

NORTHERN ADIRONDACK ELEMENTARY

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Ellenburg Depot, NY 12935
(518) 594-3986



Special points of interest:

- The PRIDE Committee will be hosting the PRIDE Assembly on Friday, March 2, at 8:30 a.m. Kids, don't forget to wear your PRIDE t-shirts to display your school spirit. Parents, please come and join us!
- Reminder the Regional Spelling Bee is on March 12, at Peru High School at 5 p.m.
- Religion classes will resume on Tuesday, March 6.
- Currently, we have collected \$18,213.60 worth of coupons for our soldiers and their families abroad. We have also donated 276,753 pull tabs, which is 220.8 lbs, to the Ronald McDonald House. Way to go Bobcats! Keep donating!



March 2018 Parent News & Notes



RECYCLING MARKERS

A program is happening at our school. It is called Crayola ColorCycle, which is an amazing program devised to turn used markers into clean fuel! Please help support our efforts by sending your kids in with any used plastic markers you may have around the house – even non-Crayola brands. Remember, don't throw out that used marker — ColorCycle it!



SPRING PICTURES

Mark your calendar—Picture Day is coming Thursday, March 8, 2018. Lifetouch will be here to take Individual Spring and Kindergarten Graduation photos. All kindergarten students will have their photos taken with a Spring background as well as a pose with graduation gowns. Picture notices will be sent home about a week prior to picture day.



PAWS FOR BOOKS AT THE SPRING ELEMENTARY BOOK FAIR!

Time to paws for reading! Come adopt some new books at the spring book fair! The elementary library is hosting the book fair March 19-26, with a special Family Night on Monday, March 26 from 2:30-6:30 p.m. The tail-waggin' theme this fall is: *Paws for Books Book Fair!* Students will visit the book fair during their regularly-scheduled weekly library class to make wish lists and shop. Parents can either send in money with the student or visit during Family Night to stock up on reading material for spring break. (Please seal cash in an envelope labeled with your child's name and "for book fair" to avoid confusion.)

New this year is a digital payment option, which allows multiple adults the opportunity to put money on a student "eWallet" to spend at the book fair. For more information or to set up an account, visit <http://www.scholastic.com/bf/northernadirondackelemsch1>. The funds from this fair directly benefit the students in the form of additional library books and other materials. A healthy library serves every student and promotes cross-disciplinary learning and information literacy. We appreciate everyone's support and look forward to a very exciting and successful event. See you at the book fair soon, and in the meantime, snuggle up with a pet and READ!



Hannaford Helps Reusable Bag Program

We have some very exciting news!! The Hannaford Supermarket located at 7 Pyramid Drive in Plattsburgh has chosen our Northern Adirondack Backpack Program as a beneficiary of the Hannaford Helps Reusable Bag Program. We are the recipients for the entire month of March! The way the program works is every time anyone purchases a Fight Hunger bag at this location, we receive \$1. This is truly a great opportunity for us and an easy way for you to show your support for the Elementary School Backpack Program. Please go to the store, find the reusable bag rack and buy a few bags! And remember to spread the word—the more bags purchased, the bigger the donation! Thank you in advance for your support to the Elementary School Backpack Program!





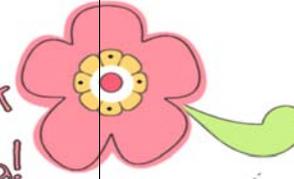
March 2018

CHANGE YOUR CLOCK



The Word of the Month is "Perseverance". Perseverance means the determination to work through all challenges to complete a task or reach a goal.

CHANGE YOUR BATTERY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Hannaford Helps Reusable Bag Program Begins Playgroup</i> 8:30 - 11:15 a.m.	2 PRIDE Assembly 8:30 a.m.	3
4	5 P.T.O. Mtg. 6:00 p.m.	6 Church School Resumes	7 Puppets in Education	8 Spring/Kindergarten Graduation Picture Day!! Playgroup 8:30 - 11:15 a.m.	9 25 Week Point	10
11 	12 Regional Spelling Bee at Peru Central School 6:00 p.m.	13 Think Spring! 	14	15 Spring Mentor Party 2:30 p.m. Playgroup 8:30 - 11:15 a.m.	16 NAC Drama Club Presents Night At the Wax Museum March 16 & 17 MS/HS Auditorium 7 p.m.	17  Key Club/Builder's Club Bottle Drive & Easter Egg Hunt 1 p.m.
18 NAC Drama Club Presents Night At the Wax Museum MS/HS Auditorium 1 p.m.	19 Spring Book Fair Mar. 19-23 B.O.E Mtg. 6:00 p.m.	20	21	22 Read Aloud Pre-K-2 6:00 p.m. Playgroup 8:30 - 11:15 a.m.	23	24
25	26 Family Night - Book Fair 2:30-6:30 p.m.	27	28	29 Playgroup 8:30 - 11:15 a.m.	30 No School Good Friday Spring Break Begins	31



March 2018

Bobcat Playgroup

Northern Adirondack Central School



THURSDAYS

8:30 a.m. – 11:15 a.m. Playgroup

Northern Adirondack Central School is pleased to offer a Playgroup and Mini Family Resource Center. The playgroup is free for children birth to 5 years of age *AND* their parents or caregivers. Children are provided with educational and social learning opportunities.

Thursday, March 1

In Like a Lion Out Like a Lamb

By: Marion Dane Bauer

Thursday, March 8

White Rabbit's Color Book

By: Alan Baker

Thursday, March 15

10 Little Leprechauns

BY Kathryn Helling

Thursday, March 29

Five Little Bunnies

By: Steve Metzger

I'm Looking for a Leprechaun

(Tune of "Mary Had a Little Lamb")

I'm looking for a leprechaun,
Leprechaun, leprechaun.
I'm looking for a leprechaun.
Do you know where he's gone?

He wears a suit that's made of green.
Made of green, made of green.
He wears a suit that's made of green.
Do you know where he's gone?

If you see a leprechaun,
Leprechaun, leprechaun.
If you see a leprechaun,
Please tell me where he's gone!

8:30 – 9:00 Welcome / Free Play

9:00 – 9:30 Circle Time/ Songs

9:30 – 11:00 Craft

10:00 – 10:20 Snack

10:30 – 11:00 Free Play

11:00 – 11:15 Story Time

Remember to sign in at the Main Entrance and obtain a Visitor's Pass.

*Please **DO NOT** explore the buildings before or after playgroup.*

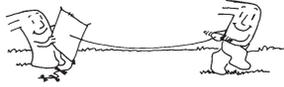
If you have any questions, please call Ms. Barb at 518-594-3986

Home & School CONNECTION[®]

Working Together for School Success

March 2018

Northern Adirondack Elementary



SHORT NOTES

School events

Show your child that his school is important by asking about and attending events. Encourage him to post notices about plays, award ceremonies, or talent shows on a family bulletin board. You could also put them into your electronic calendar and turn on notifications to remind you.

Musical vocabulary

Enjoying music with your youngster can help her vocabulary grow. Try introducing her to your favorite songs from when you were growing up, and have her share music she likes. Together, listen for new words, and discuss their meanings.

DID YOU KNOW?

More than half of all smokers took their first puff by age 14, so it's not too early to talk to your child about smoking. And with e-cigarette use on the rise, he may think they're a safe alternative. Explain that most e-cigarettes still contain nicotine, which is addictive.

Worth quoting

"We grow great by dreams."
Woodrow Wilson

JUST FOR FUN

Q: What do you get when you cross a rooster and a giraffe?

A: An animal that can wake people on the top floor of a building.



Be "super" respectful

Being respectful is one way your youngster can build strong relationships with teachers, classmates, and family members. Here are tips for helping her understand and show respect.

Imagine your powers!

If your child were a respect "superhero," what would her superpowers be? Let her draw a picture of herself in this role. She might be carrying a backpack full of supplies for writing thank-you notes. Or perhaps she'll be wearing a bracelet with a "grabber" that picks up litter to show respect for the environment.

Roll for respect

Have your youngster number a sheet of paper 1–6. Beside each number, she could list a person (custodian, bus driver, neighbor). Take turns rolling a die and naming a way to show respect for that person. If 2 is for bus driver, she



might say, "Follow bus rules." That demonstrates respect for the job he does.

Write a poem

Suggest that your child write the word RESPECT down the left side of a sheet of paper. She can make an *acrostic* poem by writing a way to show respect that begins with each letter in the word. *Examples:* "Really listen when others speak" for R, "Everyone's equal—treat them that way" for E.♥

Break for learning

During spring break, inspire your child to enjoy learning adventures outside the classroom. Consider these ideas.

● **Live coverage.** Let your youngster practice writing and speaking by pretending to be a news reporter covering your family's spring break. He might write about activities like playing with cousins or making his favorite meal with you. At the end of the week, invite him to read his "broadcast" to the family.

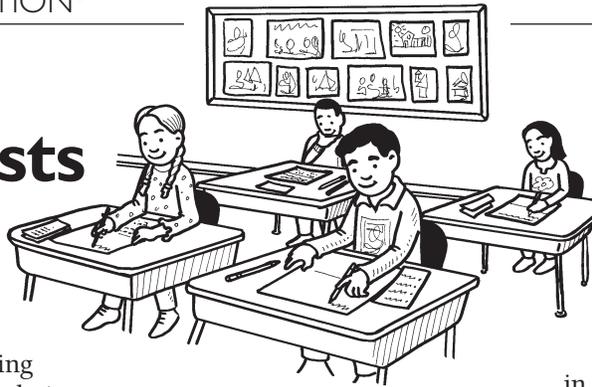
● **Spot the state.** Print out a United States map online, or have your child draw one, and take it in the car. Everyone calls out license plates they see from different states, and your youngster finds and colors each state on his map. How many states will he locate by the end of spring break?♥



Ready for standardized tests

Springtime is state test time for many students. Encourage your child to do his best with this advice.

Be strategic. Suggest that your youngster use strategies that increase his chances of getting the right answer. If he has to answer multiple-choice questions about a passage, he could read the questions first so he knows what to look for in the text. For fill-in-the-blank items, he might read the sentence with each possible answer to see which one makes the most sense.



Plan before writing.

Your child will do better on a short answer or essay section if he takes time to plan what he will write. This may be as simple as listing his main points on scrap paper. Then, he can write about each point in a separate paragraph in his essay. Or he might create an outline. His essay will be more organized, and he'll be more likely to include all the important information.

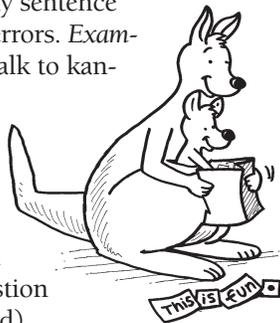
Idea: Tell your youngster to stay calm and confident. Remind him that he has been preparing for the test simply by going to school and completing his work.♥

ACTIVITY CORNER

Grammar detective

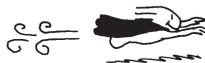
Using proper grammar, spelling, and punctuation will help your youngster write clearly and effectively. Practice together with these activities:

- Write a funny sentence that contains errors. *Example:* "can you talk to kangaroos." Let your child read it and correct your mistakes (capitalize the C in *can*, put a question mark at the end).



Then, she could write a sentence with errors for you to fix.

- Together, cut out words and punctuation marks from newspaper or magazine headlines. Put them in a bag, and have your youngster pull out one at a time until she can form a sentence using correct grammar and punctuation.♥



Q & A Build sibling bonds

Q: *I'd like my kids to be close, but they bicker a lot. How can I help them have a better relationship?*

A: It's common for siblings to squabble. What's important is that they form a connection that helps them enjoy each other (at least sometimes) and handle disagreements.

Try giving them tasks that require them to rely on each other. For instance, one might wash dishes and the other dry them, and then they could put them away together. Also, encourage them to spend time doing something they both enjoy, like hitting baseballs or playing with toy dinosaurs.

Finally, use their disagreements to build their conflict-resolution skills. When they argue, let them take turns setting a timer for 1 minute and explaining their side to the other. If they can't come up with a solution, suggest they take a break by going into separate rooms. They can try again when they've both calmed down and had a chance to think.♥



PARENT TO PARENT

Protecting your child online

My fifth grader, Sadie, likes to watch videos on a kid-friendly website. I worried that she might come across something inappropriate, so I looked at the site's help page.

Luckily, I found several safety features. I marked Sadie's account private and disabled the "comment" option. And I changed her search settings so mature content will be less likely to pop up.

I explained to Sadie that the changes would help keep her safe from strangers and away from videos that may upset or confuse her. But since I know settings aren't foolproof, I told her to come to me if she sees anything that bothers her. I also reminded her not to upload anything without my permission and to never post personal information.

I still keep an eye on Sadie's internet use, but I feel like she's better protected now. Plus, she's learning good habits for the future.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2018

Northern Adirondack Central School
Al Pageau, RN School Nurse

BEST BITES

Sandwiches for dinner

Here's a no-cook idea for busy weeknights. Have your child help you set out whole-grain bread plus healthy fixings, and let each person make her own sandwich. You might offer lean sliced turkey and ham, cheese, lettuce, and tomato. Or put out leftover chicken and canned tuna, light mayonnaise, chopped celery, and halved grapes so family members can whip up chicken or tuna salad.

Let's fly kites!

Spend a windy March afternoon flying kites together. You can get everyone's heart rate up by running across a field, taking turns holding the kite string. If you have two kites, race, and see who can keep his kite in the air the longest.



DID YOU KNOW?

Some foods “brush” your youngster's teeth! Chewing carrots, celery, leafy greens (spinach, kale), and apples with the skin on can help to clear away plaque and food particles. Plus, the acid in apples kills germs that cause cavities. *Tip:* Suggest that your child eat one of these natural “toothbrushes” at the end of a meal if she isn't able to brush right away.

Just for fun

Q: What kind of chair is good at yoga?

A: A folding chair!



Just-right portions

A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of “portion distortion,” try these tips.

Measure it out

Look at nutrition labels together at snack time. Ask your child to read the serving size (perhaps 20 mini-pretzels) and count out the amount. *Idea:* Combine math practice with nutrition by posing questions like, “If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?” (Answer: $110 + 110 = 220$ mg.) You can point out that sticking to 1 serving will help limit his salt intake.

Visualize sizes

Making a picture chart can teach your youngster to “eyeball” servings. First, he should list his favorite foods. Then, help him look up the serving sizes on food packages or online. Beside each food on his list, he could draw an object that's about the same size as 1 serving. *Examples:* a golf ball for $\frac{1}{4}$ cup of raisins, a deck



of cards for 3 oz. of chicken, a cupcake wrapper for 1 cup of yogurt.

Divide it up

Restaurant portions are often much bigger than standard servings. Your child might eat $\frac{1}{2}$ cup of pasta at home, but a restaurant may dish up 2 cups. To control portions while dining out, you and your youngster could share an entree. Or package up half in a to-go box when your food arrives—you'll both eat less, and you'll have food for tomorrow! ♥

Dribble and kick

Your youngster and her friends can improve their speed and coordination—and soccer skills—with these games.

Relay race. Have two teams line up at one end of a field or yard, and place two upside-down trash cans about 20 feet away. On “Go,” the first person on each team dribbles a soccer ball down to and around the can. Then, she kicks it all the way back to the next team member, who does the same thing, until everyone has had a turn. The first team to finish wins.

Keep-away. Draw a giant circle with sidewalk chalk. Everyone stands inside, and one person dribbles a soccer ball. The other players try to steal it and kick it outside the circle. Whoever steals the ball is the next dribbler. ♥



Busting food myths

Just because a grocery item contains the word *fruit*, *grain*, or *vegetable* doesn't make the food healthy. Share these common food misconceptions with your child.

Myth: Fruit juice is a good source of nutrients.

Fact: While fruit juice does contain vitamins, it lacks fiber and is usually full of sugar.

Best bet: Encourage your youngster to eat whole fruits, such as bananas and oranges, which give her more fiber ounce for ounce than juice.



Myth: Cereal is always a nutritious breakfast.

Fact: Many cereals, especially those marketed to children, pack in lots of sugar. Look out for “sneaky” sugars in the list of ingredients, such as cane juice or molasses.

Best bet: Opt for 100% whole-grain cereals that are high in fiber (5 grams or more per serving) and low in sugar (less than 8 grams per serving). Send your youngster on a “treasure hunt” in the cereal aisle to find varieties that meet those standards.

Myth: Vegetable chips make a healthy snack.

Fact: Packaged veggie chips can have as many calories as potato chips, and they may be high in sodium, too. Plus, nutrients are lost when the vegetables are processed.

Best bet: For the crunch without the calories, get your child in the habit of snacking on raw vegetables like carrots and snap peas. ♥

PARENT TO PARENT If your child is bullied

Recently, my son Kevin told me that kids at school had been making fun of him because of his weight. I was glad he confided in me, and I tried to comfort him. But we were both upset and unsure of what to do next.

I talked with my neighbor, who's a school nurse, and she said if this is going on repeatedly, Kevin is being bullied. Unfortunately, she said, bullies tend to target overweight kids. She recommended that I tell Kevin's teacher, and she gave me advice for talking to my son at home.



I stressed to Kevin that it wasn't his fault. I reminded him of healthy changes our family has made lately, such as eating more fruits and vegetables, and playing basketball rather than video games.

I told him that if we keep it up, we'll feel better and be healthier—and that matters more than what others think. ♥

ACTIVITY CORNER

Step up your steps

Keeping track of steps can be a fun challenge for the whole family. Use these ideas to help your child take more steps each day.

Count. Let her use an inexpensive pedometer, and she'll enjoy watching the number get higher and higher. Have her write down her daily steps for a week, and help her tally the total. Each week, challenge her to beat her previous score.

Mix it up. Suggest that your youngster think of different ways to fit in extra steps. She might recommend walking to the store rather than driving, doing laps around the living room, or running in place while watching TV. ♥

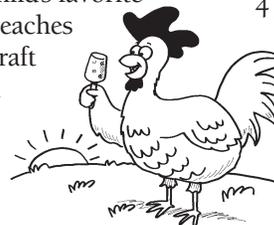


IN THE KITCHEN

Breakfast surprises

These fun twists on breakfast will help your youngster start off his day with a smile.

Ice pops. Add $\frac{2}{3}$ cup nonfat Greek vanilla yogurt to a small paper cup. Mix in thin slices of your child's favorite fruits, such as frozen peaches or raspberries. Add a craft stick to the center, and freeze overnight. In the morning, peel off the cup, and enjoy breakfast-on-a-stick!



“Cloud” eggs. Separate 4 eggs, putting the whites in one bowl and each yolk into an individual small bowl. Add $\frac{1}{8}$ tsp. salt to whites, and beat with a mixer until stiff peaks form. Gently fold in $\frac{1}{2}$ cup shredded cheddar cheese. Drop 4 mounds of the mixture onto a baking sheet lined with parchment paper, and use the back of a spoon to indent centers. Bake at 450° for 3 minutes. Carefully add 1 yolk to each “cloud,” and bake 3 more minutes. ♥

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