

# September 2009



## Lift-Off!'s Tips for the Month:

- Remember, Eat Right, Be Bright! Eat plenty of nutritious foods to get the school year off to a good start!
- September's Produce of the Month is CORN! Enjoy a fresh ear of corn, it's a sweet treat full of flavor and nutrients!
- Get plenty of sleep each night to enjoy a full and healthy day!
- Leave time after school to do some exercise to stay fit!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7  Labor Day	8	9	10	11  Patriot Day	12
13  Grandparent's Day	14	15	16	17	18	19
		Sept 15th – Oct 15th – National Hispanic Heritage Month			Sept 17th–23rd Constitution Week	
			16  Step-Family Day	17 Constitution Day		
20 Sept 18th–20th Rosh Hashanah	21 International Day of Peace	22  First Day of Autumn	23	24	25 Native American Day	26  Johnny Applesed Day
27  World Heart Day	28 Yom Kippur	29	30	 <p><b>All Month</b> School Success Month Library Card Sign-Up Month</p>		