

National Athletic Training Month

March is National Athletic Training Month! Certified Athletic Trainers (ATs) play an important role in keeping student athletes safe on the field and court.

What do Athletic Trainers do?

Athletic Trainers help with the prevention, assessment, immediate care, and rehabilitation of physically active people who experience injuries or other medical conditions while playing sports. When working with athletes, we are the first line of defense against heat illness, concussions, and overuse injuries.

What are the top injuries seen by Athletic Trainers?

The most common injuries seen by ATs tend to be sprains and strains, typically of the lower extremity, but it is no uncommon to come in contact with more serious conditions, such as fractures, cartilage defects and even dislocated joints.

How does someone become an Athletic Trainer?

To become an AT, you must earn either a Bachelor's or entry-level Master's degree from a college or university that has an Athletic Training education program accredited by the Commission on Accreditation of Athletic Training Education. After graduation, a student must pass the BOC certification exam and earn the AT credential before practicing as a certified Athletic Trainer.

March

- National Athletic Training Month
- National Music in Our Schools Month
- National Nutrition Month
- National Cheerleading Safety Awareness Month

Menus for March 2020

Desert Edge High School

MONDAY March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6
Mandarin Orange Chicken Rice Bowl Steamed Broccoli Mini Egg Roll Variety of Fruit	Mashed Potato Bowl w/ Popcorn Chicken Seasoned Corn Buttermilk Biscuit Variety of Fruit	Soft Beef & Cheese Tacos (2) w/ sour cream, jalapenos and salsa Spanish Rice Pinto Beans Variety of Fruit	Oven roasted Chicken Mashed Potatoes Corn on the Cob Buttermilk Biscuit Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/ assorted dressing Jello Fruit Salad
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
General Tso's Chicken Rice Bowl Steamed Broccoli Mini Egg Roll Variety of Fruit	Chili Cheese Hotdog w/ diced onions and jalapenos French Fries Homemade Chocolate Chip Cookie Variety of Fruit	Spaghetti & Meatballs w/meat sauce Seasoned Green Beans Garlic Bread Cannoli Variety of Fruit	Taco Salad Bowl w/fresh salsa, shredded cheese, diced onions, cilantro, sour cream and jalapeno slices Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/assorted dressing Fresh Fruit Salad
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Chef's Choice	Mashed Potato Bowl w/Popcorn Chicken, Seasoned Corn Buttermilk Biscuit Variety of Fruit	Chicken Fingers w/variety of dipping sauce Potato Wedges Coleslaw Cornbread Variety of Fruit	Loaded Nachos w/seasoned beef, refried beans, shred- ded cheese, diced onions, cilantro, jalapenos, sour cream and salsa Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/ assorted dressing Jello Fruit Salad
Monday, March 30	Tuesday, March 31			
Mandarin Orange Chicken Rice Bowl Steamed Broccoli Fresh Orange Slices Variety of Fruit	Taco Salad Bowl w/fresh salsa, shredded cheese, diced onions, cilantro, sour cream and jalapeno slices Variety of Fruit			

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Happy Birthday Arizona!!

Marcos de Niza, a Spanish Franciscan friar, was the first European to explore Arizona. He entered the area in 1539 in search of the mythical Seven Cities of Gold. Although he was followed a year later by another gold seeker, Francisco Vasquez de Coronado, most of the early settlement was for missionary purposes. In 1775 the Spanish established Fort Tucson. In 1848, after the Mexican War, most of the Arizona territory became part of the United States and the southern portion of the territory was added by the Gadsden Purchase in 1853.

Arizona history is rich in legends of America's Old West. It was here that the great Indian chiefs Geronimo and Cochise lead their people against the frontiersmen. Tombstone, Arizona was the site of the West's most famous shoot-out- the gunfight at the O.K. Corral. Today, Arizona has one of the largest Native American populations; more that 14 tribes are represented on 20 reservations.

Famous Arizona natives and residents:

- Glen Campbell, singer
- Cesar Chavez, labor leader
- Alice Cooper, singer and songwriter
- Wyatt Earp, marshall
- Max Ernst, painter
- Geronimo, Apache chief
- Barry Goldwater, politician
- Stephenie Meyer, auther
- Charles Mingus, jazz musician
- Stevie Nicks, singer
- Sandra Day O'Connor, jurist
- Jordin Sparks, singer
- Frank Lloyd Wright, architect

Value Menu for March 2020

Desert Edge High School

Monday March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6
Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito
Monday, March 9	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20
Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito
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Monday March 30	Tuesday March 31			
Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Spicy Chicken Patty on Bun Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger PB&J Sandwich Domino's Pizza Bean Burrito	Choice of Milk: 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk.	Choice of fruits and veggies (may select two): Granny Smith Green Apple, Or- anges, Banana, Red Deli- cious Apple, Baby Car- roteenies, Raisins, Crai- sin, Apple Juice or Or- ange Juice	

February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month

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