ROCORI Health and Wellness Digest

Brought to you by the ROCORI Wellness Committee March 2026

Important Dates:

3/02 - Read Across America Day	3/17 - St. Patrick's Day
3/08 - Daylight Savings Time (jump forward 1 hour!)	3/19 - First Day of Spring
3/09 - No School	3/20 - International Day of Happiness
3/11 - One Hour Late Start	3/25 - One Hour Late Start

March is National Reading Month!

This month celebrates the joy and power of reading. Join the fun by picking up a new book, reading aloud with family or friends, or exploring your local library.

Inspired by Read Across America Day on March 2, National Reading Month reminds us that reading opens doors to imagination, learning, and lifelong adventure.

Even just 15 minutes a day can strengthen literacy skills and build a lifelong love of books!



Wellness Captains

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Newsletter created by Ali Anderson (CSE)

Move More Challenge!

Spring is the perfect time to refresh our routines and get moving. As the days grow longer and the weather begins to warm up, it's a great opportunity to build simple, healthy habits that boost energy and focus. We invite everyone to join our Move More March Challenge by adding a little extra activity to each day.

Movement doesn't have to mean intense workouts or long gym sessions. Take short walking breaks, stretch between tasks, choose the stairs when possible, or enjoy time outdoors with family and friends. Even small bursts of activity throughout the day can make a meaningful difference.

Every step counts toward better physical health, improved concentration, and overall wellness. Regular movement supports strong muscles and bones, helps manage stress, and increases positive mood and productivity. When we move more, we feel better—both in our bodies and in our minds.

Let's work together to make movement a daily habit this March. Whether it's a quick walk after dinner or extra playtime outside, small actions add up to big results.

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March is National Nutrition Month!

This month is about building healthy habits that actually last. Instead of focusing on restriction, think about simple upgrades you can maintain long-term.

Add more color to your plate with fruits and vegetables, choose whole grains when you can, drink water consistently, and move your body in ways that feel doable. Small, steady changes — like a daily walk or swapping in brown rice — add up to better energy and overall health.

SAINT PATRICK'S DAY Wordsearch

G	V	N	T	L	Y	F	U	I	I
G	G	R	E	E	N	P	H	C	R
N	Z	R	O	P	C	J	T	E	E
S	H	A	M	R	O	C	K	L	L
W	A	I	E	E	I	O	L	E	A
N	M	N	B	C	N	P	U	B	N
G	A	B	G	H	S	N	C	R	D
O	R	O	N	A	C	A	K	A	Z
L	C	W	X	U	S	Y	A	T	W
D	H	G	Z	N	F	N	G	E	G

WORD LIST

CELEBRATE
COINS
GOLD
GREEN
IRELAND
LEPRECHAUN
LUCK
MARCH
RAINBOW
SHAMROCK

Complete the word search and submit for a chance to win a prize!

Name: _____

Phone #: _____ 03/2026

Reuben Sliders



Ingredients:

- 12 Hawaiian sweet rolls
- 1/4 cup Russian salad dressing
- 8 ounces Swiss cheese, sliced or shredded, divided
- 16 ounces thinly sliced deli corned beef
- 8 ounces sauerkraut, drained
- 1/4 cup butter, melted
- 2 teaspoons caraway seeds
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions:

- Preheat the oven to 350°. Grease a 13x9-in. baking dish.
- Separate the Hawaiian sweet rolls; slice in half horizontally. Arrange the bottom halves in the prepared baking dish. Spread Russian dressing over each one. Layer with Swiss cheese and folded corned beef slices. Spoon sauerkraut on top of each. Top with the remaining Swiss cheese. Place top buns on each slider.
- In a small bowl, combine melted butter, caraway seeds, onion powder, salt and pepper. Brush on the tops of each slider. Cover with foil. Bake 25-30 minutes or until cheese is melted and sandwiches are hot. Remove the foil; bake another 2-3 minutes or until the tops are lightly toasted. Serve warm.