KEEP OUR TEAM PLAYERS HEALTHY

The United States is facing an epidemic of childhood obesity, with one-third of all children considered overweight or obese. Healthy children will have the best chance of becoming successful students & healthy adults.

★ Lifelong habits begin in childhood, so when it comes to eating & exercise, parents have a significant influence.
★ Doctors recommend a simple daily prescription for a healthy child, student, & family.

1. Eat plenty of fruits and vegetables.
2. Avoid or cut down on fatty, fried or sugary foods.
3. Restrict hours in front of a computer screen or TV for all family members.
4. At least one hour of physical activity each day.
5. Almost no sugary drinks.

If your family eats well, exercises daily and incorporates healthy habits into daily life, you are modeling a lifestyle that can lead to a lifetime of good health. You are also sending a student as physically prepared as possible for success at school.

Kindergarten Registration
Friday, March 15
8am-5pm
Rock Creek Park
Click for more info.

Board Meetings
Mar. 5
Work Session - 5pm
Mar. 12
Board Meeting - 6pm

Board meetings are held at
28 Main St, Dawsonville, GA

Pre-K Registration
Register online on
March 6 @ 8am
Click for more info!
Wellness Glow Run
5K GLOW RUN
FRIDAY, MARCH 8
CLICK FOR MORE INFO

Miss Sparkle
FRIDAY, MARCH 8TH
STARTING AT 6PM AT
THE PERFORMING
ARTS CENTER

Science Festival
MARCH 1-3
DAHLONEGA &
UNG CAMPUS
CLICK FOR MORE
INFO!

DCHS Athletic Events
Click to view a list of March Athletics.

Meals by Grace
3/9/19
Harmony Baptist Church:
1575 Harmony Church Rd
Register at mealsbygrace.org

Tiger Den Musical
March 1 at 7pm
Performing Arts Center
$5

Camp Invention
JUNE 10-14, 2019
GRADES K-6
REGISTER AT
INVENT.ORG/CAMP
CLICK TO VIEW
FLYER

Dates to Remember
March 20-21 - Early Release / Parent Conference
March 22 - Professional Development Day (No school for students)
Board Meeting Recognitions

School Counselors & Support Staff

DCMS Lady Tigers Basketball

Hoby Award - Women's Club

State Superintendents Council

Spelling Bee Winners

Hoop House Partnership with Kilough & FFA