

Chartwells Poplar Bluff School District September 2023 Newsletter

This Month in Discovery Kitchen

We are excited to kick off the month of September with a focus on teaching students how to fuel their bodies with nutritious foods through a Power Your Performance theme. This is the first theme of the school year in the Discovery Kitchen series of interactive food and nutrition education. From competitive athletes working to achieve peak performance, to any student looking to power through their active day, chef demonstrations and interactive events will show students how eating the right foods can help them perform at their best and stay ahead of the game.

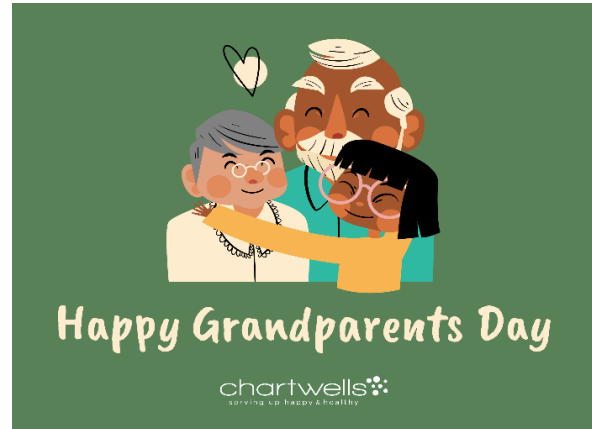
In September, Chef Kevin and I will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn all about performance foods. We will also be at the High School for a Student Choice Promotion



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A Reason to Celebrate!

September 10: Grandparents Day



September 18: National Cheeseburger Day



September 24: Johnny Appleseed Day

