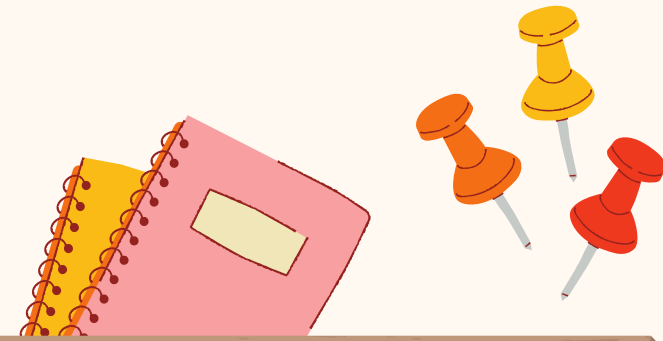


SEPTEMBER 2022

VOL.01 SEPTEMBER



Wellness Corner



- OUR WELLNESS POLICY ENCOURAGES AN ENVIRONMENT THAT PROMOTES STUDENT WELLNESS
- HAVE ASSEMBLIES ABOUT HEALTH AND WELLNESS! ENCOURAGE SCHOOL ACTIVITIES!
- REPORT WHAT YOUR SCHOOL IS DOING TO IMPLEMENT WELLNESS ON THE NDS WELLNESS PAGE

Harvest of the Month

BENEFITS:

PEPPERS HAVE VITAMIN A WHICH PROMOTES HEALTH. IT IS A GREAT SOURCE OF FIBER.

NDS IS CELEBRATING THIS HARVEST BY PROVIDING HEALTHY MEALS THAT ARE HIGH IN FIBER! WE CHALLENGE YOU TO TRY MAKING YOUR OWN MEAL WITH PEPPERS THIS MONTH!



Dear Parents, Caregivers, & Students,

School is back in session! We hope that everyone had an amazing summer and off to a great school year! NDS is excited to offer the National School Lunch Program for the 2022-2023 school year with new menu items offered everyday! We are looking forward to seeing and hearing the students feedback!

September is time to celebrate National Food Safety Month, which means bringing awareness to food safety!

- NDS Staff

Prayer Corner

Lord, thank You for the blessings of summer to share with family & friends. Bless us in this new year with new friends & new things to learn. Thank You for the teachers and school staff who help us keep them in your care. Amen

