



# Skillin 21 Club March Calendar

Site Coordinator Joe Kosnow: 615-6354

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We are VERY excited to welcome Joe to our 21 Club Team! Please look out for his introductory letter as well.

| Monday                | Tuesday               | Wednesday   | Thursday   | Friday                                    |
|-----------------------|-----------------------|---|--|---|
| <u>4</u><br>STEM Day  | <u>5</u><br>STEM Day  | <u>6</u><br>Clubs: Cooking, Theater, and Lego/Littebits   | <u>7</u><br>Clubs: Multicultural Club, SPARK Activity, & Chess   | <u>8</u><br><b>No Program on Fridays</b>  |
| <u>11</u><br>STEM Day | <u>12</u><br>STEM Day | <u>13</u><br>Clubs: Cooking, Theater, and Lego/Littebits  | <u>14</u><br><b>Field Trip:</b> USM Planetarium<br> | <u>15</u><br><b>No Program on Fridays</b> |
| <u>18</u><br>STEM Day | <u>19</u><br>STEM Day | <u>20</u><br><b>Field Trip:</b> Portland Museum of Art<br> | <u>21</u><br>Clubs: Multicultural Club, SPARK Activity, & Chess  | <u>22</u><br><b>No Program on Fridays</b> |
| <u>25</u><br>STEM Day | <u>26</u><br>STEM Day | <u>27</u><br><b>No Program: District Early Release</b>  | <u>28</u><br>Clubs: Multicultural Club, SPARK Activity, & Chess  | <u>29</u><br><b>No Program on Fridays</b> |

## 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  **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 **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.

## **Site Coordinator- Joe Kosnow**

**E-mail:** [jkosnow@learningworks.me](mailto:jkosnow@learningworks.me)

**Phone:** 207-615-6354 (Primarily monitored on program days (Mon-Thu) from 2 PM - 6 PM; Leave a message/text and you will receive a follow-up

## **South Portland LWAS Director**

Katy Bizier, [kbizier@learningworks.me](mailto:kbizier@learningworks.me)

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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](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/>