

March 2019

DISTRICT NEWSLETTER



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

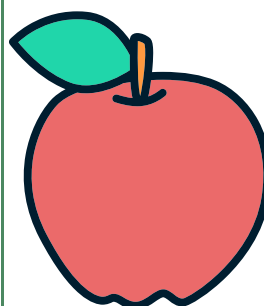
Mar. 12

Board Meeting - 6pm

BOARD MEETINGS ARE HELD AT
28 MAIN ST, DAWSONVILLE, GA

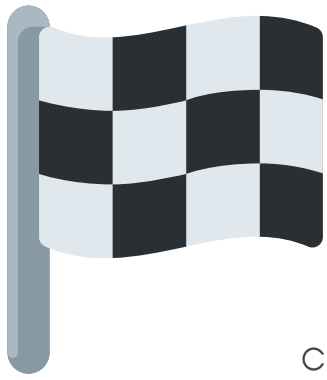


BOARD APPRECIATION WEEK IS
MARCH 18-22,
THANKS FOR ALL YOU DO!



Pre-K Registration

REGISTER ONLINE ON
MARCH 6 @ 8AM
[CLICK FOR MORE INFO!](#)

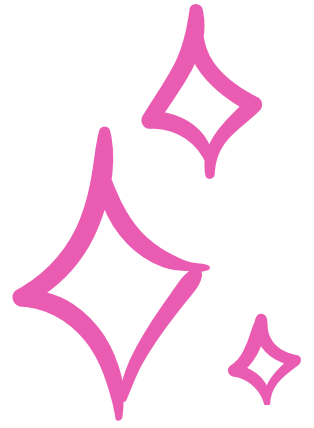


Wellness Glow Run

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](http://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