

NORTHERN ADIRONDACK ELEMENTARY

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

Special points of interest:

Front Entrance Only

Please take note of this very important reminder: The main/visitor/parent entrance is located in the front of the elementary building with parking in the Knights of Columbus parking lot. This is the entrance for dropping off students in the morning as well. Students being dropped off after 8:05 a.m. must be escorted into school and signed in by an adult. Do not drop off your child at the back entrance. This entrance is locked and your child will not be able to enter. Only students coming from the bus and staff have access to the back entrance. This practice has been set in place for the safety of our students.

PRIDE Assembly

Friday, October 5 at 1:05 p.m. the PRIDE Committee will be hosting this month. Parents, please come and join us! Additional parking for PRIDE Assemblies will be made available in the bus parking area.

Bus passes

Bus passes must be called in before 1:00 p.m. Receiving bus passes late in the day causes 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.



October 2018

Parent News & Notes



EARLY DISMISSAL

Due to a Staff Development Day, we are having an early dismissal on Wednesday, October 3 at 11:50 p.m. All students will be eating lunch before dismissal. Please plan accordingly to have someone at home for your child.

NO SCHOOL

As a reminder to parents, there is no school on Monday, October 8, 2018 in observance of Columbus Day. *Enjoy your time off!*

PARENT PORTAL ACCESS

Parent Portal request forms were sent home recently to all Pre-K, Kindergarten and new students in our district. When processed, this will provide you with a login password that will allow you to access information about your child's school performance, including classes, teacher names, attendance, grades and discipline. When we receive the completed form, we will create an account for you. You will then receive an email which will include your login information. Please be sure to check your junk/spam folder as we have found that it may end up there. Your username will be the email address that you provided on the form. If you didn't complete this form previously but would now like access to these records, please request one of these forms from child's teacher. This is another form of communication between parents and school that we hope you will find beneficial. Forms do not need to be filled out every year.

HALLOWEEN GUIDELINES

It is that time of year when spooks and goblins come forward and Halloween parades and parties are planned. The annual Halloween Parade will be held on Wednesday, October 31, 2018 at 1:00 p.m. As in the past, the parade will be for our primary (PK-3) children to participate in. Intermediate (4-5) classes will participate in their own activities. We would ask your cooperation by helping us make this a safe and enjoyable time for all. With the concerns over violence, we would like to assure the focus of the day's activities is appropriately directed. The children dressing in costumes should follow the guidelines listed below:



- ☞ Costumes are to be non-violent in nature. Some suggestions are: storybook characters, community helpers (fireman, policeman, doctor) or historical characters students have studied.
- ☞ No weapons will be allowed (swords, guns, knives, axes, etc.)
- ☞ Children are not to wear costumes to school in the morning.
- ☞ No makeup or face painting.
- ☞ Send a costume your child can put on over his/her clothes.

Individual classroom teachers will determine parent participation for all Halloween activities. Notification will be sent home in a parent letter if necessary. *Parents who will be attending the parade should go directly to the Big Gym. Parents attending activities in the classroom will need to sign in at the main entrance reception desk and go directly to their destination.* By working together, we can assure the children will have a safe and enjoyable day.



COMMUNITY SERVICE PROJECTS

Coupons for Soldiers Help Support Our Troops!! We are collecting coupons for our soldiers and their families. The coupons will be distributed to bases where the cost of living is high. The coupons help our military families by cutting the costs of their groceries. Only manufacturer's coupons are accepted and they can even be expired (no more than 4 months). A helpful hint: Cut and trim the sides of the coupons. This is not only helpful to the receiving centers, but we do not want to pay postage on excess weight.

There are many ways that one individual can make a large difference to so many. What a treasure it is to know that our expired coupons can mean a real difference to the families who have dedicated and sacrificed a part of their lives for the sake of our country. To date we have collected coupons totaling \$1,969.45 which have been sent to our military. Way to go NAC Elementary!!

Also, we will continue to collect pull tabs for Ronald McDonald House and used printer cartridges for Project Eliminate.

FROM THE ART DEPARTMENT

Artsonia! The NACS Art Department is a participant in the online kids' art museum, Artsonia! This virtual art gallery enables students' artwork to be shared safely online. *Participation is optional and this is not a contest.* Parent/Guardian permission is required. Students who are not already signed up will need to get a permission form from Mrs. Blondo. For more information about Artsonia and other art related topics, visit Mrs. Blondo's webpage at <http://es.nacs1.org/students/art>.



Crayola ColorCycle In an effort to more conscious of protecting our environment, our school is participating in a recycling program called Crayola ColorCycle. Throughout the school year, Mrs. Blondo will be collecting used/dried up markers that are ready to be discarded. Help support our efforts by sending in any old plastic markers; *even non-Crayola brands are accepted.* A drop-off box is located in the art room. Remember, don't throw out that used marker—ColorCycle it!

SCHOOL BUS SAFETY WEEK AND DRIVER APPRECIATION

October 22-26 is School Bus Safety Week and also a chance for us to show appreciation to our bus drivers. Bus Drivers in the NACS District provide transportation for many students to and from school each day. We know that this couldn't be accomplished without trained, dedicated professionals in place to transport NAC's students, so join us in recognizing all of our school bus drivers and the outstanding work that they do.

For twenty three million students nationwide, the school day begins and ends with a trip on a school bus. The greatest risk is not riding the bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children know traffic safety rules. Teach children to follow these common sense practices to make school bus transportation safer.

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it's okay before stepping onto the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least five giant steps (10 feet) ahead of the bus before you cross. Be sure that the bus driver can see you, and you can see the bus driver.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handrails or doors.



- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.

NURSE'S CORNER

Just a few reminders for the 2018-19 school year. All students in grades Pre-K, K, 1, 3, and 5 will need physicals this year. Please send all current immunization records as well. If your child had a physical at your own pediatrician's office, please have them fax the physical form to me @ 518-594-7255.

I will be starting eye and ear screenings soon. If you receive a notice, please respond. If you need assistance finding a practitioner for eye care, or may have trouble affording this service, let me know as soon as possible at 518-594-3986 ext. 2611. Your pediatric office can also assist you with hearing issues.

Cooler temperatures means your children should start wearing warmer clothes such as hats and mittens. Hat season is also known as head lice season. However, if your child has head lice, they are excluded from riding the bus or attending class until they are cleared by me. Your child should only miss one day of school. We recognize that in certain situations, it may be an extra day, but the situation must be rectified promptly. The reason for this being that your efforts must be on ridding your child and home of lice the first time, otherwise you will have a very costly, repetitive cycle. Vacuuming, washing all the linens, using the dryer, remembering your car seat and car, and speaking to your children about not sharing hats, clothes, combs and brushes is a great start. Feel free to call me with any questions or concerns.

Below you will find our attendance policy which is also included in the student/parent handbook. Please review this policy so you are aware of how absences are processed.

Northern Adirondack Elementary School, in compliance with New York State Education Department Law, identifies two types of absences: excused and unexcused. Excused Absence – An absence, tardy or early dismissal which is due to any of the following reasons:

- Student illness or illness of immediate family member
- Death of immediate family member
- Religious observance
- Quarantine – verifiable by physician or County Health Dept.
- Required court appearance

*The above excused absences still require verification and legitimate **written** excuses. **This written excuse must be received here at school within three (3) days of your child returning to school.** Without this written verification the absence will be recorded in our student management system as unexcused.*

****If a prolonged absence due to a short term physical, mental or emotional illness is anticipated, the student's parents or guardian should contact the building principal regarding homebound instruction. According to the State Education Department, an absence of at least two weeks is considered a prolonged absence. The student's physician must verify any such absence due to illness. Homebound instruction counts as school attendance.**

Unexcused Absence – An absence, tardy or early dismissal which is not recognized as an excused absence. These absences include, but are not limited to: Family vacations/Planned events, Babysitting, Oversleeping, or Farm work.

Attendance letters will be sent home at 5, 10 and 15 absences. The latter requiring a meeting with the principal.

FOSTER PARENTS NEEDED

There continues to be a need for foster parents in Clinton County. More and more adolescents, children and their families in Clinton County are in need of support. Clinton County Department of Social Services is asking for your help in efforts to recruit

more foster families. If you're ready to become a foster parent, call (518) 565-3320.



FIRE SAFETY

Students in grades K - 2 can look forward to a visit from the fire department regarding fire safety on October 12, 2018. Each year members of our local fire departments bring along some of their emergency vehicles and equipment and give presentations to our students on the importance of fire prevention and safety.

We receive our donations for Fire Prevention Week from the LaBarge Agency, Inc. Activity booklets and pencils are purchased for students. The children look forward to receiving these fun and educational materials. Be watching for these materials and remember to go over your fire escape plan with your family.





October 2018



The Word of the Month is "Responsibility". Responsibility means proving to others that you can be trusted and depended upon to be the best you can be and to do the things that must be done.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PTO Mtg. @ 6:00 p.m.	2 Tiffany's Dance Class starts	3 Early Dismissal 11:50 a.m.	4	5 PRIDE Assembly @ 1:05p.m.	6 5 Week Point
7	8 Columbus Day No School	9	10 	11	12 PK - 2 Fire Truck Presentation Fall Swimming Unit Ends	13
FIRE PREVENTION WEEK						
14	15 Board of Education Mtg. @ 6:00 p.m.	16	17	18	19	20
21 	22	23	24	25 PK—2 Read Aloud @ 6:00 p.m.	26 	27
SCHOOL BUS SAFETY & DRIVER APPRECIATION WEEK						
28	29 Mentor Party 2:30 p.m. - 4:30p.m.	30	31 PK - 3 Halloween Parade @ 1:00 p.m.			

Home & School CONNECTION[®]

Working Together for School Success

October 2018

Northern Adirondack Elementary



SHORT NOTES

Exercise your brain

Your child's brain is like a muscle—the more he uses it, the stronger it will become. Suggest that he give his brain a workout with activities like using his nondominant hand to throw a ball or to color. Learning to speak a foreign language or play a musical instrument are also known brain boosters.

DID YOU KNOW?

If your youngster qualifies for free or reduced-price meals, your family may also be eligible for low-cost internet. Contact local internet providers to find out. In addition, most libraries have computers with internet access. Your child can use them to do research for school or to look up topics she's curious about.

Family talent show

Stage a talent show to help family members appreciate one another's skills. Each person can choose something he likes to do (singing, juggling). Encourage practice time, and choose a night for your event.

Worth quoting

"The world is round so that friendship may encircle it." *Pierre Teilhard de Chardin*

JUST FOR FUN

Teacher: Jill, name four members of the bear family.

Jill: Mom, dad, sister, and brother!



Super homework support

Making homework an important part of life at home will show your youngster that her education matters. Letting her work independently will also send the message that you believe in her. Consider these strategies.

Provide backup

Allow your youngster to work on her own, but tell her you're available if she needs you. Say she's confused about the directions for an assignment. You could encourage her to reread them slowly or maybe read them aloud to her. If she's not sure how to approach a math problem, you might look at similar problems together in her textbook.

Give feedback

Point out to your child what she's doing well—you'll inspire her to repeat the behavior in the future. For instance, if you notice she started a long-term project the day it was assigned, you could say,



"Nice move! Now you have plenty of time to come up with good ideas and do your best."

Show interest

Glance over finished homework so you know it's done and your youngster knows you care. Also, look at returned assignments. She might proudly share a nice comment her teacher wrote on her essay. Or if a paper has spelling errors, ask how she can avoid the same problem next time, perhaps by looking up unfamiliar words in a dictionary.♥

Organization made easy

Good organizational skills will help your child find what he needs—and save time. Try these tips:

- Encourage your youngster to help with jobs that teach organization. For instance, have him organize your toolbox. Let him try his ideas, such as grouping together same-size screws or arranging wrenches from shortest to longest.

- Point out that *staying* organized is easier than *getting* organized. If he cleans out his school desk and his backpack every Friday, those tasks won't be overwhelming. *Idea:* He could put sticky notes on his desk and bag that say "Please clean me on Friday!"♥



Setting expectations

Andrew always wears his sneakers to PE class and returns his books on library day. Robert sometimes forgets his sneakers and misses out on PE, or he leaves his library books at home and can't check out new ones.

What's the difference? Andrew's parents expect him to keep track of his schedule. Here's how to set expectations for your youngster.

Discuss in advance. Be clear about what you expect, and remind your child regularly. For example, if you want him to manage his schedule,



you might post it on the refrigerator and tell him that it's his job to check it each day. Or if you're getting a pet, explain what he'll need to do to care for it. ("You'll be in charge of filling the food bowl every evening.")

Be reasonable. Set expectations that your youngster can live up to. If he plays soccer, for instance, you might not expect him to

score goals, but you could expect him to attend every practice, show good sportsmanship, and try his best.♥

ACTIVITY CORNER

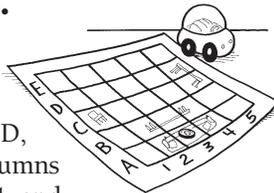


Build map skills

This version of hide-and-seek lets your youngster practice finding places on a grid. She'll have fun working on map skills and spatial reasoning.

1. Draw a grid.

Have your child make a grid with 5 rows (labeled A, B, C, D, and E) and 5 columns (labeled 1, 2, 3, 4, and 5). Her grid will represent a room in your home.



2. Add pictures. Next, your youngster should draw furniture or other items in the boxes to indicate their locations in the room. Say your couch is centered along the front wall of the living room. She could draw a couch on her grid across boxes A2, A3, and A4.

3. Hide an object. Take turns closing your eyes while the other person hides something (perhaps a toy car) in the actual room. Then, place a penny on the grid to show where you hid the item. If you put the penny on A3, your child might figure out that the toy is under the center of the couch.♥

PARENT TO PARENT

After-school activities: Find a balance

My fifth grader, Alicia, was already in Girl Scouts and the school science club when I agreed to sign her up for martial arts. Before long, she started coming home too tired to do homework, and she had little time to play.

Alicia and I realized she needed to cut back on her extracurricular activities. She wasn't thrilled, but I explained that school comes first—and that she would enjoy each activity more if she weren't juggling so many. We talked about what to drop. She wanted to stick with her friends in Girl Scouts, and she loves the experiments she does in science club. In the end, she decided martial arts would be the one to go.

Alicia has more time for homework and play now. And maybe she can try martial arts next summer when school is out.♥



Q & A How to talk about lockdown drills

Q: My son came home anxious about a lockdown drill they did in school. How should I discuss this with him?

A: Lockdown drills help students know what to do in an emergency that requires them to shelter inside the school.

Explain to your son that his teacher and principal want to keep him and his classmates safe. That's why the school holds drills to prepare the children for

situations like intruders, fires, tornadoes, or earthquakes. Although it's scary to think about emergencies, having a plan can make him feel more in control.

Ask your son to name other ways we stay safe, such as wearing a seat belt in the car, looking both ways before crossing the street, or going indoors during a thunderstorm. He'll realize that he knows how to do a lot of things that help to protect him.

Note: If he continues to feel anxious, contact the school counselor for advice.♥



OUR PURPOSE

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

Resources for Educators,
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A Family Guide to Homework

Homework is valuable practice for what your child is learning in school. To help it go smoothly in your home, here are tips that have worked for other parents. On the next page, you'll find a section with ideas to make study time more fun and productive, too.



Getting started

“Our son Jake was always ‘just a minute’ away from doing homework. We discovered that sticking to a regular time and place made a big difference. He knows that every evening after dinner, we clear off the table and he starts homework. His dad or I often sit with him and do our own ‘homework,’ such as paying bills, catching up on emails, or making a grocery list. As a result, it’s easier for Jake to get going—and sometimes he has to remind us that it’s time to work.”

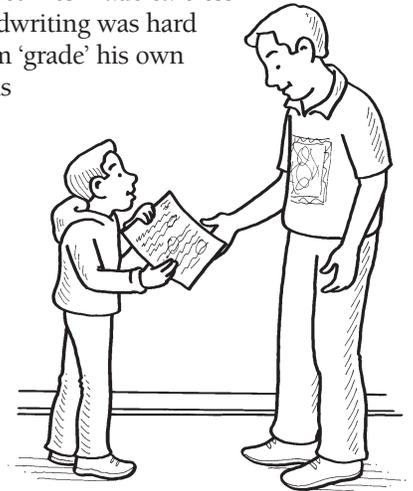
Staying focused

“A big family plus a small house equals a lot of distractions at homework time. Sophia, our third grader, would pay attention to what everyone else was doing instead of focusing on her work. So we put together a ‘study station.’ I got a trifold cardboard display (like those used at a science fair), and Sophia personalized it with her artwork. She loves standing it up to make an ‘office’ area, and it has helped her to block out distractions.”



Being thorough and careful

“I recently came up with an idea to encourage my son Seth to do his homework more carefully. Before, he’d rush through it, which meant he sometimes made careless mistakes. Plus, his handwriting was hard to read. Now I have him ‘grade’ his own homework. He pretends to be a teacher as he looks over each completed assignment. Then, he tells me what grade he thinks he would earn. This gives him a chance to make his work more legible and to correct his mistakes before he turns it in for a real grade. Since Seth started looking at homework through a teacher’s eyes, he has been handing in cleaner work.”



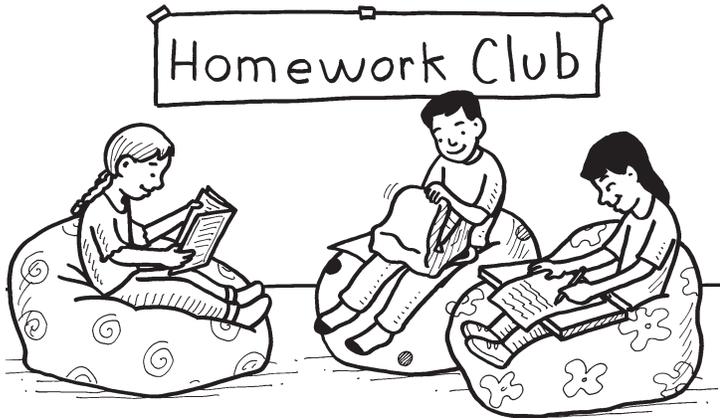
Remembering assignments

“When my daughter Emma left her homework assignment at school for the third time in a week, I knew we needed to do something. I took her to the dollar store and let her pick out a folder to use just for homework. At school, as soon as she gets an assignment, she tucks it inside the folder. We also attached a bright pink luggage tag to her backpack that says ‘Homework?’ This reminds her to put the folder in her backpack at the end of the day. These two changes are great reminders—now Emma is a lot less likely to forget her assignments.”

continued

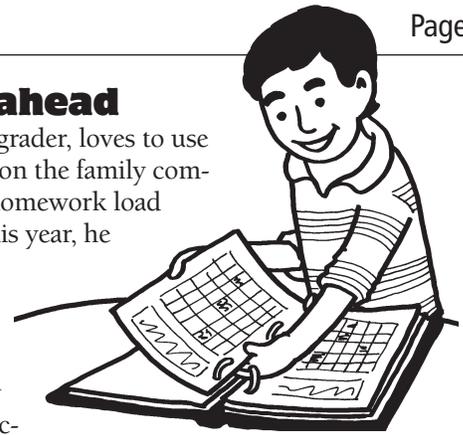
Boosting motivation

“I don't feel like doing homework.’ My daughter Maria said that at least once a week. Then a classmate invited her to join her ‘homework club.’ The club is simply a group of friends who get together after school to do homework. They take turns hosting at their houses, or sometimes they meet at the library. Maria loves her group—and working with her friends has actually improved her grades.”



Planning ahead

“José, my fifth grader, loves to use painting software on the family computer. When his homework load became heavier this year, he decided to use the program to make a personalized planner. He designed a weekly calendar with a section for each day. Afterward, he printed out one month's worth of pages and put them in a binder. Every day, he uses his planner to jot down assignments and keep track of upcoming tests and quizzes.”



Doing your own work

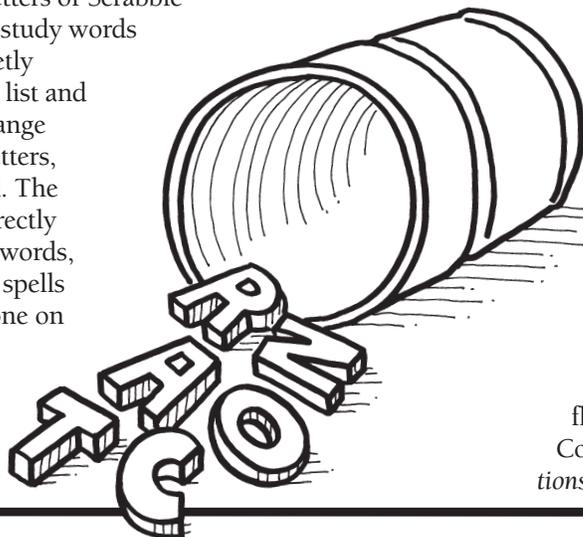
“I know my daughter Monica is supposed to do her homework independently so her teacher can see what she has learned. But when she'd ask me for answers, it was hard to watch her struggle. So I came up with a compromise. If she gets stuck, I have her tell me what she has already done to find the answer. Then, I offer something else she might try. For example, when she couldn't find the meaning of *photosynthesis* in a science chapter, I suggested that she use the glossary. I am still available to Monica, but she's responsible for doing the work. It's a win for both of us.”

Study up!

The more different ways your youngster reviews what he's learning, the more likely he is to remember the information. Here are games that will add variety to his study time.

Spelling scramble

Let your child use magnetic letters or Scrabble tiles to practice spelling or word-study words with this game. Each player secretly chooses a word from his spelling list and drops its letters into a cup. Exchange cups. On “go,” dump out your letters, and arrange them to spell a word. The first person to spell his word correctly earns 1 point. After using all the words, high score wins. *Note:* If a player spells a word correctly but it's not the one on the spelling list (say, *porter* instead of *report*), he still gets 1 point. Be sure to tell him the actual word, and have him spell it, too.



Vocabulary hangman

Try this vocabulary version of hangman. One player draws dashes to stand for each letter in the definition of a word. Other players take turns guessing letters to fill in the blanks. The player who reveals the definition and can name the vocabulary word wins the round.

Math war

Your youngster can work on math with this twist on War. Deal a deck of cards evenly to players, who stack their cards facedown (ace = 1, face cards = 10). On each round, players flip over two cards (say, 3 and king) and add their values (3 + 10 = 13). The player with the highest total takes the cards. If there's a tie, each player flips over two more cards and adds again. Collect all 52 cards to win the game. *Variations:* Multiply your cards instead of adding.

Nutrition Nuggets

Food and Fitness for a Healthy Child

October 2018



Northern Adirondack Central School
Al Pageau, RN School Nurse

BEST BITES

Cut the salt

Many jarred and canned foods—like pasta sauce, soup, and gravy—are high in sodium. Consider making your own versions when possible. Instead of salt, add herbs and spices for flavor. *Tip:* Let your child find a new sauce, soup, or gravy recipe she wants to try, and make it together.

What did you do in PE today?

When you talk to your youngster about his day at school, ask about PE class. You'll show him that physical activity is important. Which activities does he like best? Turn his favorites, such as hula-hooping, into a family activity night. He can be the "teacher" and show everyone how to keep the hoops spinning longer.



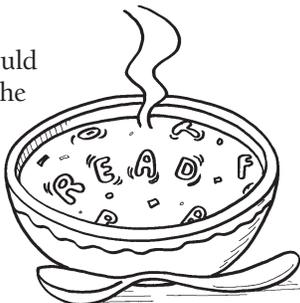
DID YOU KNOW?

Some fruits and vegetables—including apples, bananas, tomatoes, potatoes, and avocados—give off a gas that makes other produce ripen faster. Prevent spoilage by keeping them separate. Or use this to your advantage! Ripen a green banana by sealing it in a brown paper bag with an apple.

Just for fun

Q: Why did Sam want alphabet soup for lunch?

A: So he could read while he was eating.



Build character with family meals

Family meals let you share healthy foods and bond with your youngster. They also offer the chance to instill character traits like independence, politeness, and responsibility. Try these ideas.

Develop kitchen skills

Teaching your child basic cooking skills is a great way to boost his confidence and independence. Depending on his age, he could squeeze juice from a lemon, measure and mix ingredients, crack eggs, or follow a simple recipe. While the two of you work, talk about healthy cooking methods like steaming vegetables or baking chicken instead of frying it.

Eat politely

The family dinner table is the perfect place for your youngster to practice manners and graciousness. As you pass dishes around, model saying "Thank you" and "You're welcome" so he will do the same. Also, talk about how to be polite if he's not sure he likes something, perhaps by



taking a small amount and trying a bite or two. *Tip:* Be sure to remind him to thank the cook.

Use teamwork to clean up

Your child can learn about cooperation and responsibility by pitching in after a meal. Give each person a job like carrying dirty dishes to the sink or wiping off the table and counters. You might also show your youngster how to put leftovers into containers, label with the contents and date, and store in the refrigerator or freezer. ♥

Fun autumn outings

Get your youngster moving with active outings perfect for the season. Here are suggestions.

● **Pumpkin farm.** Your child could run through a corn maze or navigate an obstacle course at a local pumpkin patch. Let her pick the perfect pumpkin to take home—then carve it, and roast the seeds for a healthy snack.

● **Fall festival.** Look in the newspaper or online for events like a harvest festival with fun runs, relay races, or other activities for kids. If there's live music, encourage your youngster to dance to the beat! ♥



Looking for grocery "treasure"

The next time you go grocery shopping, bring your youngster along for a "treasure hunt" to find healthy foods. You'll teach her to make good choices in every aisle.

Produce section. Ask your child to look for a fruit grown in your state. Or let her seek out vegetables of a particular color (say, orange or purple). Another idea is to search for an exotic fruit she's never tried, perhaps jackfruit or guava.



Meat department. Challenge your youngster to compare ground meats like beef, turkey, and chicken. She can put the one with the least fat and sodium into your cart. Also, have her look for cuts of steak or pork that include the word "round" or "loin"—explain that these are typically leaner.

Dairy case. Have your child name her favorite flavor of yogurt, perhaps blueberry or vanilla. Then, help her read nutrition labels to look for the one that's labeled "nonfat" and has fewer than 10 grams of sugar

and at least 5 grams of protein. Or she could search for cheese labeled "part skim" or "made with 2% milk." ♡

Q&A

Why whole grains?

Q: I know whole grains are healthy. But how can I explain to my daughter why they're good for her and get her to eat them?

A: Here's a fun way to present this: Tell your child that a whole grain is like a superhero with a cape! Whole grains contain the entire grain kernel, while processing removes the nutrient-rich *bran* (the "cape," or outer part) and *germ* from refined grains.



You can also explain that whole grains give her more energy to run faster and play with her friends. They help her think better at school, too.

To get your child used to eating more whole grains, try mixing brown and white rice or whole-wheat and regular pasta—half and half. Then gradually increase the whole grains. Once she gets used to the flavor, she probably won't even miss refined grains. ♡



ACTIVITY CORNER

Fairy tale workouts

Your child can get exercise while acting out scenes from his favorite fairy tales. Share these activities.



The Gingerbread Man

Have your youngster draw a gingerbread man on brown construction paper and cut it out. Then, one player hides it while the others run around to find it. The first person to spot the "cookie" gets to hide it next.

Jack and the Beanstalk

At the playground, let your child climb up a ladder or rock wall. He's Jack climbing the beanstalk high into the sky to see what's at the top!

Hansel and Gretel

Suggest that your youngster collect a dozen pebbles and pretend they're breadcrumbs. He can skip along a path, scattering them behind him one at a time. When he has dropped them all, he could skip back, bending down to pick them up. ♡

IN THE KITCHEN

Not your average breakfast

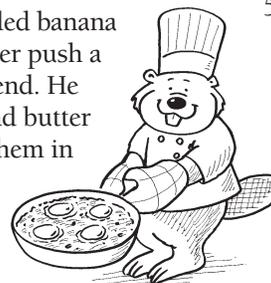
Take a break from scrambled eggs and cereal with these unusual breakfast recipes that you and your child can make together.

Banana pops: Cut a peeled banana in half. Let your youngster push a craft stick into each cut end. He can spread 1 tbsp. almond butter over each half, and roll them in $\frac{1}{2}$ cup crushed granola.

Shakshuka: Add 2 cups marinara sauce and a pinch each of coriander

and cumin to a frying pan. Simmer on medium-high heat until it comes to a boil. Crack 4 eggs into the sauce, each one in a separate spot. Cover, and cook 5–8 minutes on low heat. Serve with pita wedges.

PB&J in a bowl: In a blender, mix $\frac{3}{4}$ cup nonfat milk, $\frac{1}{2}$ cup frozen pineapple, $\frac{1}{2}$ cup frozen mixed berries, and 2 tbsp. peanut butter. Pour into a bowl, and top with halved fresh strawberries or grapes. ♡



OUR PURPOSE

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

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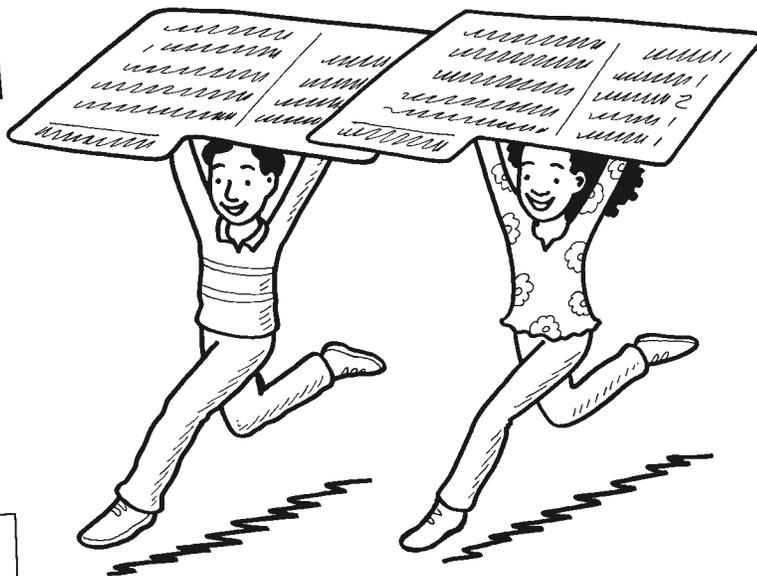
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Best Recipes

2018 Edition

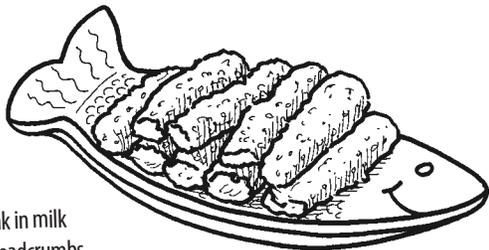
You and your child can have fun in the kitchen as you whip up nutritious meals and snacks. Here are family-friendly recipes to try.



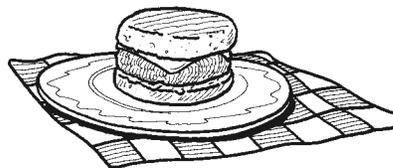
Baked fish sticks

- 1 lb. cod fillets
- 1 cup nonfat milk
- 1 cup whole-wheat breadcrumbs
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

Cut cod into strips. Soak in milk for 10 minutes. Mix breadcrumbs with salt and pepper. Drain fish, then dredge strips in breadcrumbs. Put on a baking sheet, and bake at 450° for about 5 minutes on each side, until fish flakes with a fork. Serves 4.



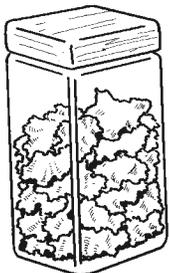
Breakfast burgers



- 1 lb. lean ground beef
- $\frac{1}{4}$ cup no-sugar-added applesauce
- 1 tsp. steak sauce
- 6 whole-wheat English muffins
- 6 slices cheddar cheese

Mix meat, applesauce, and steak sauce together. Shape into 6 small patties. Cook in a skillet, 3–5 minutes per side. Toast English muffins, top 6 halves with the patties and cheese, and cover with the other muffin halves. *Idea:* For a make-ahead option, wrap cooked sandwiches and freeze. To reheat, defrost overnight, and microwave for 1–2 minutes, until the cheese melts. Makes 6 servings.

Kale chips

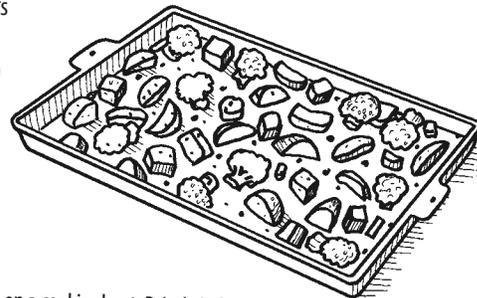


- 1 bunch kale
- 2 tsp. olive oil
- 1 tsp. sea salt

Tear the kale leaves into bite-sized pieces, toss with olive oil and salt, and spread on a cookie sheet. Bake at 375° about 15 minutes, until crispy. Store in an airtight container. Makes 6 servings.

Roasted vegetables

- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup butternut squash chunks
- 1 tbsp. olive oil
- $\frac{1}{4}$ tsp. dried thyme
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

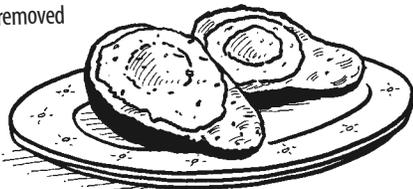


Spread vegetable pieces on a cookie sheet. Drizzle lightly with olive oil, and sprinkle with seasonings. Bake at 425° for 20–30 minutes, until cooked. Serve as a side dish, or use in salads or burritos. Makes 4 servings.

Avocado eggs

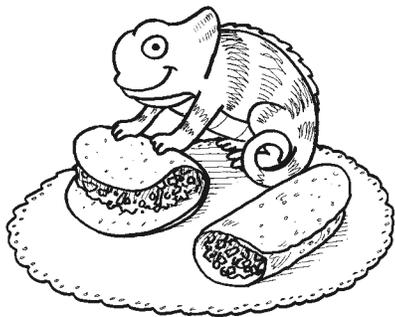
- 1 avocado, sliced in half and pit removed
- 2 eggs
- Hot sauce (optional)

Put each avocado half in a muffin cup or on a small baking sheet, and crack an egg into the hole. Bake at 350° for 10–15 minutes, until egg reaches desired doneness. Add a few drops of hot sauce, if desired. Makes 2 servings.



continued

Rainbow wrap



$\frac{1}{2}$ cup hummus
 4 whole-wheat tortillas
 1 yellow bell pepper, chopped
 1 red tomato, sliced
 1 cup cucumber, diced
 1 cup carrots, shredded
 Spread hummus on 4 tortillas.
 Add the vegetables in rows by color. Roll into wraps. Serves 4.

Banana split

1 banana
 $\frac{1}{2}$ cup Greek yogurt
 (vanilla or strawberry)
 $\frac{1}{4}$ cup mixed berries
 2 tbsp. granola
 1 tbsp. chocolate chips



Slice a banana in half. Top with yogurt, berries, granola, and chocolate chips. *Variations:* Try different yogurt flavors, freeze yogurt before serving, or use favorite toppings like shredded coconut or crushed pretzels. Serves 1.

Meatballs and ziti

2 lbs. lean ground turkey
 $\frac{2}{3}$ cup whole-wheat breadcrumbs
 $\frac{1}{4}$ cup grated Parmesan cheese
 4 eggs
 1 tsp. Italian seasoning
 1 tsp. olive oil
 1 lb. ziti
 16 oz. skim ricotta cheese
 2 cups marinara sauce
 1 cup shredded skim mozzarella cheese



Combine meat, breadcrumbs, Parmesan, 2 eggs, and seasoning. Shape into 20 small meatballs. In a skillet, brown the meatballs in olive oil. Place in a baking dish, and bake at 350° for about 30 minutes, until cooked through. Cook ziti according to package directions, and drain. Mix ricotta with the 2 remaining eggs. In a 9" x 13" pan, layer half the sauce, half the cooked ziti, the ricotta-egg mixture, the meatballs, the remaining sauce, and the rest of the ziti. Sprinkle with the mozzarella. Bake at 350° for 1 hour. Makes 6–8 servings.

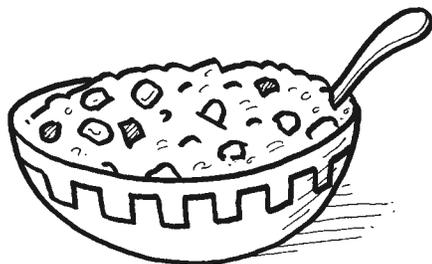
Garden pita pizza

1 large round whole-wheat pita
 2 tbsp. tomato sauce
 $\frac{1}{4}$ cup cherry tomato halves
 $\frac{1}{4}$ cup zucchini, sliced
 $\frac{1}{4}$ cup pitted black olives
 1 tbsp. crumbled feta cheese



Spread sauce on pita. Top with vegetables and olives. Bake at 350° for 5–10 minutes, until the vegetables are tender. Then, sprinkle on crumbled feta cheese. Serves 2.

Corn salsa



1 tbsp. lime juice
 1 tbsp. olive oil
 $\frac{1}{2}$ tsp. honey
 2 cups corn (canned, drained)
 1 tomato, diced
 $\frac{1}{4}$ jalapeno, seeded and minced

Stir together lime juice, olive oil, and honey. Mix

in corn, tomato, and jalapeno. Serve with baked tortilla chips, or use to top grilled fish or chicken. Serves 4–6.

Scrambled huevos rancheros



Nonstick cooking spray
 2 eggs
 $\frac{1}{4}$ cup black beans (canned, drained)
 $\frac{1}{4}$ cup tomatoes, diced
 $\frac{1}{4}$ cup green bell pepper, diced
 $\frac{1}{4}$ cup red onion, diced
 2 tbsp. shredded low-fat Monterey Jack cheese
 1 tbsp. nonfat sour cream
 1 tbsp. salsa

Whisk eggs in a bowl, pour into a pan coated with nonstick cooking spray, and scramble. Place beans on a plate, and top with the cooked eggs and remaining ingredients. Serves 1.

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