

# Poplar Bluff R1 School District Chartwells January 2024 Newsletter

## A Reason to Celebrate!

### January: National School Board Recognition Month

Thank you, School Board Members! On behalf of all of our Chartwells team members – and our 16,000 fellow associates across the country, we can't thank you enough for supporting our mission of serving up happy and healthy every day.

### January 1: Happy New Year

New Year's Day is a holiday that is observed on the first day of January on the Gregorian calendar – which is January 1st. For many people, it is seen as the end of the holiday season and it is also a day in which many people start their New Year resolutions.

### January 19: National Popcorn Day

Popcorn is definitely one of America's favorite snacks, and what better way to honor this wholesome snack than by dedicating an entire day to it?! Join us in the cafeteria to celebrate National Popcorn Day

### January 20: National Cheese Lover's Day

Get ready to 'havarti' a 'gouda' time, because it's National Cheese Lover's Day!

### January 21: National Granola Bar Day

Granola bars are made out of rolled oats, dry fruits, and honey, which makes them a good breakfast food or snack. They are popular among hikers and anyone else who needs food that delivers a quick energy hit.

### January 22: Lunar New Year

Celebrate the traditional dishes of the Lunar New Year!



Every Friday  
Grades Pre K - 3



Mood Boost, teaches students which foods may help them feel their personal best. The program introduces characters, “the Moodies”, (for elementary) and icons (for middle school) that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident. Featuring mood-boosting foods and recipes, along with fun promotional materials that feature the Moodies and simple and delicious recipes featuring healthy foods.

In January, Chef Kevin and I will organize Mood Boost experiences in the cafeteria and classrooms with interactive ways to spark students' curiosity on how different foods effect your mood.

Also, in January we will be promoting Student Choice at the High School and Junior High

## Meet the Moodies

