

Eddington School Newsletter

January 11, 2019

MENU FOR THE WEEK OF JAN. 14TH

MONDAY – Turkey Soup w/Carrots, Potatoes, Celery, Corn Muffin, Fruit, Milk

TUESDAY – Whole Grain French Toast Sticks, Ham, Veg. Beans, Fruit, Milk

WEDNESDAY – Chicken on Whole Grain Roll, Tater Tots, Fruit, Milk

THURSDAY – Whole Grain Cheese or Pepperoni Pizza, Whole Grain Trail Mix, Carrots, Apple, Milk

FRIDAY – Whole Grain Pasta w/Meat Sauce, Yeast Roll, Green Beans, Fruit, Milk

DATES TO REMEMBER

Jan. 21 **NO SCHOOL/Martin Luther King Jr. Day**

Jan. 28 School Board Meeting @ Eddington School
6:30pm

Feb. 18-22 **No School/February Vacation**

Feb. 25 School Board Meeting @ Holbrook School
6:30pm



“BUS”TED SLIPS Good behavior and helpfulness on the bus!

Konner McKenzie, Madison Malm, Makayla Kelley

RAINBOW DOLCH SIGHT WORDS

Nathaniel Wong, Rowan Dupuis, Seamus Farquhar, Kooper Nyer, Claire Fox, Nora Williams, Fiona Robinson, Kamden Lander, Jaxson Grass, Elizabeth Downs, Sydney Clark, Acatia Clark, Nathan Berube, Madilyn Berube, Owen Arisimeek, Kiernan Allen, Makayla Kelley, Roslynn Snider, Josiah Brown, Kyle Phinney, Landon Ledford, Phoebe Robinson, Austin Wright, Kaley Murphy, Bretton McLeod

MATH IN FOCUS IXL

Sebastian Brideau, Ralene Wilson, Jacquelyn West, Aiden Sirois, Alice Saunders, Steven Carr, Ryder Bowden, Jackson Gray, Connor Downs, Jude Buchanan, Mikayla Ouellette



ANIMAL LIST WORDS

Lucas Laplante, Ryder Bowden, Charlie Laverdiere, Riley Quam

PRINCIPAL’S CORNER



January in Full Swing☺

The students who received the “Good Conduct” award for the 1st trimester enjoyed their PJ Day on Friday and received their certificate and “special” pencil as well☺

The weather continues to be a “puzzle” as students miss going outside for recess due to the rain☺ and then a few days later it is below 10 degrees with the wind chill added on ☺ Who knows what will happen the rest of this winter????

Our thanks to **local businesses, families, churches, Holden Police Dept.** and **friends** for assisting our own local families in need during the holiday season. You put many smiles on children’s faces Christmas morning. Thanks again☺

The students and staff are quite busy as we head into the new year. Writing prompts, practicing math facts, etc. Full steam ahead everyone☺ On a side note, our students continue to enjoy learning about the language and culture of Spain at both elementary schools; kudos to Ms. Norris☺

****Note to all 4th grade parents:**

All of our 4th graders will be taking the NAEP Tests on **Feb. 1, 2019**. I shall be sending a letter to all parents with more information within the next week.

Mr. Spencer



Please remember to read (have them read to you) each night and practice their math facts each day.

****2 snow days to date - Last student day June 12th**

LEXIA CORE 5

Kaley Murphy, Rachel Willett, Cameron Mertz, Hazel Purinton, David Brooks, Makayla Kelley, Emma Ford, Silas Wood, Charlie Laverdiere, Addy Chase



SUPERSTAR AWARD

Charlie Laverdiere, Ellie Farrar, Jacob Glidden

BUBBLE LIST SIGHT WORDS

Logan Mertz

GOLDSLIPS

Zoe Wallace, Nathaniel Wong, Aliyah Hintz, Aubrey Junkins, Rylan Russell, Roslynn Snider, Alex Morin, Kamden Lander, Kooper Nyer, Madilyn Berube, Makayla Kelley, Ja’Koby Gilbert, Addy Chase, Azreal Josiah, Charlie Laverdiere, Nathan Berube

RAZ-KIDS

Andrew Garcia

NEWSLETTER INCENTIVE COUPON

Congratulations to Elizabeth Downs from Mrs. Voci’s classroom. Her name was chosen from the returned newsletter incentive coupons. A gift was received from the office.

Newsletter Incentive Coupon

Student Name _____

Parent/Guardian Signature _____

We appreciate you reading this newsletter. Please sign and return the coupon by Thursday, January 17th.

When Should I Keep My Child Home?

Please keep your child home if they experience the following:

- Inflamed reddened eyes with or without drainage.
- Open, runny sores on the skin or mouth
- Vomiting
- Diarrhea
- Temperature of 100 degrees or higher
- Difficulty breathing, congestion or wheezing not improved by medication
- Seizures, which differ from the child’s normal seizure pattern
- Persistent, uncontrollable crying
- Unexplained rash

If your child develops these symptoms at school, you will be called to pick him/her up. We try very hard to limit the children’s exposure to contagious diseases and appreciate your help with this.

If your child is sick we recommend that you: Stay home from school and other crowded places. Wash your hands often and cough and sneeze into a tissue. Get lots of rest and drink plenty of fluids.

Return to school only when you’re feeling better and you haven’t had a fever (without using medication) for at least 24 hours.

Teen FOOD & FITNESS

Healthy Ideas for Middle and High School Students

January 2019

RSU63 Nutrition Program



FAST TAKES

Breakfast for dinner

Switch things up on busy school nights with a family “brinner,” or breakfast for dinner. Try whole-grain waffles topped with scrambled eggs and diced tomatoes for a filling main dish. Complete the meal with sauteed apple slices sprinkled with cinnamon.

Did You Know?

Washing your hands is one of the best strategies for staying healthy. Remind your



tween that it's especially important to wash up before eating or cooking

and after going to the bathroom. He should use hot water and scrub with plenty of soap.

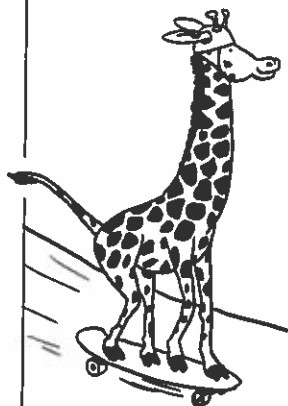
PE every semester

Is your teen looking for a convenient way to fit in more exercise? Encourage her to sign up for PE when she picks classes for next year—and every year. Working out with classmates can be a fun part of her day. Plus, she'll discover new activities to pursue outside of class.

Just for fun

Q: What has four legs, four wheels, a long neck, and spots?

A: A giraffe on a skateboard.



Make healthy habits stick!

The beginning of a new year is a great time to make healthy changes. Help your tween or teen resolve to eat better—and stick with it—using these ideas.

Start small

Suggest that your child tweak one aspect of her eating at a time. For example, she might decide to focus first on adding more vegetables, then on swapping in whole grains, and next on choosing more nutritious snacks.

Get specific

Rather than saying “I will eat more vegetables” or “I’ll switch to whole grains,” your tween could plan specific actions. Maybe she will eat one serving of vegetables at every meal or replace white bread with whole wheat for her sandwiches.

Be consistent

Help your teen make her resolutions part of her regular routine. If she wants to add more fruit to her diet, keep fruits



like clementines and pears on hand. Or if she resolves to drink water instead of soda, give her a cute reusable water bottle to stash in her backpack.

Set up reminders

To keep the healthy habits on her mind, your tween could post reminders on the refrigerator (“Did you eat your veggies today?”) or set phone alerts (“Grab fruit on your way out the door!”). *Tip:* Suggest that she team up with a friend. They can remind each other to stick to their resolutions. ●

Mark your calendar

A personal fitness calendar can motivate your teen to stay active. Here's how he could set up and use one.

Design it. Start by printing out a free calendar from the internet, or look for one at the dollar store. For each day he's active, he can mark the date (blue sticker for push-ups, a heart symbol for jogging).

Review it. Encourage your teenager to glance back at his calendar after each week and month.

Has he been as active as he'd hoped? What activities did he do most often? He'll see what he likes best and how far he's come—and this will help him set goals. ●



How to limit added sugars

Some foods, such as fruit, are naturally sweet *and* healthy. But when sugar is added to a food, it adds calories without any nutritional benefits. Share these tips with your tween for reading food packaging and avoiding unnecessary sweeteners.

● **Know synonyms.** “Added sugar” won’t appear in a list of ingredients. Teach your child to spot synonyms, such as *molasses, syrup, nectar*, and words ending in *ose (sucrose, fructose, dextrose)*. These are all forms of sugar.



and jarred pasta sauces contain added sugar. Encourage him to choose the variety with the least amount. ●

● **Look for amounts.** Some labels tell your tween how much added sugar is in one serving, while others list the total amount of sugar—natural *and* added—in the serving. Your child should have fewer than 25 grams (6 tsp.) of added sugar per day.

Note: Explain to your tween that it’s important to check foods he doesn’t think of as sweet. For example, many bottled salad dressings



ACTIVITY CORNER

Fitness-ball moves

A playground-style rubber ball is an inexpensive fitness tool. Have your teenager find one about the size of a basketball, and she can try these two exercises.

1. Twist and touch. Sit on the floor with your knees bent and heels on the ground, and lean backward slightly. With your arms straight, hold the ball above your knees and twist from side to side, touching the ball to the floor next to your knees each time. Work up to 3 sets of 10 repetitions each.

2. Leg lifts. On a kitchen chair, sit with your feet flat on the ground. Put the ball between your calves, and hold onto the seat. Raise and straighten your legs so they’re parallel to the floor. Squeeze for 5 seconds, holding the ball in place, and lower your feet to the floor. Do 3 sets of 10 reps. ●



Q & A

Work toward a healthy weight

Q: My son wants to lose a few pounds. How can I help him?

A: First, talk to your son’s pediatrician about whether he actually needs to lose weight. If he does, rather than focusing on dieting, help your child eat healthy meals and snacks in moderation.

Encourage him to eat breakfast every day. A morning meal will fill him up and make him less likely to overeat later. Also, have him eat at home as often as possible, since restaurants often serve large portions that are high in fat and calories. And avoid keeping junk food like soda and chips in the house.

Finally, consider joining him on his quest to eat better, regardless of whether you need to lose weight. Making it a family affair will motivate your son—and help everyone be healthier. ●



In the Kitchen

Recipes in a mug

Your teen can make these hot and tasty mug recipes in mere minutes!

Cup o’ lasagna

Break 2 uncooked lasagna noodles to fit into a mug. Add $\frac{3}{4}$ cup water, and microwave 3–4 minutes. Drain, and remove pasta. Put 1 tbsp. marinara sauce in the mug. Layer pasta pieces with 2 tbsp. marinara, 2 tbsp. ricotta cheese, and $\frac{1}{4}$ cup fresh spinach. Repeat. Finish with 1 tbsp. each marinara sauce and shredded mozzarella. Microwave 2–2 $\frac{1}{2}$ minutes.

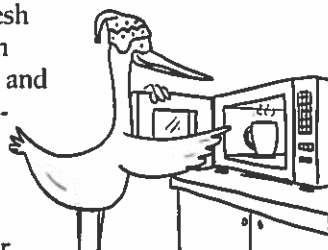
Chicken “pot pie”

Melt $\frac{1}{2}$ tbsp. butter in a mug, and stir in 1 tbsp. flour.

Add $\frac{1}{4}$ cup frozen mixed vegetables, $\frac{1}{3}$ cup chopped cooked chicken, $\frac{1}{4}$ cup skim milk, $\frac{1}{4}$ cup low-sodium chicken broth, and salt and pepper to taste. Microwave 2 minutes, stirring every 30 seconds until thickened.

Cheesy omelet

Lightly spray a mug with nonstick cooking spray. Crack 2 eggs into the mug, and whisk with 1 tbsp. nonfat milk. Stir in 1 tbsp. shredded cheese, and 2 tbsp. chopped bell pepper. Microwave 1–1 $\frac{1}{2}$ minutes, until set. ●



OUR PURPOSE

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

Resources for Educators,
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Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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SNOW
WONDERFUL!**

Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school. Bonus certificates should not be attached to this sheet - please submit them separately. To see more ways to earn cash for your child's school, go to BTFE.com. See more collection sheets at BTFE.com/collectionsheets.