

Tuesday, March 2, 2021

W.F. Morrison Newsletter

Home of the Mighty Mustangs!

School News

- Citizen of the Week - Cragar Davis
Way to go, Cragar!!
- Transitional Kindergarten
Registration - Registration is open to students who are young five year olds or those that are four and will turn five during the 21-22 school year. Call Morrison Elementary at 295-4321 for more information and to request paperwork.
- Junior High Football began March 1st. It is open to all 5th and 6th graders. You must have a physical to participate. Practice will run daily Monday - Thursday from 3:45-5:45, and Friday's from 2:30-4:30. This will be full tackle football with pads. The season will last 3 weeks and will include two scrimmages. Please Contact Mr. Haggerty (lhaggerty@trok12.org) with any questions.
- Troy Parks & Rec Youth Softball/Baseball Sign-up going on now!!! Forms are available in the office. Volunteers are also needed. The sign up deadline is March 31st. Please contact Shayna with any questions, 334-0249.

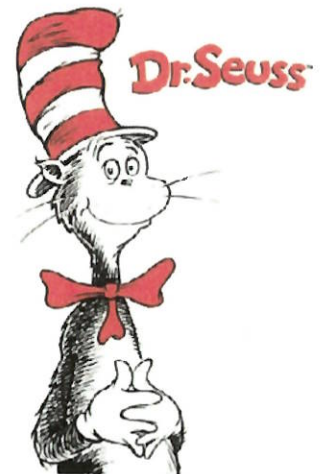
Dr. Seuss Week

Read Around the World: Oh, the Places You'll Go

March 1 - 5

Dress Up Day Schedule

- Monday - Take a Road Trip
Dress like a tourist!
- Tuesday - Lead Like Royalty!
Dress like a king or queen!
- Wednesday - Define a Superhero!
Dress like your favorite superhero or think outside the box and define your own!
- Thursday - Hike like a Boss!
Dress for outdoor adventures!
- Friday - Oh, the Places You'll Go!
Dress like a Dr. Seuss character!



- Troy Mountain Bike Club application deadline has been extended to March 31st. Applications are available in the office.



March is National Nutrition Month – Kick it off with 5 Tips to Boost Your Health

The month of March is recognized as National Nutrition Month®. The purpose of nutrition month is to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. In honor of this month, we will be featuring a series of topics focused on healthy living.

To kick it off this month we will be featuring 5 tips to boost your health. It's no secret that the average American diet isn't super healthy, by industry expert standards. In addition to eating too many calories from fat, sugar and refined grains, many Americans do not eat enough fruits, vegetables and whole grains.

When you consider how important a healthy diet is for overall health and disease prevention, this is pretty alarming. In fact, improving your diet could extend your life span and reduce the chances of costly chronic diseases like heart disease, stroke and diabetes

If you want to improve your diet, but are wondering where to start, look no further Listed below are some simple ways to get started on your healthy eating journey.

1. **Eat breakfast every day.** Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities.
2. **Plan as many home-cooked meals as you can.** They usually have fewer calories and cost less than typical meals eaten at restaurants
3. **Eat plenty of fruits and vegetables.** Half of your plate at each meal should be vegetables or fruits
4. **Beware of sweetened drinks.** Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.
5. **Choose food sensibly when eating out.** Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out, or nutrition information listed on the menu, ask.

