



MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 PK School 2:45pm	3
4	5 PK School 2:45pm	6	7 PK Silver 10 am PK School 3:00pm	8	9 PK School 2:45pm	10
11 	12 PK Silver 10am PK School 2:45pm	13	14 PK Silver 10am PK School 3pm	15	16 PK School 2:45pm	17
18	19 PK School 2:45pm	20 	21 PK Silver 10pm PK School 3pm	22	23 PK Survivor 11am W2BC PK School 2:45pm	24 PK Champion 1pm
25	26 PK School 2pm	27	28 PK Silver 10am PK School 3:45pm	29	30 PK School 2pm	31



March is National Sleep Awareness Month! Sleep is an important part of every wellness routine. How much sleep do we need per night? Here are the guidelines from the National Sleep Foundation:

- Adults need 7-8 hours
- Children 6-13 years old need 9-11 hours
- Kids 3-5 years old need 10- 13 hours
- Babies - 2 years old need 11- 14 hours of sleep!

