichment	<u>26</u> Cooking Clubs	<u>27</u> No Program: District Early Release	<u>28</u> Clubs: Improv, Multicultural, & Screen Printing	<u>29</u> No Program on Fridays

March is National Nutrition Month!

Our 5210 Let's Go! Partners remind us of the importance of honoring National Nutrition Month in March. Here are some of the celebrated foods during March. Try to highlight one or more of these during meal time this month!

- Bell Peppers and Broccoli Month
- Berries and Cherries Month
- Exotic Winter Fruit & Leeks and Green Onions Month
- National Celery Month


Make 5210 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.

Parent Night is March 6th, from 4:15 - 5:15 PM! Come see what your kids have learned during clubs. Our two remaining parent nights will be 4/25 and 5/23, with more details to come as we get closer. We love when you can help us celebrate everything your student(s) learn after school!

Kaler Site Coordinator

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21 Club Website: <https://sopolwas.weebly.com/>

21 Club Facebook Page:

https://www.facebook.com/21-Club-South-Portland-LearningWorks-Afterschool-491429387910306/?modal=admin_todo_tour

21 Club Calendars can also be found here:

<https://www.learningworks.me/our-programs/learningworks-afterschool-summer/>