

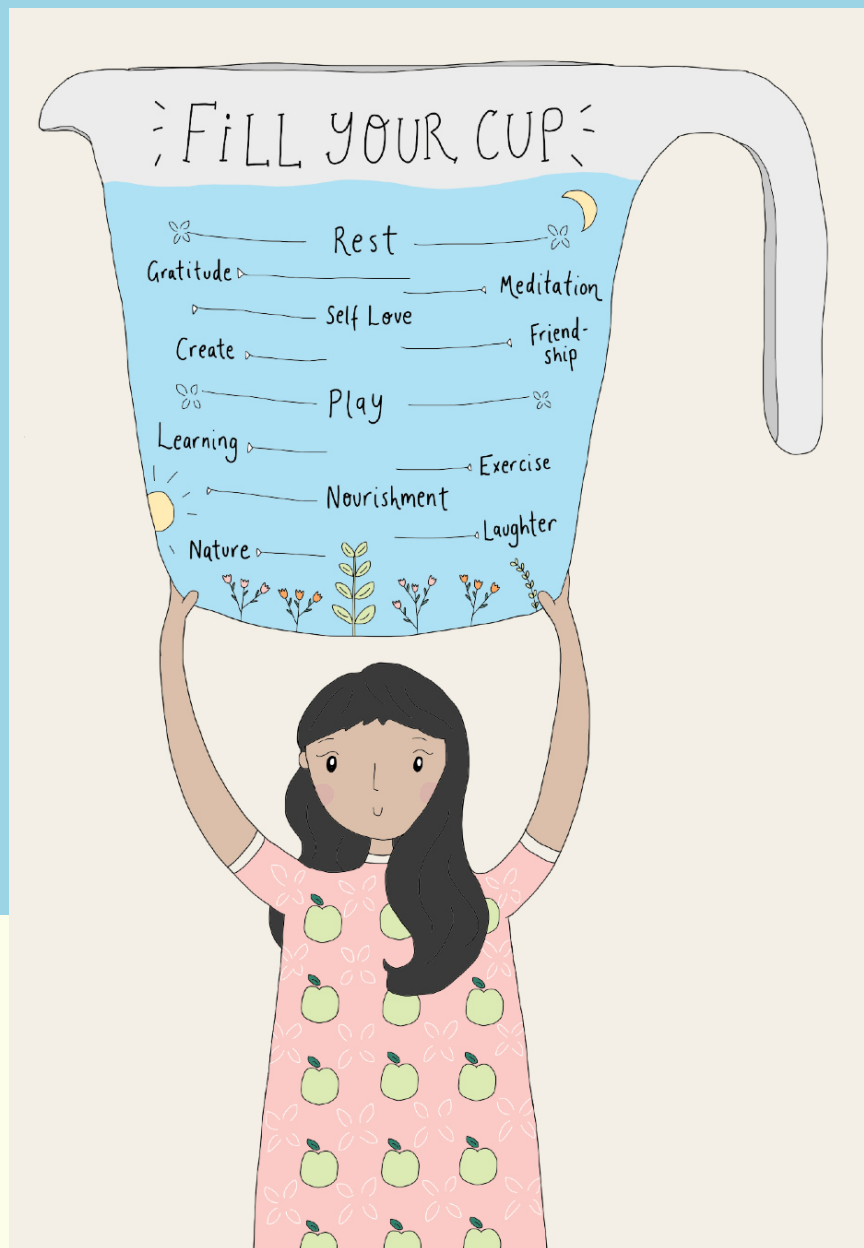


Fill Your Cup

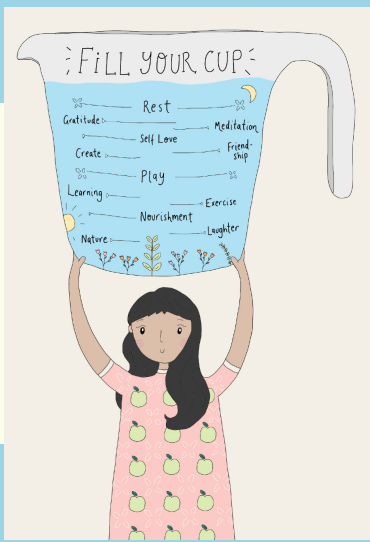
LET'S TAKE
TIME TO FILL
OUR CUPS
WITH THE
JOY OF
GIVING!

YOU CAN'T POUR
FROM AN EMPTY
CUP.

*Remember to fill your own
cup so you can overflow
into the lives of others.*



How do you fill your cup?



Ways to Fill Your Cup

1. PURSUE YOUR PASSION – PICK SOMETHING YOU LIKE TO DO, AND DO IT EVERY SINGLE DAY. IS IT READING? IS IT LISTENING TO MUSIC? IS IT GARDENING OR WALKING YOUR PET IGUANA? WHATEVER BRINGS YOU JOY, FIND A WAY TO LET THAT IN. YOUR SMILE AND THE CONTENTMENT IT BRINGS WILL BE WORTH IT!
2. GET MOVING – YOU DON'T HAVE TO RUN A MARATHON, BUT EXERCISING DOES SOMETHING WONDERFUL FOR YOUR BODY AND MIND. IT RELEASES ENDORPHINS AND MAKES YOU FEEL BETTER. SO WHATEVER YOU LOVE DOING – WALKING, RUNNING, YOGA, ROLLERBLADING, SNOWSHOEING, PADDLE BOARDING, DO THAT. SCHEDULE IT IN. MAKE YOURSELF STOP AND MOVE. EVEN 10 MINUTES OF STRETCHING CAN TRANSFORM YOUR MINDSET AND DAY!
3. SPEND TIME OUTDOORS– WHEN'S THE LAST TIME YOU JUST SAT AND WATCHED THE BRANCHES SWAYING IN THE WIND, OR LISTENED TO THE BIRDS IN THE MORNING. SOMETIMES EMBRACING THE STILLNESS, TAKING A MINDFUL MOMENT, IS ALL WE NEED TO FILL OUR CUPS. BREATHE IN THE FRESH AIR, FEEL THE VITAMIN D SEEPING FROM THE SUN INTO YOUR SKIN, GIVE YOURSELF SOME TIME TO LITERALLY STOP AND SMELL THE ROSES.
4. HELP OTHERS– JUST KNOWING A SMALL ACT CAN MAKE SOMEONE'S DAY IS INCREDIBLY FULFILLING. SO MAYBE VOLUNTEER AT A LOCAL PET SHELTER, OR DO SOMETHING SMALLER LIKE HELP A FRIEND ORGANIZE HER DESK. JUST THINK ABOUT MAKING TIME FOR OTHERS, AND SEE WHAT HAPPENS.



Coin Drive

March 16 - 20

*Benefiting our brave military service members through
the American Red Cross*



**EMPTY YOUR POCKETS, CLEAN OUT YOUR
CAR, AND CHECK THOSE COUCH
CUSHIONS...IT'S TIME FOR A
COIN DRIVE!!**



This is a cause that hits especially close to home. Fourth grade teacher, Mrs. Anthony's daughter and son-in-law are in the Army and know firsthand what it's like to serve overseas with limited access to supplies. This is especially true for the troops recently deployed with little notice.

Mrs. Anthony's daughter has put together an Amazon wish-list of personal care items that soldiers are most in need of. All coin drive donations will be used to purchase items from this wish-list, which will then be shipped directly to the Red Cross to be distributed to our soldiers. Thank you for supporting our brave service men and women!

Food Drive

March 23 - April 3

Benefiting the middle school food pantries
SMS and OMS CARES



ALL DONATIONS WILL GO TO FILL THE MIDDLE
SCHOOL FOOD PANTRIES

SMS C.A.R.E.S.



OMS S.N.A.P.



MOST NEEDED ITEMS

GRANOLA BARS
MAC AND CHEESE CUPS
PASTA CUPS
FRUIT CUPS

APPLE SAUCE CUPS
SOUP CUPS
OATMEAL PACKETS
PRETZEL SNACK BAGS

INDIVIDUAL PACKS OF CRACKERS
(NUT BUTTER OR CHEESE)
CEREAL CUPS
CHILI CUPS

*NONPERISHABLE ITEMS ONLY. NO GLASS.