

Traces of Solheim's cougar Newsletter

March 2023



Important dates:

March 2023

3/6 – 3rd Grade Music Program, 7 p.m.

3/7 – PTO meeting, 6:30 p.m.

3/16 – NO SCHOOL (storm makeup day possible)

3/17 – NO SCHOOL (storm makeup day possible)



Life skills for March:

- **Problem Solving:** To create solutions to difficult situations and everyday problems

Fruit and Vegetable Week - March 6-10

This week, we'll introduce a rainbow of fruits and vegetables at lunch and encourage students to make healthy snack choices. We will have colored dressing days to focus on the different colors of fruits and vegetables.



MONDAY IS WHITE/TANNED/BROWN DAY:

*White pears, *Potatoes (part of the daily lunch menu)

TUESDAY IS YELLOW/ORANGE DAY:

*carrot, *yellow pepper

WEDNESDAY IS A RED DAY

*Tomatoes, *Beets

THURSDAY - PURPLE/BLUE DAY:

*Black beans, *Purple grapes

FRIDAY IS GREEN DAY:

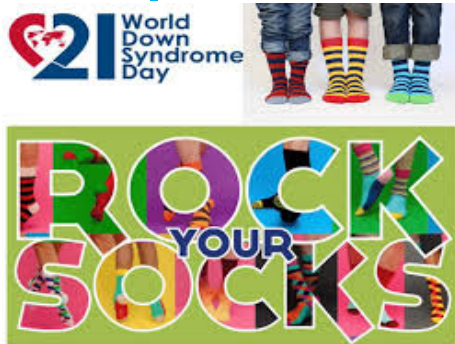
*Celery, cucumbers, *peas

BINGO FOR BOOKS

We will be hosting a BINGO for Books event in the Solheim Gym on **March 31** during the school day. Teachers will not send their students to their normally scheduled specials that day as all specialists will be in the gym to help.

9:00- 10:00	10:15- 11:15	1:30- 2:30
5th Grade	1st Grade	4th Grade
Kindergarten	3rd Grade	2nd Grade

World Down Syndrome Awareness Day –
March 21 – Wear Mismatched Socks



Autism Awareness -
March 31 - Wear BLUE!



Cerebral Palsy Awareness Month –
March 24 – Wear GREEN!



Note from the School Nurse –



Important Medicaid Update: ND is changing the Medicaid qualifying factors starting April 1st and the state will be reaching out to families to renew. If they are unable to reach the family, their coverage will be dropped. Please make sure your Medicaid contact information is up to date and if you receive Medicaid information in the mail, it will need to be returned.

To learn more visit:
www.hhs.nd.gov/StayCoveredND

Epilepsy Awareness –
March 27 - Wear PURPLE!



Diabetes Awareness
March 29 - Wear BLUE!



Art Minions afterschool club –



Art from the Heart is offered by the Art Minions Club after school in Solheim every Tuesday after school. You must register to participate. Limited availability. Please click on the link below to register for Art from the Heart for the month of February.

<https://fb.me/e/4fSC0wjzV>