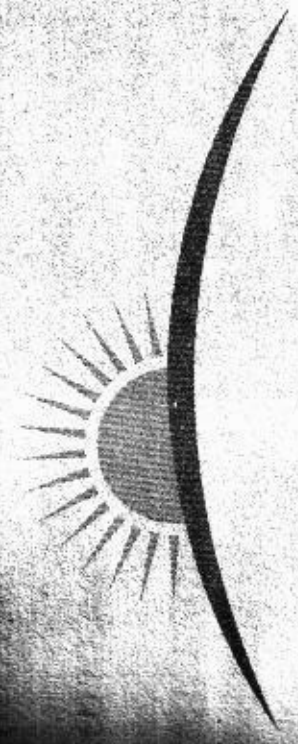


Inspiration 3

"TO BE
 IGNORANT OF
 WHAT
 OCCURRED
 BEFORE YOU
 WERE BORN IS
 TO REMAIN A
 PERENNIAL
 CHILD."
 "IF YOU
 HAVE A
 GARDEN AND A
 LIBRARY, YOU

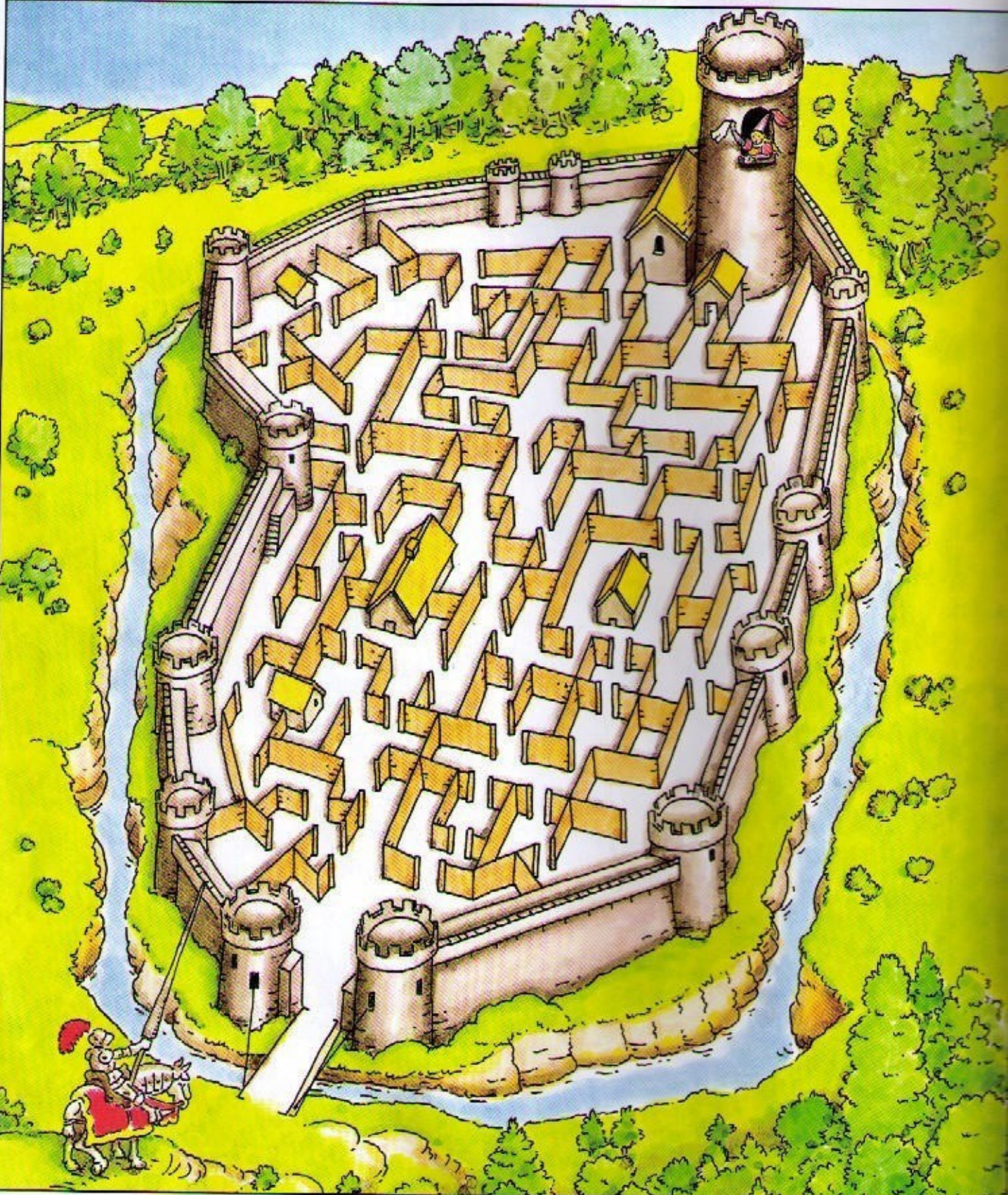
HAVE
 EVERYTHING
 YOU NEED."
 "GRATITUDE
 IS NOT ONLY
 THE GREATEST
 OF VIRTUES,
 BUT THE
 PARENT OF
 ALL THE
 OTHERS."
 (CICERO)

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



All In a Knight's Work

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March

National Women's History Month

The National Women's Hall of Fame is located in Seneca Falls, New York. It honors women who have contributed to the development of our country through outstanding achievements in the arts, sports, education, government, science, and through humanitarian acts. Seneca Falls is the town where the first

Women's Suffrage Movement convention was held in 1848.

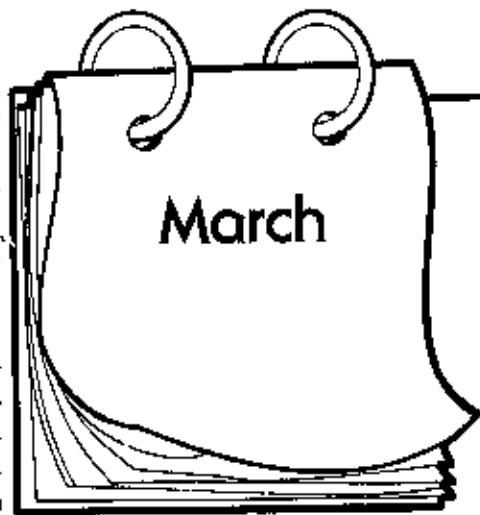
Members of the Hall of Fame include

Abigail Adams
Jane Addams
Marian Anderson
Susan B. Anthony
Clara Barton
Elizabeth Bayley-Seton
Mary McCleod Bethune
Elizabeth Blackwell
Pearl Buck
Rachel Carson
Mary Cassatt
Carrie Chapman Catt

Emily Dickinson
Dorothea Dix Alice Hamilton
Helen Hayes
Mary Harris "Mother" Jones
Helen Keller
Belva Lockwood
Juliette Gordon Low
Barbara McClintock
Margaret Mead
Lucretia Mott
Alice Paul

Frances Perkins
Eleanor Roosevelt
Florence Sabin
Margaret Sanger
Bessie Smith
Elizabeth Cady Stanton
Lucy Stone
Harriet Beecher Stowe
Helen Brook Taussig
Sojourner Truth
Harriet Tubman
"Babe" Didrikson Zaharias.

Choose one of these women, especially one whom you have not heard of before, and write a short report on her to share with your class.



March

National Nutrition Month

A famous nutritionist, Adelle Davis, once said, "You are what you eat." If she was right, what are you? Choose a week during this special month dedicated to selecting foods for good health, and keep track of your diet. Use the chart below and another sheet of paper to fill in meals and snacks. After you've completed your

week, circle in blue everything you ate that is a member of one of the four food groups—meats, fish, poultry; dairy products; fruits and vegetables; breads and cereals. Circle in red all the junk food. Now, keeping in mind what is a good diet, use the back of this page to write a summary of your diet and list three ways that you can improve it.

Am I What I Eat?

	Breakfast	Lunch	Dinner	Snacks
Sunday	_____	_____	_____	_____
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____

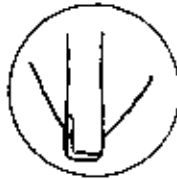
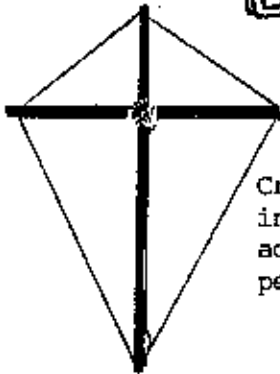




Kites have been a part of Chinese folk art since before history was recorded. Help students design their own kites. To make kites that are sturdy and successful, purchase dowelling from a hardware store and use butcher paper. Students can print with sponges to decorate.

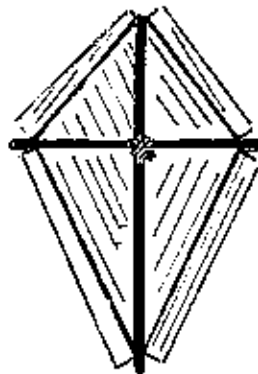


KITES

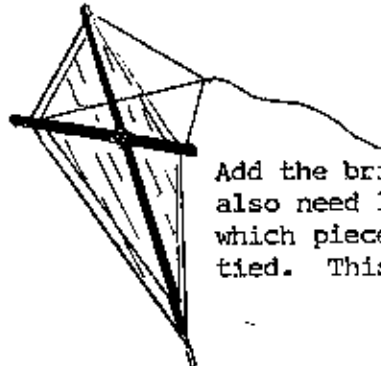


Have your custodian slit the end of the dowels so string can be slipped into them.

Cross the sticks and wrap string around the intersection. Add a little white glue to add extra strength. Slip string around perimeter of the sticks.



Lay sticks on top of the backside of the butcher paper. Trim the paper as shown and fold paper edge over the string.



Add the bridle as shown. You will also need 18-24 inches of string to which pieces of fabric have been tied. This will make the tail.

Mardi Gras

between
Feb 3rd &
March 9th

Fill the spaces

Warm-up

_____	nineteen
_____	eighty-four
1776	_____
_____	_____
_____	sixteen
_____	forty
1066	_____
_____	_____
_____	eighteen
_____	twelve
725	_____
_____	_____

_____	twelve
_____	hundred
2000	_____
_____	_____
_____	two thousand
_____	three
1609	_____
_____	_____
_____	eleven
_____	eleven
2020	_____
_____	_____

Fat Tuesday

Background

Mardi Gras is French for Fat Tuesday, and Mardi Gras celebrations take place every year on a Tuesday, but which Tuesday? It all depends on Easter.

Easter is 40 days after Mardi Gras (not including Sundays), and is always on a Sunday, but which Sunday? It all depends on the cycles of the moon.

Easter is on the first Sunday after the first full moon after March 21st, the spring equinox. So the earliest date for Easter is March 22nd and the latest is April 25th. As a result Mardi Gras comes sometime between February 3rd and March 9th.

Easter is a time to remember the death and resurrection of Jesus Christ, and is the most important Christian celebration. To prepare for Easter Christians are expected to pray and fast for 40 days, a time known as Lent, and Fat Tuesday is the last day before the fast begins. So traditionally people used to enjoy themselves and eat a lot of fatty, oily food to get ready for the long period of serious prayer and fasting during Lent.

Now in some places Mardi Gras lasts longer than one day, perhaps as much as three days or even a week, and in some cities the celebrations start in early January. It is celebrated in many different ways across the world.

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Step 1 Read the text

Pancake Day: Olney, England

In the United Kingdom and Ireland the Tuesday before Lent is celebrated as Pancake Day.

People used to cook pancakes using the last of their rich and fatty food before the period of fasting leading to Easter.

And people still cook pancakes today; the recipe is very simple, just flour, eggs and milk and, after cooking, a little lemon juice and sugar is sprinkled onto the pancake.

But the highlight of the day is the traditional Pancake Race. Each runner, usually wearing an apron, carries a pancake in a frying-pan. During the race the runner must toss the pancake into the air and catch it in the frying-pan.

The race is thought to have started in Olney town, in the south of England in 1444. A housewife in Olney was busy cooking pancakes, and was late for the evening church service, so she picked up her hot frying-pan and ran to the church, still wearing her apron. The next year a pancake race was organised and the Olney Pancake Race is still held today.



Step 2 With B & C answer the questions below

Which celebration ...	Olney	Rio	New Orleans
a) ... includes masks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) ... starts in early January?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) ... includes colorful costumes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) ... includes something which is tossed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) ... includes a contest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) ... is the oldest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) ... includes aprons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) ... includes some kind of cake?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step 1 Read the text
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Carnival: Rio de Janeiro, Brazil

The Sambadrome in Rio is home to Carnival, one of the most exciting parades in the world.



At about 8pm the parade of floats, dancers, musicians, drummers and performers begins and it continues all night until about 5am the next morning. This happens for two nights as people in brightly colored costumes, often with masks, party the night away. The final day is Tuesday and then starts the period of Lent with prayer and fasting before Easter.

The samba parade is performed by a number of samba schools, which compete against each other to find the champion school. Each school has 90 minutes to parade, and preparation and rehearsals take place through the year. Judges give scores based on costumes, theme, music and performance, and this helps makes Rio's Carnival so popular with both local people and tourists.

The first Carnival was held in Rio in 1641, and now carnival parades are held all over Brazil.

Step 2 With A & C answer the questions below

Which celebration ...	Olney	Rio	New Orleans
a) ... includes masks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) ... starts in early January?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) ... includes colorful costumes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) ... includes something which is tossed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) ... includes a contest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) ... is the oldest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) ... includes aprons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) ... includes some kind of cake?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step 1 Read the text below
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Mardi Gras: New Orleans, Louisiana, USA

At Mardi Gras the population of New Orleans doubles. Tourists from around the world come to watch the parades and join the celebrations. It is so popular that the Mardi Gras season begins on January 6th and the celebrations get bigger and wilder until the a huge final parade on Mardi Gras itself.

At the heart of each parade are floats, known as krewes. The krewemembers wear the most fantastic and colorful costumes, often with masks, and it is also a chance for onlookers to dress up and join in. Spectators try to catch small gifts, called throws, that are tossed into the crowd by krewemembers. These gifts are usually inexpensive beads, or special coins and trinkets, and make great souvenirs.



The French introduced Mardi Gras celebrations to Louisiana in 1699. And the French also brought the tradition of the King Cake, a large, twisted ring of bread. It is very rich, made with a lot of butter and eggs, and decorated with purple, green and gold sugar. Inside the cake is a small prize, often a little, plastic baby, and the person who gets the slice with the prize, is King or Queen for the day, but must buy the next cake!

Step 2 With A & B answer the questions below

Which celebration ...	Olney	Rio	New Orleans
a) ... includes masks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) ... starts in early January?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) ... includes colorful costumes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) ... Includes something which is tossed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) ... includes a contest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) ... is the oldest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) ... includes aprons?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) ... includes some kind of cake?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1984	nineteen eighty-four
1776	seventeen seventy-six
1640	sixteen forty
1066	ten sixty-six
1812	eighteen twelve
725	seven twenty-five

1200	twelve hundred
2000	two thousand
2003	two thousand three
1609	sixteen oh-nine
1111	eleven eleven
2020	twenty twenty

Which celebration ...	Olney	Rio	New Orleans
a) ... includes masks?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
b) ... starts in early January?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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