School Word Scramble
Unscramble the words below.
The picture clues will give you hints.
Then use the numbered code to find the secret message.

urtncep 3 11 1 15 9 12 2 18

saegnmtsin apd 4 5 8 20 6 1 2 6 12 15 4 7

haegorpyg 20 2 11 20 18 4 15 16 14

lurajon 21 11 9 18 6 4 10

morlbep govnis 15 18 11 13 10 2 1 5 11 10 19 8 6 20

eesrsc 18 2 3 2 5 5

yadinoictr 7 8 3 12 8 11 6 4 18 14

lentiubl robad 13 9 10 10 12 8 6 13 11 4 18 7

grinwit 17 18 8 12 8 6 20

Secret Message:

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Welcome Back!

A Healthy Start to a Great Year!
Use the clues below to solve the crossword puzzle,
and to start thinking about how to have a healthy year.

Down
1. You’ll find it in cheese, milk, yogurt, & more!
2. This includes biking, walking, dance, sports, & more!
3. These include spinach, squash, sweet potatoes, & more!
4. The best kinds for you are 100% whole, so check the label!

Across
5. You’ll find it in chicken, peanuts, black beans, red meat, & more!
6. These include oranges, apples, blueberries, grapes, & more!
7. Get plenty each night and be well-rested for the new day!

Write about one thing you can do each day to become a healthier you:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Number Challenge

Fill in the boxes with a number between 0 and 8.
The numbers in each row should add up to totals to the right.
The numbers in each column should add up to the totals along the bottom.
The diagonal lines should also add up the totals to the right.

Find the words in the word search.

Circle these words that appear vertically, horizontally, and diagonally. Use the first 24 uncircled letters to fill in the blanks below the puzzle to see what these words have in common:

- ALMANAC
- ATLAS
- COMPUTER
- DICTIONARY
- ENCYCLOPEDIA
- INDEX
- INTERNET
- LIBRARIAN
- SEARCH ENGINE
- THESAURUS
Welcome Back! Answers

School Word Scramble

computer
assignment pad
geography
journal
problem solving
recess
dictionary
bulletin board
writing

Secret Message:
Attitudes are contagious. Is yours worth catching?

Crossword Puzzle

Down
1. calcium
2. exercise
3. vegetables
4. grains

Across
5. protein
6. fruits
7. sleep

Number Challenge

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Word Search

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A T H E Y A R C T A S L L R
B I F E R E N H C E E T O O
L S D E X M Z E N A K Z W Z B
N G D E P U S A R S O O S S O
T U R U D A E C T I E D C X Z
Z E T D O U H G M M T Y T S F
T E R G L I B R A I A N
R N R N O I T N I A R Y
D B L E M T R C S C D B J O Y
N N U L A D N Y H D N N R Q X
E A T L A S G I T T S E O V T
D J J L M H W F K Z S D P X X
E V D H X I V X G C L P P U O
C C S S W G D V R V T J F T J
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Message: They are all reference tools.