

NORTHERN ADIRONDACK ELEMENTARY

POB 164 ◊ 5572 Route 11
Ellenburg Depot, NY 12935
(518) 594-3986

Special points of interest:

PRIDE Assembly

Friday, November 2 at 1:05 p.m. Mrs. Peryea's 5th grade class will be hosting this month. Parents, please come and join us!

Please bring your I.D.

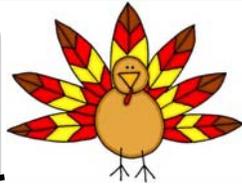
Please bring your identification into school with you when signing someone out in the event the staff member at the door does not know you. You should also make everyone else aware of this who may be picking up your child for you.

Phoned Bus passes

Bus passes must be called in before 1:00 p.m. Receiving bus passes late in the day can cause much chaos and confusion for the office staff as well as the student. We do understand there will be emergencies and will address those as they come in. Please adhere to the 1:00 deadline.

Coupons for Soldiers:

Again this year we will be collecting coupons to give to soldiers and their families overseas. You may send them into school with your child. Be on the lookout in the next news and notes for the up-to-date tally of coupons collected!



November 2018 Parent News & Notes



REMINDER!!!

The elementary parent/student handbook can be found online at <http://es.nacs1.org/parents>. You can refer to the handbook for school procedures and board policies as well as our district code of conduct.

Voicemail

Please be sure to check for a voicemail on your phone before returning phone calls to school. We receive many phone calls throughout the week asking who tried to contact you because staff are often times unable to leave a message due to a voicemail box being full or not set up. Due to the large number of staff in our building it can be difficult to pinpoint who may have called you. The nurse may need to leave a message as well, regarding a sick child.

Parent/Teacher Conferences

Parent/Teacher Conferences are scheduled for Monday, November 19 and Tuesday, November 20. The conference times on Monday are 3 p.m. - 8 p.m. and on Tuesday are 8 a.m. - 12 p.m. Report cards can be picked up at Parent/Teacher Conference time.

No School

As a reminder to parents, there is no school on Monday, November 12, 2018 in observance of Veterans Day.

Additionally, there is no school Tuesday, November 20, 2018 through Friday, November 23, 2018 due to Parent/Teacher Conferences and Thanksgiving Break. Classes resume on Monday, November 26, 2018.

THE ENCHANTED FOREST ELEMENTARY BOOK FAIR IS COMING!!

It's time to let your imagination grow at the fall book fair! The elementary library is hosting the book fair November 13-19, with a special Family Night on Monday, Nov. 19 from 2:30-7:00 p.m. The fantastical theme this fall is: Enchanted Forest Book Fair! Students will visit the book fair during their regularly-scheduled 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 the long winter. (Please seal cash in an envelope labeled with your child's name and "for book fair" to avoid confusion.)

Returning 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>

Can't get to Family Night? Check out the online Book Fair at the link above and shop online from the convenience of home! Please note: books purchased through the online book fair will be delivered to the school to be sent home with students about 2 weeks after the online book fair ends.

Gnomes and unicorns and pixies, oh my! We are eager to see what magical creatures await us in the Enchanted Forest Book Fair!

Recess

On all days with temperatures above 15° F (wind chill included) we will have a daily scheduled recess for all grade levels. Your child will be expected to come to school prepared and ready to participate. With colder weather approaching, students are expected to wear winter coats, ski pants, boots, hats and mittens.



Bus Passes

Parents are to send a written note requesting that a child ride home on a different bus. *When students are going to a friend's house, written notes must be received from both students' parent or guardian.*

If students are going to a relatives (i.e., grandparents, aunts), or babysitter's house, only one note from the parent or guardian is required. Students should bring the note to their teacher in the morning.



Nurse's corner—from Mr. Pageau

Some reminders for the 2018-19 school year. All students in grades PK, K,1, 3, 5 and new entrants will need physicals this year. If you have had one at your own pediatrician's office, please have them fax it to me at 518-594-7255. I will be scheduling the school practitioner to provide physicals for all students that do not have a copy on file. A letter of permission will be sent home prior. If you plan on using your own practitioner, please send the date of that expected exam.



Temperature changes also bring about illnesses such as seasonal flu. We are using the same plan put in place by New York State. **Sick students and staff should remain out of school until they are fever free for 24 hours without the use of medication.** Appropriate hand washing is the best prevention to the spread of bacteria and viruses.

If your child is home sick from school, the school nurse (also the attendance monitor) will require a note stating the illness. According to school policy, anyone missing 5, 10, 15 or more excused or unexcused days will be notified by letter and a suggestion made to meet with the classroom teacher and principal. This is also the case with tardiness. Students entering the building after 8:20 a.m. are considered tardy. Frequent tardiness means they are missing important instructions for the day. All students are required to be escorted into school, and if tardy, need to be signed in by an adult at the front desk. The parents of absent students will be contacted on a daily basis. This will help us monitor attendance more closely. **A note will be required for all absences in order for them to be considered excused.**



Winter coats available

NACS has some gently used winter coats. If you have a child in need, please contact Maureen Lucas or Ms. Silver. We will do our best to accommodate him/her.

Christmas Bureau & HEAP Programs

JCEO Centers are currently taking applications for the Christmas Bureau up until Monday, December 10, 2018. If you need some assistance with Christmas gifts for your children, they may be able to help.

HEAP (Home Energy Assistance Program) will help take the chill out of your heating bills. If your energy bills are more than you can handle, HEAP may be able to help you heat your home, even if you rent. The federally funded HEAP program may help you pay for electricity, gas, oil, coal, propane, wood or kerosene. Call on or after Tuesday, November 13 to make an appointment, as you will need to fill out the HEAP forms at the offices. People already receiving food stamps are automatically eligible for HEAP and do not need to apply. Please check with your local JCEO for the deadline for a regular HEAP benefit as well as when the emergency HEAP will begin. Applications for furnace repair and replacement are ongoing and will be taken throughout the HEAP season. Applications for both programs are available at local JCEO centers. Telephone numbers for the local centers are:

Altona 236-7621 ext. 107 Churubusco 497-6133
Ellenburg 594-3007 Lyon Mountain 735-4334
Town of Mooers 561-6130
JCEO Office in Plattsburgh 561-6310



Used Printer Cartridges

The K-Kids are collecting used printer cartridges. The cartridges are recycled with a small rebate given to our local Kiwanis Club which sponsors K-Kids. Please send them to school in a sealed bag to prevent messes. Thank you for your support!





November 2018



CHARACTER WORD OF THE MONTH

The Word of the Month is "**Citizenship**". *Citizenship means doing your part to help make your school, community and world a better place.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>PRIDE Assembly @ 1:05 p.m. Mrs. Peryea Class</i>	3
4 <i>Daylight Saving Time Ends</i> CHANGE YOUR CLOCK  CHANGE YOUR BATTERY	5 <i>PTO Mtg. 6:00 p.m.</i>	6 	7 <i>Picture Retake Day</i>	8	9 <i>1st Quarter Ends</i>	10 <i>FFA Craft Fair/ Vendor Show 9 a.m.-3 p.m.</i> <i>Pancake Breakfast 9 a.m.-11 a.m.</i>
11	12 <i>Veterans Day No School</i>	13 <i>2nd Quarter Begins</i>	14	15	16	17
<i>Elementary Book Fair—Make your wish list during library time!</i>						
18	19 <i>Parent/Teacher Conferences 3:00 p.m. - 8:00 p.m.</i> <i>Book Fair Family Night 2:30 p.m. - 7:00 p.m.</i> <i>Board of Education Mtg. 6:00 p.m.</i>	20 <i>Parent/Teacher Conferences 8:00 a.m. - 12:00 p.m.</i> <i>No School for Students</i>	21 <i>No School</i>	22 <i>No School</i> 	23 <i>No School</i>	24
25	26 <i>Classes Resume</i>	27	28	29	30	

Home & School CONNECTION[®]

Working Together for School Success

November 2018

Northern Adirondack Elementary



SHORT NOTES

Eye on the goal

Boost your youngster's motivation by encouraging her to set goals. Say she wants to make it to the district spelling bee or science fair. She can brainstorm strategies like learning 10 spelling words each day or reading about previous winning science projects. Suggest that she write down her ideas and post them to stay on track.

Say no to secondhand smoke

Children who breathe cigarette smoke tend to get more respiratory illnesses and ear infections. Second-hand smoke can also trigger asthma attacks. It's best not to let anyone smoke inside your home or car. Since youngsters breathe at a faster pace than adults and are still growing, no amount of smoke exposure is safe.

A reading nook

Let your youngster create a special spot just for reading, perhaps in a corner of the family room or his bedroom. He might include a beanbag chair, a lamp, a box or low shelf for books, and a stuffed animal or two. He'll be inspired to curl up and read in his cozy nook.

Worth quoting

"It is hard to fail, but it is worse never to have tried to succeed."

Theodore Roosevelt

JUST FOR FUN

Q: How much dirt is in a hole 4 feet deep and 8 feet wide?

A: None!



Parent involvement at home

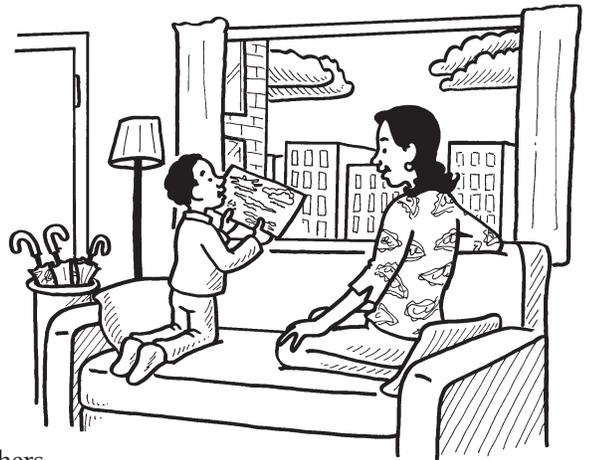
Did you know that supporting your child's education begins at home? Consider these everyday ways to talk about school, deepen his learning, and keep track of school news.

Foster a positive attitude

If you're enthusiastic about school, your youngster is likely to be as well. Ask him about projects he's working on or topics he's studying. Be sure to listen closely, and follow up with questions or comments. Also, you can influence his attitude toward teachers by being positive. ("Mrs. Reeves picked a really cool field trip for your class. I can't wait to hear about it.")

Tie learning to his world

Show your child how what he learns is useful outside of school. If he's studying clouds, ask him to identify types you see in the sky and try to predict whether you'll need an umbrella. Or challenge him to spot vocabulary words on window signs or package labels, and talk about how they're used in different ways.



Stay up to date

Be aware of what's happening in your youngster's classroom, school, and district. Subscribe to email lists, read newsletters, and check websites. Mention upcoming activities to your youngster (school carnival, class play) that you might attend together. Also, put important dates (book fair, math night) on your calendar. It will show your youngster that his school is a priority.♥

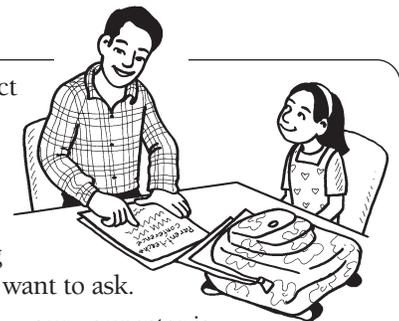
Connect at conferences

Fall parent-teacher conferences are the perfect opportunity to strengthen the bridge between home and school. Here are tips.

Before. Watch for notices in your email or your youngster's backpack, and sign up for a time slot. Also, prepare ahead of time by looking over your child's work and listing questions you want to ask.

During. Listen to the teacher's feedback on how your youngster is doing, then ask your questions. Be sure to have the teacher explain anything you don't understand.

After. Talk with your child about the conference. Point out what she's doing well (reading more challenging books, finishing classwork) and areas that need improvement (writing legibly, taking turns).♥



Bullying is everyone's business

Good news: Your youngster can use strategies to help kids who are bullied *and* to protect herself if she's a target. Suggest these ideas for handling bullying situations safely and effectively.

If she's a witness: Your child should get a teacher or another adult right away if she sees someone being physically harmed. If a classmate



is verbally bullied (being called names, for instance), it's best to ignore the bully. Instead, your youngster might give the person being targeted an escape ("We need to go to lunch now"). She could also offer to go with the person to tell a grown-up.

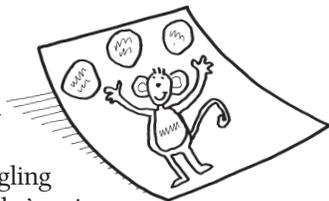
ACTIVITY CORNER

Graphic organizers for the win

Graphic organizers are a visual way for your child to organize information in any subject. Share these activities.

Juggling monkey

To plan a report, suggest that your youngster draw a monkey juggling coconuts. If he's writing a social studies paper on a state, he could put his topic (say, Virginia) on the monkey's belly. Then, he can label each coconut with a fact he needs to find (capital, population). As he researches, he can add information to each coconut (Richmond, 8.5 million).



Football field

When your child writes a persuasive essay, have him first draw a football field. He can write each side of an issue in a separate end zone ("Kids should have chores," "Kids should not have chores"). On each half of the field, he should write statements to support the view in that end zone. *Examples:* "Teaches responsibility" on the pro-chores side, "Interferes with play time" on the anti-chores side.♥

OUR PURPOSE

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

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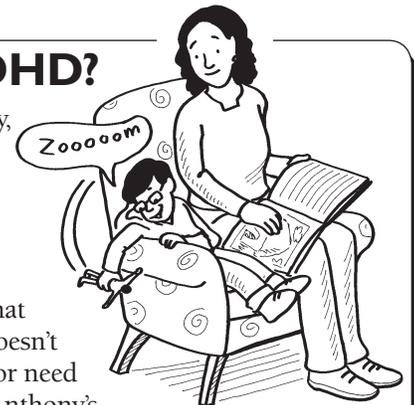
PARENT TO PARENT

Could it be ADHD?

My first grader, Anthony, seems easily distracted and sometimes has trouble sitting still. When my friend's child was diagnosed with attention deficit hyperactivity disorder, I wondered if Anthony could have it, too.

I talked to our pediatrician and found out that just because a child gets distracted or wiggly doesn't mean he has ADHD. He might just be excited or need to burn off energy. He suggested that I talk to Anthony's teacher, and he gave me a form the teacher can fill out if she's concerned.

The teacher said Anthony's attention span is normal for his age and that it should continue to grow as the year goes on. She's going to keep the form on hand. If she notices problems, she'll let me know right away, and I can follow up with the pediatrician. I'm relieved that Anthony is on track—and that his doctor and teacher are on my "team."♥



Q & A

Explain your math strategy

Q: My daughter's teacher often writes "Explain your thinking" on her graded math assignments.

How can I encourage my child to do this?

A: When your daughter works on math problems, it's important that she understand what she's doing and why. Explaining her thinking is one way for her to check on her own understanding—and to show the teacher what she needs help with.

At home, your daughter could think out

loud. Have her look over completed homework and ask herself questions like, "When I solved 32×45 , what steps did I take?" and "What other strategy would work?"

You might also invite her to discuss her math thinking during daily activities. For example, say, "We're having 11 guests for Thanksgiving, and I need $\frac{1}{3}$ pound of potatoes per person. How can I figure out how many 5-lb. bags to buy?"♥



Character Traits for School Success

Character traits like grit, perseverance, confidence, and courage can help your child do well in every school subject. Whether he's solving a tough math problem or giving a class presentation, the following tips will inspire your youngster to rise to challenges.



Use real-life examples

Seeing how others have overcome hurdles or been brave enough to face their fears shows your child that it can be done. And recognizing his own abilities encourages him to draw on them in the future.



- Let your youngster “interview” someone who has worked hard toward an achievement. Maybe a neighbor placed first in a 4-H contest he was afraid to enter or an aunt graduated from college after going back at an older age. Your child could ask questions like, “What was your biggest obstacle?” and “What kept you motivated?” He might share what he learned over dinner or even write a story about the person.

- Take your after-school conversations a step further by asking your youngster not only what he learned but also how he showed positive character traits. You could say, “Tell me about something you did that took courage.” Maybe he raised his hand during math although he wasn't 100% sure he knew the right answer. Or ask, “What did you persevere at?” Perhaps he finished writing a report on a topic that was difficult for him.

Improve a little at a time

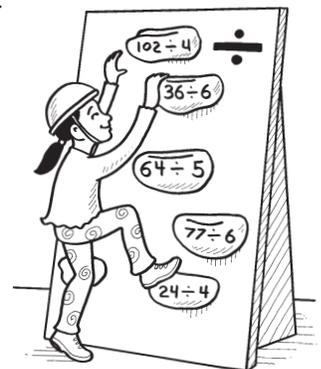
How do you climb a mountain? One step at a time. Focusing on small improvements will help your child reach a whole new level—and teach her to be patient even when she doesn't see results right away.

Mistakes are okay!

What do bubble wrap and a Slinky have in common? Both were failed inventions that later became popular products! Have your youngster research a favorite invention. She's likely to discover that trial and error led to its success. Knowing that mistakes are normal will give her the courage to tackle a project, for example, and the perseverance to keep going. *Tip:* Discuss your own mistakes and how you move on from them.

- Encourage your youngster to stretch just beyond what she can already do. She'll bump up her skills a notch without becoming so frustrated she'll want to give up. For instance, she might pick a library book that's slightly more advanced than she's used to reading—but not one that's five times harder.

- If your child is upset and says she can't do something, suggest that she add the word *yet*. (“I can't do division—*yet*,” or “I can't jump rope—*yet*.”) She'll begin to believe that she will master the skill one day soon.





Set meaningful goals

Working toward long-term goals will strengthen your youngster’s “character muscles” in different ways. She’ll need to be brave to aim for a target. She’ll have to dig in with grit to stick with it until the end. And she’ll develop confidence when she sees she’s capable of reaching her goals.

- What does your child want to achieve? Ask her to set two or three goals she could meet in a reasonable period of time. Have her put them in writing, along with a plan for meeting each one.
- She’ll be more likely to finish what she starts if her goals are specific and she gives herself a deadline. *Examples:* “I will complete and turn in all homework on time for the rest of the school year.” “I will learn to knit, and I’ll finish a scarf by the first day of winter.”

Handle emotions

As your child works through difficult situations, he may experience feelings like fear, embarrassment, and aggravation. Knowing how to cope will help him get beyond them and keep going.

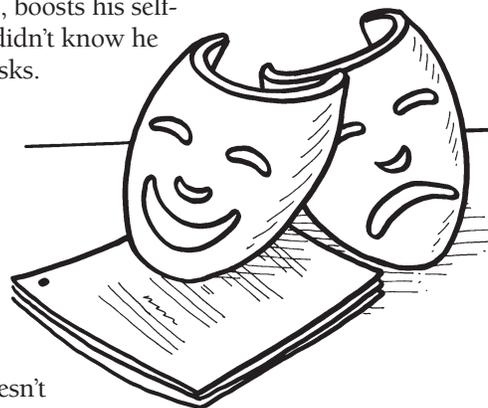
- The way your youngster looks at something can make the difference between his wanting to quit or to continue. Say he’s disappointed because he missed throwing a runner out at home plate during his baseball game. Remind him of the last time he made a good play—and have him visualize himself doing it again next game. That will make him feel more in control and boost his confidence.
- Show your child how to use humor to put things in perspective and relieve stress. Maybe he’s frustrated because he misplaced a permission slip and he has looked everywhere. You might say, “I bet it’s hiding with the lost socks!” Then, help him think of ways to solve the problem. Perhaps he could ask the bus driver if he left it on the bus, or a friend will let him make a copy.



Take good risks

When your youngster ventures beyond his comfort zone in safe ways, he learns new skills, boosts his self-confidence, and taps into courage he didn’t know he had. Here are three kinds of healthy risks.

1. Give your child opportunities to take *physical risks* by trying different outdoor activities. Encourage him to learn to ride a bike or dive into the pool. Or he might climb on bigger playground equipment or hike a steep trail with you.
2. Suggest that your youngster take *social risks* by inviting someone he doesn’t know very well over to play or approaching a



new classmate at recess. Also, tell him it’s okay to share his opinion, politely, when he works in a group, even if he doesn’t agree with the others.

3. Let your child practice taking *emotional risks* through extracurricular activities. Say he auditions for a speaking part in the school play. Being chosen will build his confidence. If he’s not picked, he might ask the play director about other ways to contribute, like making props or helping with stage lights. He’ll learn that he can recover from disappointment.

Home & School CONNECTION®

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2018

Northern Adirondack Central School
Al Pageau, RN School Nurse



BEST BITES

Brussels sprouts time!

Brussels sprouts are in season, and they're a good source of fiber, B vitamins, and potassium. Your youngster may enjoy these cute little cabbage cousins roasted in the oven. Cut 8 oz. brussels sprouts in half, then let him toss them with 1 tsp. each olive oil and lemon juice. Bake at 400° for 25 minutes, sprinkle with grated Parmesan cheese, and bake 5 minutes more.

Walk and learn

This idea combines physical activity, learning, and family bonding. Go for walks together, perhaps after dinner or on weekend mornings. While you walk, discuss books you're reading, give each other math problems to solve or words to spell, or have your child explain a science concept she's learning in school.



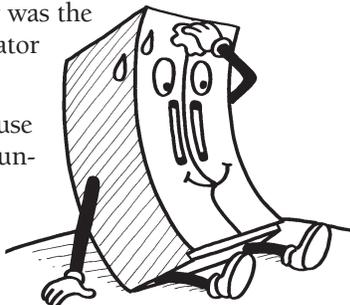
DID YOU KNOW?

November is the National PTA's Healthy Lifestyles Month. If your youngster's school is participating, make plans to attend the family activities. Or celebrate on your own by squeezing in extra fitness fun—ride bikes, roller-skate, or go bowling, for example.

Just for fun

Q: Why was the refrigerator tired?

A: Because it was running all day.



Handling fast-food temptation

Does life in the fast lane mean your family winds up in the drive-thru more often than you'd like? Try these tips to work around the temptation of fast food—and help your child learn to make healthy choices in a pinch.

Tame the habit

Consider cutting back on how often you eat fast food. If you normally get it twice a week, you might drop down to once a week. Tell your youngster ahead of time so she doesn't expect it as often. Explain that you want to eat better and that fast food is often high in fat and sodium.

Plan ahead

Let your child choose healthy snacks to keep in the car, such as nuts, rice cakes, and plain popcorn. You might also plan errands for after mealtimes, or have your youngster eat a nutritious



snack at home before you head out. You'll be less likely to stop for fast food if your family isn't hungry.

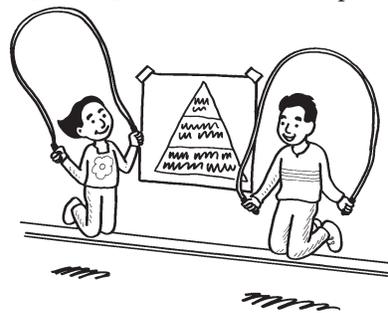
Order carefully

If you do get fast food, choose grilled chicken rather than fried, a whole-grain bun or tortilla, and fruit or vegetable sides. Suggest that your child request toppings like mustard or extra tomato slices instead of mayonnaise or bacon. *Idea:* Share "sometimes" foods. Get a small order of onion rings for the whole family. Or ask for a milkshake with extra cups, and divide it up for dessert. ♥

Make an activity pyramid

Creating and hanging up this homemade poster will motivate your youngster to fill his days with fun physical activities.

1. Have him draw a large triangle and divide it into three horizontal sections.
2. In the bottom part, he can write activities to keep him moving every day. *Ideas:* Play outside with friends. Jump rope. Shoot baskets.
3. In the middle section, let your child add things that take a little more time. *Ideas:* Organize a kickball game. Go for a hike. Visit a playground.
4. On top, he could list special-occasion or seasonal activities. *Ideas:* Climb a rock wall. Go sledding. Swim.
5. Suggest that he choose at least one activity from the bottom row each day, one from the middle every week, and one from the top once a month. ♥

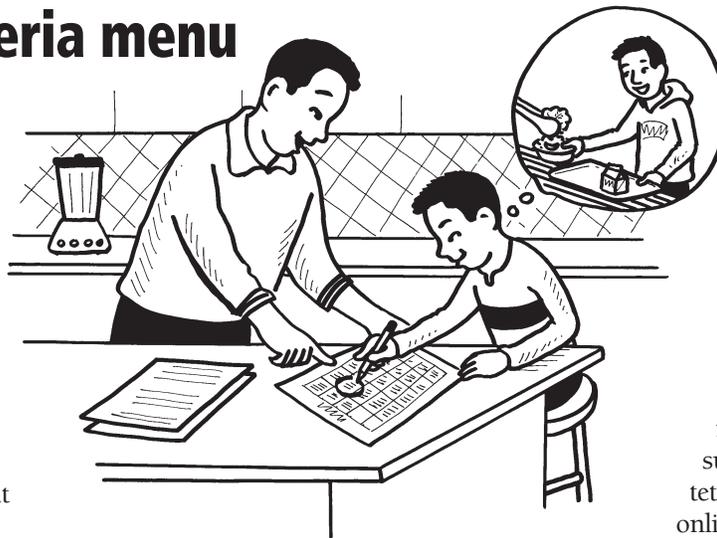


This institution is an equal opportunity provider.

Read the cafeteria menu

“That sounds delicious—and nutritious!” Make a routine out of reading the school breakfast and lunch menus together to get your child excited about eating healthy foods in the cafeteria.

Talk about options. Encourage your youngster to spot familiar foods with healthier twists like pizza with turkey pepperoni or “zoodles”—spaghetti “noodles” made with zucchini. Discuss what



makes them better for him (turkey has less fat than pepperoni made from pork, zoodles are a green vegetable).

Try new things. Which foods sound tastiest to your child? Maybe he’s excited about Monday’s macaroni and cheese or Friday’s fish sticks. What new foods is he excited to try? If items are unfamiliar to him, such as sloppy joes or chicken tetrazzini, help him look them up online so he’ll know what to expect. After he tries them, have him tell you which ones he likes best. Then, consider making them at home. ♥



PARENT TO PARENT A Thanksgiving helper

Growing up, I often joined my parents in the kitchen when they cooked, especially on holidays. I wanted my son, Chase, to be part of our Thanksgiving preparations, so last year I appointed him my kitchen helper.

I gave Chase jobs like washing fruits and vegetables, and I shared a “secret” family recipe with him. He loved hearing how my grandmother worked her magic to create delicious cranberry sauce. Together, we read her recipe, and Chase helped me make it. I even captured the moment with a photo of two smiling cooks.



At dinner, Chase was so proud when his aunt said the cranberry sauce tasted like Grandma’s. This year, he’s already asking if I have more secret recipes to teach him! ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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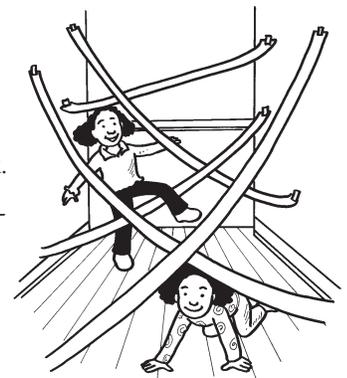
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

ACTIVITY CORNER Let’s build a maze

Put an active spin on your youngster’s play by creating mazes together in different locations. Designate an entrance and an exit, and encourage your child to navigate her way out.

- **Hallway.** Work together to tape crisscrossing streamers or toilet paper to the walls. Your youngster can try to step over the streamers or crawl under them without breaking the “spiderweb” maze.
- **Living room.** Have your child use pillows, blankets, and furniture to make a maze. She might drape a blanket over the space between the coffee table and the couch to crawl under, for example. ♥

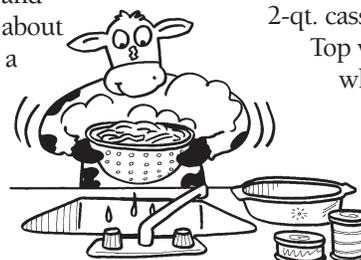


IN THE KITCHEN Lighter casseroles

Casseroles are a go-to staple on many dinner tables. Enjoy these healthier versions of two family favorites.

Beef and rice

Cook 2 cups brown rice according to package directions. In a large skillet, brown 1 lb. lean ground beef. Drain the fat, and return to the pan along with $\frac{1}{4}$ cup each chopped onion, carrot, and celery. Saute the veggies until soft, about 5 minutes. Transfer the mixture to a greased 2-qt. casserole dish, and add 1 28-oz. can diced tomatoes (drained) and the rice. Sprinkle with $\frac{1}{2}$ tsp. pepper, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. paprika. Bake at 350° for 20 minutes.



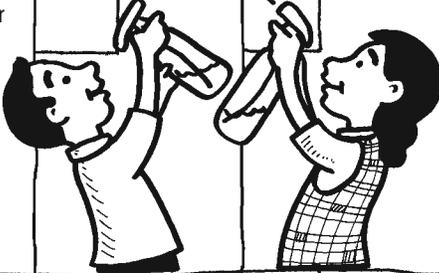
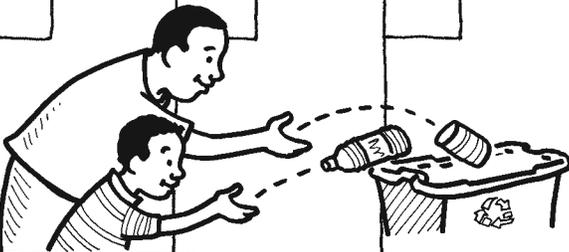
Tuna noodle

Boil 8 oz. whole-wheat egg noodles for 8–10 minutes. Drain, and set aside. In a bowl, mix a 10.75-oz. can reduced-fat cream of mushroom soup and $\frac{1}{2}$ cup skim milk. Add a 12-oz. can tuna (packed in water, drained), 2 cups frozen peas, 6 oz. sliced fresh mushrooms, and the noodles. Pour into a greased 2-qt. casserole dish.

Top with $\frac{1}{4}$ cup soft whole-wheat bread crumbs, and bake at 350° for 30 minutes, until browned. ♥

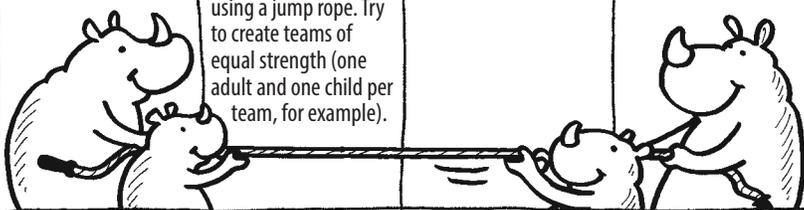
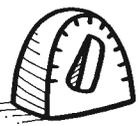
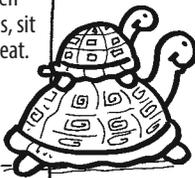
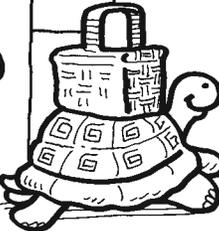
Note to parents: Fill in the month and dates, and keep your children active every day with these fun ideas!

Fitness Fun for Every Day

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Toss a ball back and forth. Each time someone catches it, he takes a step back. How far apart can you move and still catch the ball?</p> 	<p>Jump rope while reciting rhymes. For ideas, get a book like Joanna Cole's <i>Anna Banana</i>, or search online for "jump rope rhymes."</p> 		<p>Learn new basketball moves. Try dribbling a ball in front of you, to the side, and through your legs.</p>	<p>Take a nature walk. Starting with A, name living things that begin with each letter of the alphabet (ant, bird, crocus).</p> 	 <p>Play shadow tag on a sunny day. "It" chases the other players, trying to step on their shadows. If your shadow is caught, you're "It."</p>	
		<p>Have a dance party. Invite friends to dance to upbeat music. Or play musical chairs, dancing as you circle the seats.</p>	<p>Practice patterns while exercising. For example, alternate hopping and running (hop, run, hop, run).</p> 	<p>At the pool, play "tennis" with a beach ball and two pool noodles. Bend the noodles so you're holding both ends. Use them to bat the ball back and forth above the water.</p>	<p>Tape four rows of three paper plates to the floor, and number them 1-12. Take turns tossing two dice and placing a hand and foot on the numbers rolled.</p> 	<p>Read a biography of a famous athlete. Choose one thing the person does to stay in shape, and try it as a family.</p> 
<p>Invent a new jump, and do it 10 times. <i>Example:</i> Put one foot on the opposite knee, and jump sideways.</p>	<p>Play a fast-paced version of hide-and-seek. Have one person hide a ball or another object, and race to find it.</p>	<p>Teach your parent an exercise you learned in PE class. Do the activity together.</p> 	<p>Cover a die with squares of masking tape, and write an action on each side. Toss it, along with a regular die, to see what to do (squat) and how many times to do it (4).</p> 	<p>Give each person a spray bottle filled with water. Blow up a balloon, and have everyone keep it in the air by spraying it with water.</p> 		
<p>Set up exercise stations in the family room, and "do the circuit." <i>Examples:</i> a mat for sit-ups, a sturdy stool for stepping up and down.</p> 	<p>Be an active helper. Weed or rake a neighbor's yard. Volunteer to tend the garden at your school or community center.</p> 	<p>Hold a broad-jump contest. With sidewalk chalk, mark a starting point. Have each person jump and write his initials where he lands.</p>	<p>Graph family members' heart rates. Take everyone's pulse before and after running a lap around your yard.</p>	<p>Play Follow the Leader at a playground. Lead your parents and siblings up the ladder, down the slide, and across the monkey bars.</p> 		
	<p>Gather empty cardboard boxes and plastic bottles. Stand 6 feet away from a recycling bin, and toss them in.</p>		<p>Have a pillowcase race. Each person stands in a pillowcase, holds the edges up with both hands, and hops to the finish line.</p>	<p>Do 10 exercises in a row. The catch? You can't do the same move twice! <i>Examples:</i> push-ups, lunges.</p>		

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Fitness Fun for Every Day

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Celebrate the start of a new month with a trip to a skating rink, bowling alley, miniature golf course, or swimming pool.</p> 	<p>Lead an active story time. Read a short book, and have everyone move with the characters (go upstairs, open the door).</p>	<p>Choose a word of the day (<i>play</i>). Every time you hear the word, do 5 jumping jacks or cartwheels.</p> 	<p>Pretend you are picking apples. Stretch up with your left hand, then your right. Repeat 20 times.</p> 	<p>Lift weights while helping to put groceries away. Take turns doing biceps curls with soup cans (5 repetitions with each arm) before putting them in the pantry.</p> 		
<p>Wage a tug-of-war in a grassy area using a jump rope. Try to create teams of equal strength (one adult and one child per team, for example).</p> 	<p>Choose a movement, such as knee bends. Call "Green light!" and everyone does the exercise. Say "Red light!" and everyone stops.</p>	<p>Outside on a hot day, fill balloons with water, and give each person a bowl. See how long you can toss each balloon from bowl to bowl without it bursting.</p> 	<p>Have each family member write his name on an old tennis ball. Take turns rolling your balls across the yard or floor. Who can roll his ball the farthest?</p>			
<p>Combine homework and working out. Jog in place while you recite the states and capitals, for instance. Every time you get one right, touch your toes.</p>	<p>Place old pillows on the floor. Do forward rolls across the room. Then, tiptoe back.</p> 	<p>Go fly a kite! On a windy day, head to an open field with your family. Take along a few kites—and a lot of energy!</p> 	<p>Set a timer for 10 minutes. Straighten up clutter, mop, dust, or vacuum as fast as you can.</p> 	<p>With a friend, kick a soccer ball to each other. Each time, call out a body part (foot, arm, knee) that the other person must use to stop the ball.</p>		
<p>Head to a local baseball field. Throw, catch, and hit a ball. Or make a diamond in your yard using old doormats or small rugs as bases.</p> 	<p>Pretend to be different animals. Hop like a frog, leap like a deer, or slither like a snake.</p>	<p>Put a strip of wide masking tape on the floor or sidewalk. Walk the "balance beam" forward, backward, and sideways.</p>	<p>Play an active version of Mother, May I. Give commands like "Do 5 giant arm circles" or "Do 10 leg lifts."</p>	<p>Plan an "unplugged day" with no TV, computer, or video games. Instead, ride scooters, go on a leaf hunt, or play a neighborhood flag football game.</p> 		
<p>Write exercise challenges on slips of paper. Put them in a bag, and take turns pulling out one at a time. <i>Examples:</i> Do a split, walk on your hands.</p> 	<p>Pack a dinner picnic, and walk around a school track. When you finish your laps, sit in the middle and eat.</p> 	<p>Practice jumping hurdles. Get a running start, and jump over several items (a folded blanket, an upside-down bucket) placed 20 feet apart.</p>  				

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets™

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