



# Welcome Back!

## A Healthy Start to a Great Year!

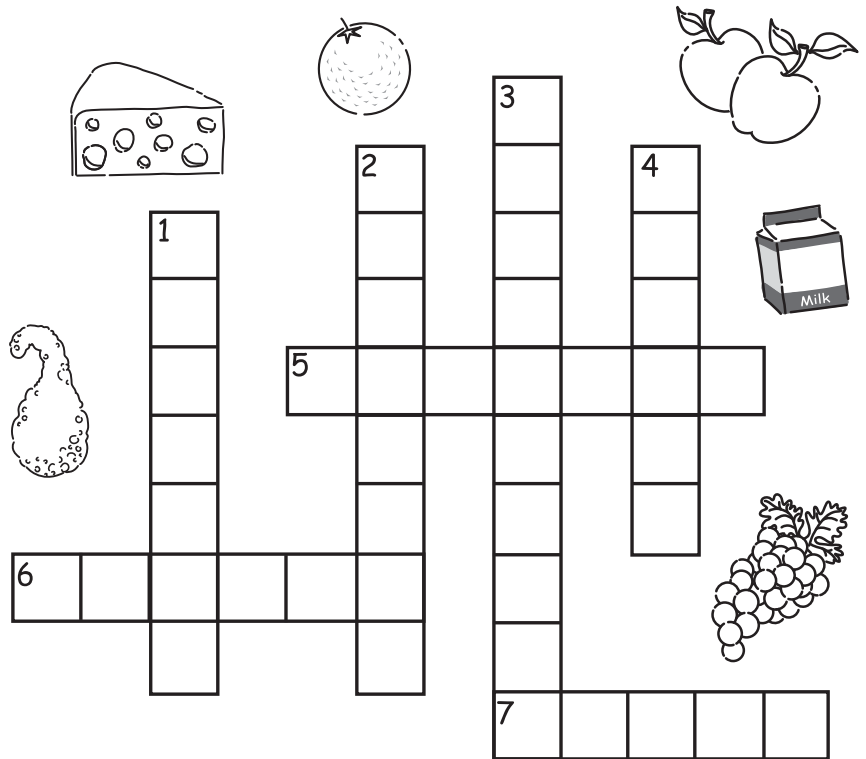
Use the clues below to solve the crossword puzzle, and to start thinking about how to have a healthy year.

### 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:

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# Welcome Back!

## 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.

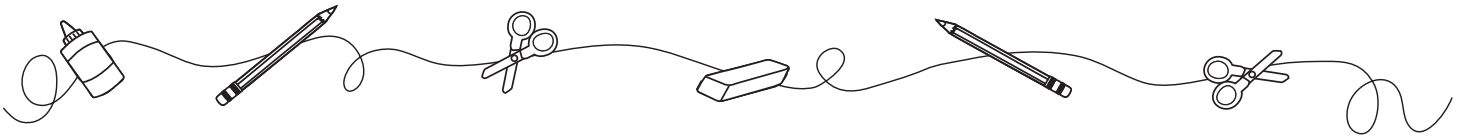
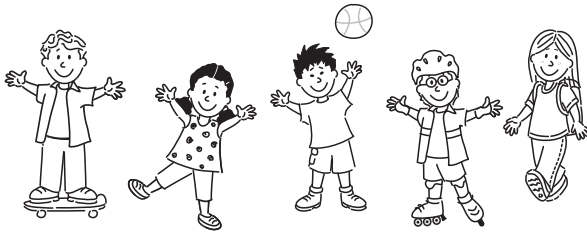
The numbers in each column should add up to the totals along the bottom.

The diagonal lines should also add up to the totals to the right.

5

8	1			15
	8	0		12
				13
	1	3		13

15	13	10	15	26
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A T H E Y A R C E T A S L L R  
 E I F E R E O 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 P A E C L J E D C X Z  
 Z E T D U O H G M M T Y T S F  
 I E N R Q E L I B R A R I A N  
 R N U R N D I C T I O N A R Y  
 X S D G E Y V X Y R Y A A C G  
 D B I E M T R C S C D B J C Y  
 N N U L X U 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

## 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

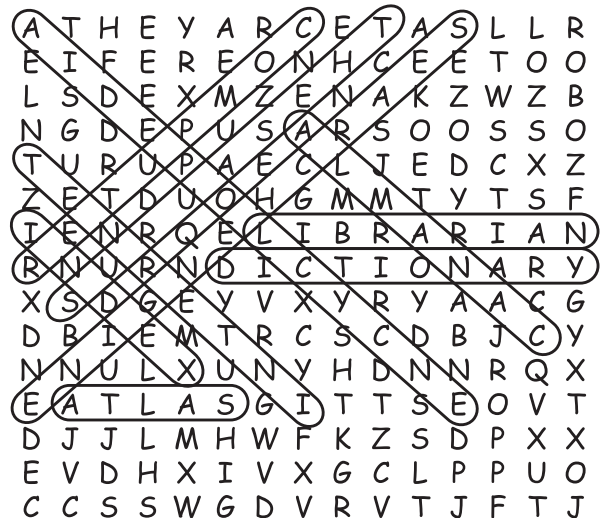
### Across

5. protein
6. fruits
7. sleep

## Number Challenge

8	1	5	1
4	8	0	0
2	3	2	6
1	1	3	8

## Word Search



Message: They are all reference tools.