



May PABS Announcement Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy May Day!	2 Fun fact: Tuna fish can get as large 2000 pounds! Tuna is a healthy source of lean protein and omega-3 fats.	3 The weather is warming up! Dust of your bike, put on your helmet and go for a ride today!	4 National Bird Day! Did you know there are over 10,000 species of birds? Go outside to look at some birds!	5 Cinco de Mayo! Mole Poblano is a dish for celebration on this day. The secret ingredient is Mexican chocolate. Yum!
8 A healthy lifestyle consists of physical activity, mental activity and good nutrition!	9 Eat more spinach! Spinach is nutrient packed and high in antioxidants. A great addition to a healthy lifestyle.	10 National School Nurse Day! Make sure to thank your school nurse for their hard work!	11 Beans and legumes are fiber-rich and protein packed. That means they are good for strong muscles and your tummy!	12 Happy Friday! Make sure to get outside and get some Vitamin D from the sunshine! Don't forget your sunscreen
15 An apple a day keeps the dr. away. An apple is a great, quick snack to reach for and eat after school!	16 Fruit can be a tasty addition to top off your oatmeal for a delicious, fiber rich breakfast!	17 What do you call a walnut that likes to exercise? A health-nut!	18 Strawberries are jam-packed with nutrients and fiber. Pick up some strawberries for a snack today!	19 What's a dogs favorite pizza? Pupperoni!
22 Try a mango smoothie today using mangoes, vanilla yogurt, milk, and a banana!	23 Did you know it takes about 12 honeybees to make 1 tablespoon of honey?	24 Q: What musical instrument would a cucumber play? A: A pickle-o.	25 Almonds are full of protein but are a member of the peach family.	26 Be a role model for your family. Be active every day!
29 No School	30 Did you know you can use black beans in some recipes, such as brownies, to make them healthier.	31 Nutrition and physical activity are important for our health. Make sure to play at least 1 hour each day!		