



The Preferred World

March 2011



OUT OF THIS WORLD NEWS



NATIONAL BREAKFAST WEEK!

Did you know that March 7th - 11th is National Breakfast Week! Breakfast is the most important meal of the day and should not be missed! Below are a list of 5 reasons why you should eat breakfast every morning!

1) Breakfast is your chance to eat the foods you may not eat the rest of the day. You can't go wrong with a whole-grain cereal and berries with nonfat milk -- here is your fiber, folic acid and calcium in one easy-to-grab bowl.



2) Breakfast helps wake you up! Studies show that people who eat breakfast are more alert and do better on tests than people who skip breakfast.



3) Eat more, weigh less. Researchers have repeatedly shown that people who eat breakfast have a better chance of losing weight, and keeping it off.

4) Studies show that people who eat breakfast tend to be in better moods. Breakfast gets you started on the right track for the day.



5) Eating breakfast can help you to have a great day. Our bodies cannot run on empty until lunch time. When our bodies do not have proper nutrition, they do not function to their fullest!

Be sure to try our new Sausage, Egg and Cheese Morning Munchies during breakfast hours in your lunchroom!

MARCH 2011

March 8th - Mardi Gras
March 9th - Ash Wednesday
March 13th - Daylight Savings Time Begins
March 17th - St. Patrick's Day
March 20th - First Day of Spring



Remember! March is:
National Nutrition Month
National Women's History Month

ST. PATRICK'S DAY WORD SEARCH!

E	O	F	K	N	D	T	A	U	A	G	I	S	I	E
E	R	E	M	B	C	F	V	B	H	O	E	H	R	M
R	A	I	N	B	O	W	P	E	S	L	E	A	I	S
L	E	P	R	A	C	H	A	U	N	D	L	M	S	O
N	F	N	Q	P	J	F	F	F	A	C	Q	R	H	L
F	A	I	H	Z	X	E	M	T	K	O	Y	O	J	F
C	L	O	V	E	R	R	D	C	E	I	F	C	K	C
Y	T	W	Q	V	A	I	H	Q	S	N	G	K	U	K
L	N	Z	A	G	O	R	A	U	Q	S	Q	A	D	U
S	J	R	O	O	Q	E	P	W	R	O	M	N	K	J
C	Y	N	W	E	G	L	H	V	T	C	Z	C	L	B
H	J	J	I	I	Z	A	R	E	T	E	U	X	U	W
F	W	I	O	J	U	N	R	N	T	C	T	O	C	Z
G	R	E	E	N	R	D	M	A	R	C	H	N	K	G
S	T	P	A	T	R	I	C	K	J	L	P	W	Y	D

Clover	Ireland	Lucky	Shamrock
Gold Coins	Irish	March	Snakes
Green	Leprechaun	Rainbow	St. Patrick



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7 EXOTIC FRUITS FROM AROUND THE WORLD!

1. Rambutan - Native to Malay Archipelago, Southeast Asia



2. Jackfruit - Native to south western India, Bangladesh, Philippines and Sri Lanka



3. Lychee - Native to southern China, found in India, Taiwan



4. Mangosteen - Native to the Sunda Islands and the Moluccas



5. Kumquat - Native to China



6. Durian - Native to Brunei, Malaysia and Indonesia



7. African cucumber - Native to Kalahari Desert, Africa



Visit the website below for more information about these unique and delicious fruits!

<http://blog.hotelclub.com/10-must-try-exotic-fruits/>



NEPTUNE

Fun Facts About The Planet Neptune!

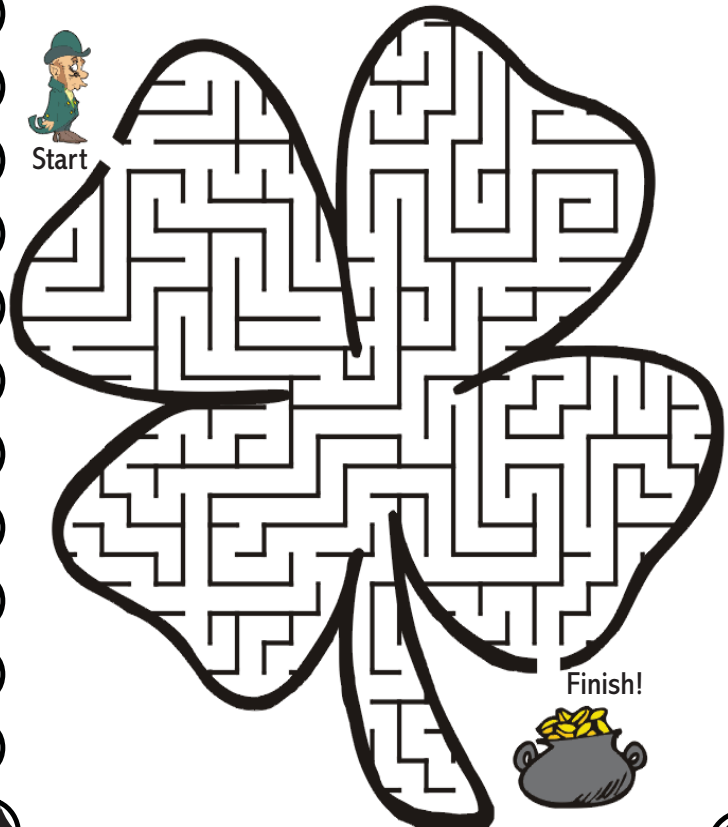
- Neptune is the eighth planet in the solar system.
- The methane gas on Neptune gives the planet its blue color because the gas absorbs red light and reflects the blue back into space.
- In Roman mythology Neptune was the God of the Sea.
- Neptune has the strongest winds in the Solar System.
- The only spacecraft that has visited Neptune was NASA's Voyager 2 spacecraft, on August 25, 1989.
- Neptune completes its rotation in about 16 hours and 7 minutes.
- It takes 165 years for Neptune to revolve around the Sun. Since its discovery in 1846, the planet has not yet completed a full orbit.



ST. PATRICK'S DAY MAZE!



Start



Finish!



SPACE CAMP

Spring Is Here! Get up and Get Moving!

After a long winter of reduced activity, you might be tempted to finally get back outside and play sports and outdoor games with friends. Below are 7 fun Spring activities to play with friends and your family.

1. Reconnect with Nature! - The weather is getting warmer, get outside and plant a vegetable garden or a few trees in the yard!



2. Ride Your Bike - Get that bike out that's been stored away all winter long, and go on a bike ride with friends.

3. Take A Walk - Get your family together for a walk in the neighborhood. It will be nice to get outside and burn some winter calories!



4. Fly A Kite - Spring is the best time to dust off your kite, and let the cool breezes take your kite up in the sky!



5. Plan A Picnic - Lunch at the table again? Pack the food for a picnic at the park instead.

6. Make A Birdhouse - Your feathered friends are on their way back from their winter trip!



7. Sign Up For Sports - Spring is here, which means all the sports teams are back! Sign up while spots are still available!

PARENT'S CORNER

Chore Charts!

Skeptical that your kids will actually use a chore chart? You're not alone. Many parents don't bother trying to implement a chore chart system because they don't think that the chart will get any use. Want to get your children to really use a chore chart? Here are some tips that can help.

1. Let kids help plan the system - Ask kid's questions about how the system should work. Letting kids have even the smallest amount of input helps make them feel like the chart belongs to them too.
2. Tie chores to something - Choose to tie completing chores to an allowance, a fun activity, or other incentive.
3. Offer a training period - During this time, you may be showing how to do the chores. Show children how a chore should look when it's completed.
4. Make it fun! - Turn on some music, and have fun!
5. Offer some choices - Try offering choices to kids who are reluctant. Offering kids a choice between chores can give them ownership of their job.
6. Start young - Even small children can be responsible for small chores.
7. Change the chart up - The same chores day after day, get old. Don't be afraid to rotate some new chores and take away others.



ST. PATRICK'S DAY SPOT THE DIFFERENCE!

Can you find the 5 differences between the 2 pictures?

