

THE WEEKLY BLURB

WEEK OF NOVEMBER 2, 2020

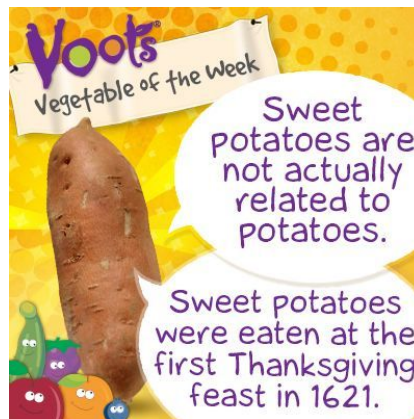
HEALTHY TIP: FRESH IS BEST!

- EAT FRESH FOODS WHENEVER POSSIBLE

JOKE OF THE MONTH:

WHAT VEGETABLE DO YOU USE TO SOLVE A MYSTERY?

- A CLUE-cumber



- **Sweet potatoes** are a rich source of fibre as well as containing an array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C

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