

CREATIVE DISCOVERY IS HERE TOMORROW

**Coordinated School Health
Linda B. McGill
Athens City Schools**

Athens City Schools is excited to welcome the Creative Discovery Museum crew to our town tomorrow night. They'll be presenting "Full Steam Ahead", a museum style, interactive evening. They'll have stations with activities centering on Science, Technology, Engineering, and Math. There will be a chance to win a FREE membership. Come to Athens City Middle School from 6-8 p.m. and join in the fun!

Testing is underway, beginning this week, in various schools. Check any information from your particular site. Remember, the schedules will vary from school to school. It's different from the old days, when testing was in one week! Attendance is vital, being on time to school is vital, and getting a good night's sleep is an important test preparation. Remember we offer FREE breakfast at all sites every morning.

City Park 2nd graders will be heading over to camp today and tomorrow. Then on Monday the 22nd, they'll begin testing at City Park.

Ingleside moved their Walk-the-Plank walkathon from last Friday to the day before. This gave them a glorious day of fun, costumes, and outdoor activities. This week they're having a BOGO Book Fair, so be sure to drop by and choose some books. PreK Cap and Gown pictures will be made on Thursday, the 18th.

"Pink Out and Crazy Hair Day" is tomorrow at all sites. This is a fundraiser event and focus on our local Relay for Life. It will be fun to see all the kiddies in their garb!

MidTerm grades go home on Thursday as well. Be on the lookout, parents. The final days of this school are getting closer and closer!

ACMS Baseball has games at McMinn Central tomorrow at 5 and 6:30. Soccer is at home against Ocoee at 5 p.m., and the Track team is at Rhea County at 5:30.

Monday's schedule for sports are away games. Baseball is at Cherokee Middle at 5:30 and 7 p.m. Soccer is at Chilhowee at 5:30. Our Baseball Team has games at home against Cherokee Middle at 5 and 6:30. If you haven't seen these kids play, you've missed a treat! Go, Cougars!

Our Athens City Board will have a work session next Wednesday. They'll meet at City Park and noon.

Next week is a national recognition, "Every Kid Healthy Week." As we read the paper or watch the news, we see the health of children is vital to our nation. The outbreak of Measles throughout the country is alarming, especially to those "oldies" of us who remember the pain and agony of Measles. Those who aren't vaccinated have an effect on others. There's also a new outbreak of e-coli in the states.

Last week we focused on the "Dirty Dozen" fruits and veggies that can be harmful if not washed, refrigerated, or handled carefully. This week, here are the "Clean Fifteen":

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| • Avocados | Sweet Corn | Pineapple |
| • Frozen Peas | Onions | Papayas |
| • Eggplant | Asparagus | Kiwis |
| • Cabbage | Cauliflower | Cantaloupe |
| • Broccoli | Mushrooms | Honey Dew melons |

As we prepare for Easter Sunday, schools will be dismissed on Good Friday. Classes will resume on Monday, April 22nd at the regular times. As we enjoy our families over the weekend, remember to find all the eggs – you don't want to find them two weeks later! Happy Easter.

4/17/19