

# Panther Monthly



# Ösömuya

March 2020

## Save the Date:

03/04-  
Sch. Board  
meeting @  
5:00pm

03/06-  
End of 3rd  
Quarter

03/11-  
FTO meeting  
@ 5:30pm

03/25-  
Bus Evacuation  
Drill

03/25 & 26-  
PARENT/  
TEACHER  
CONFERENCES

Daylight Saving Time  
 *Begins*  
Reminder, MDS does not observe  
Daylight Savings Time

## Family Reading Night

Tues., March 3rd  
4:30- 6:30 p.m.

MDS Cafeteria

- ◆ Family Activities
- ◆ Book Fair
- ◆ Door Prizes for students

Join us as we come together to  
celebrate & honor Dr. Seuss !

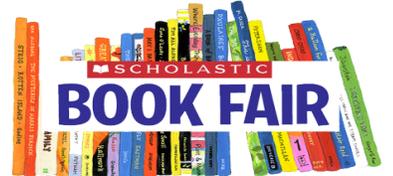


## Parent/Teacher Conference

March 25 & 26

See your child's teacher for  
conference schedule.

**BOGO**  
BUY ONE  
GET ONE  
FREE



## March 2-13

Hours of Operation

Monday/Friday: 3-5pm

Tues/ Wed/ Thurs: 3-6 pm

Morning & Lunch Recess Daily

Note: BOGO applies to books only.

# NO SCHOOL

SPRING BREAK!

## MARCH 16-20

## Panther Basketball

Mar. 5 @ vs. Hotevilla/ Bacavi

Mar. 14 – Girl's End of Season  
Round Robin @ HJSHS

**GO Panthers!**

## Family Fitness Night

Join us for two great events!

**ZUMBA®**  
March. 10th

5:30 – 7pm



**FIT Fusion**  
March. 23th

5:30 – 7pm

A partnership with Special Hopi Diabetes Program.

## Hopi Words of the Month

**kuwana**– color or paint substance

**tutsaya** –sifter basket made from yucca leaves

**yungyapu**– wicker plaque      **poota** –coiled plaque

**nepni**– wild plants      **aniwni**– hand grown crops

**noosiwqa**– prepared foods      **hintsaki** – actions

**uylawu**– farming      **yoktaqa**– hand hoe

**paslawu**– hoeing

## Hopi Character Trait

“Hak hiita ep qa pas kyaanavoti'ytangwu.”

- Never be impatient.

# AzMERIT

Testing opens March 30– Grades 3rd thru 6th.  
Students, please be on time & get plenty of rest.

# March is National Nutrition Month

# Eat Right!

## Five Healthy Eating Habits for National Nutrition Month

### Discover Your Own Eating Style

A healthy lifestyle starts with a healthy *eating style*. Shop for produce and foods that you enjoy eating and that are healthy. Then, find ways to eat those foods more. While it may be hard to ignore your cravings for less-healthy foods at first, if you can satiate your hunger with healthy choices, your body will start to crave those healthier options.

### Cook at Home & Eat out Less

Eating out is, generally speaking, less healthy than dining in. In addition, you'll save some money. Practice cooking at home and experiment with different, healthy ingredients. Who knows what foods you might end up falling in love with?

### Count Your Calories

It's tedious, but how much we eat is just as important as what we eat. When you eat and drink the right amount, you'll feel full and healthy. There are many great mobile apps and programs that can help you do this, but a good rule of thumb is to make sure the amount of calories coming in roughly equals or barely exceeds the amount you're sending out.

### Find Activities That Keep You Moving

Many things in the world today invite us to sit down. Binge-watching Netflix and browsing social media on our phones, for example, are things that require little-to-no movement (and we're all guilty of doing). If you can find an activity that's both fun and physically engaging, you can improve your overall wellness and double the effectiveness of your healthy eating habits.

### Ask for Help

You don't have to do this alone. First, involving family and friends in your quest to stay healthy is a great way to keep yourself motivated.

## 12 ways to stay Happy & Healthy

				
Leafy Greens boost Energy	Walnuts - Omega 3 brain nutrients	Smiling releases happy hormones	Banana boosts serotonin	Spend time in nature
				
Cayenne Peppers Relieves Depression	Water Hydration More Energy less stress	Green Smoothie Energy boost, zap!	Epson Salt Calming	Oats Eases Depression
				
	Almonds Brain Food-Magnesium	Walking- clears mind boosts serotonin		

## 5 Tasty Ways to Replace Carbs With Veggies That You Won't Hate

### MAKE VEGGIE-BASED BUNS



Some favorite veggie substitutes include lettuce, mushroom caps, grilled zucchini, and avocado.

### INDULGE IN HEALTHIER FRIES



Who knew that you could make baked fries out of ingredients like green beans, asparagus and carrots?

### DITCH THE TORTILLAS



Tacos are just as tasty if you wrap them up in romaine lettuce, kale, or other green leaves.

### HEALTHY "MASHED POTATOES"



Try using mashed cauliflower instead of regular potatoes for a boost of veggie power.

### HOMEMADE GUILT-FREE CHIPS



Classic Potato Chips (15 chips) contains 160 calories and a whopping 10 grams of fat! Instead, peel vegetables like beets, celery root, zucchini and sweet potatoes, then bake them and cover them with sea salt.