



PANTHER PRINTS

News from the Library

Grade School Book Fair

Book fair is coming soon! This is the one you've all been waiting for - **Buy One, Get One Free**. For each and every item you buy, you can choose another item that is the same price or less. The fair at the Grade School will open on Monday, April 16, at 8 AM and be open until 4 PM. It will also be open on Tuesday through Thursday, April 17 - 19, at the same times. Mark your calendars for Tuesday, April 17, when we will have extended hours until 7 pm. We will have a door prize during the evening hours. Once again, you will have an opportunity to help with your child's classroom library. Teachers find that it is important to have books readily available in the classrooms and you can help add to those collections by participating in the Teacher's Wish List program. Teachers will be previewing the fair and making selections for books they feel would be especially good for their classrooms. During the fair, you may purchase one of those as a gift to the class. A bookplate is placed in the book with your child's name. We will also do the "One for Books" program. Donations collected with this program will be used to add to our library's collection. Scholastic will match those donations by contributing to 3 non-profit organizations dedicated to helping kids and families in need. You may call the Grade School library for more information at 469-2291 and ask for Mrs. Griswell or Mrs. Grimsley.

You can also checkout the book fair websites for more information:

Grade school book fair:

<http://bookfairs.scholastic.com/homepage/stjoegradeschool>

Middle School book fair:

<http://bookfairs.scholastic.com/homepage/stjoemiddleschool>

St. Joseph
Grade School
April 2012

Special Points of Interest:

- ◆ Apr. 3rd-Early Dismissal
1:50 Bus/2:00 Town
- ◆ Apr. 4th-9th-Spring Vacation
- ◆ May 21st-Early Dismissal
1:50 Bus/2:00 Town
- ◆ May 22nd-No School, Teachers Institute
- ◆ May 23rd-Report Card Day

School Website

www.stjoe.k12.il.us



News from the Library (cont'd.)



Reading Programs

Students at the Grade School just finished participating in the Monarch Award or the Bluestem Award. Both of these lists are statewide children's choice awards.

Kindergarteners through third graders all over the state read books on the Monarch list and 4th graders read books from the Bluestem list. Both groups voted on their personal favorite from the list. The Monarch voting took place in February and the Bluestem voting took place in March. This year, the students at our school were able to use actual ballots and a voting machine provided by the County Clerk. It was a great real-world experience for the students!

Our votes were compiled with all others from the state and one author from each list received an award. This year's winner of the Monarch went to *Shark vs Train* by Chris Barton and the Bluestem winner is *Adventures in Cartooning* by James Sturm, Andrew Arnold and Alexis Frederick-Frost. If you have a younger child, ask them how many stickers their class had on their Monarch sheet in the library and have them tell you about some of the books. If you would like to see the list, it is available at this website: <http://www.islma.org/pdf/2011MasterList.pdf>. There are some great books here that you might enjoy as a family.

The 4th graders read on their own from the Bluestem list. They had to read and pass an AR quiz on at least 4 of the titles to be eligible to vote. All Bluestem voters were invited to a popcorn party in conjunction with the voting. The Bluestem list of titles can be found at the ISLMA website: <http://www.islma.org/pdf/2011BluestemMasterList.pdf>. You might find one here to read together with your child.

Accelerated Reader (AR) Home Connect:

Don't forget that you can follow your child's progress in the Accelerated Reader (AR) program through HomeConnect. Go to: <http://ar.stjoe.k12.il.us/renaissanceserver/HomeConnect/Login.aspx> and use your child's user name and password to login. You can even sign up to receive an email when your child takes a quiz. A fun part of the website is the visual display of the books your child has read.

Library Website

Check the library website: <http://webserver.stjoe.k12.il.us/library/gs/> for a link to our policies if you have questions about checkout limits, due dates and overdues.

National Teacher Appreciation Week



National Teacher Appreciation Week is May 7-11th, 2012. May 10th is "Thank Your Teacher" Day! Students can show appreciation for their teachers in all kinds of ways. Creating a special card of thanks or bringing a flower are just a couple of the ways. Get creative and come up with your own special and unique "Thank You" for your teacher!!

Thank You,
PTC

Nurse Notes



- The **Smile Healthy** dental clinic will be at our school on **April 20th and 23rd** this year. They will be offering the same services as in the past. These may include dental exams, cleanings, fluoride treatments and x-rays. The state of Illinois requires all kindergarten, second and sixth grade students to turn in proof of a dental exam by May 15th. This dental clinic can meet this requirement. This is a free service for parents, but if you provide dental insurance information on the permission slip they may bill your insurance provider. More information and permission slips will be sent home within the next few weeks. Parent volunteers are needed. Please contact the office if you can help us out. Any amount of time is appreciated. Please feel free to call or email me with any questions or concerns.
- Following this article is a trial newsletter that I would like to get your feedback on. Please email me at trimbler@stjoe.k12.il.us with your thoughts on this. We may implement this into our Panther Prints each month if there is enough interest from parents.

Thank you!

Nurse Trimble

Nutrition Nuggets

Food and Fitness for a Healthy Child

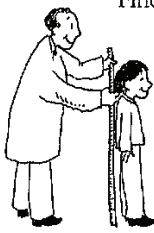
St Joseph Grade School
Nurse/Student Wellness Coordinator



No obstacle

For some fun exercise, help your youngster build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.

Know their BMI



Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your youngster is at a healthy weight. You can

use the parent-friendly online tool at apps.nccd.cdc.gov/dnpabmi/Calculator.aspx, or ask your pediatrician to figure it out at your child's next visit.

Single servings

Keep portable snacks handy—and hold your food budget down—by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then, your youngster can grab a nutritious snack quickly.

Just for fun

Q: What did the teddy bear say when he was offered dessert?

A: No, thanks. I'm stuffed!



A good start

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.

Make time

Set the alarm to allow 10–15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. *Tip:* If your youngster doesn't like to make decisions first thing in the morning, give him breakfast choices the night before.

Make it healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

Make it kid-friendly

These quick breakfasts are sure to bring an early-morning smile to your youngster's face:

• **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and



crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

• **Waffle Wonder:** Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt. •

Family meals

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

• **Keep the conversation light.** Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome!

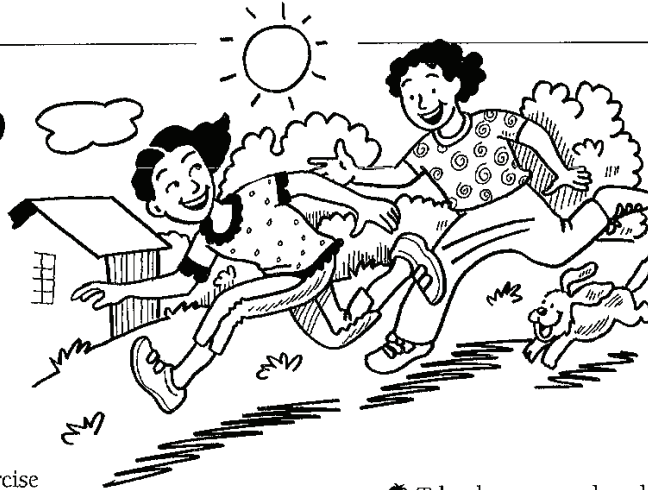
• **Take turns.** Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

• **Play a game.** Try the "name game." Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name

(Curious George, George Washington Carver). •



It all adds up



Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

- Have her invite friends over for a backyard game of tag or capture the flag.

- Suggest that she jump rope for 10 minutes.

- Put on some music, and dance to it.

- Bike together to the library or a friend's house. *Note:* For safety, use sidewalks and wear helmets.

- When you do errands together, park far from the store to encourage more walking time.

- Take the steps rather than the elevator when you're shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day. ●



ACTIVITY CORNER

A walk a day

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way. ●



IN THE KITCHEN

Smoothie time

Here's a surefire way to get kids excited about eating healthfully. Toss fruit, a few ice cubes, yogurt, and juice into a blender, and mix until thick. With your supervision, your youngsters can even do it themselves! Try these combinations.

Red & White—4 strawberries, 1 banana, 1 container low-fat vanilla yogurt, 1 cup orange juice

Cool Blue—1½ cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt, 1 cup 100% grape juice

Just Peachy—1 cut-up peach or 1 cup frozen peaches, 1 container low-fat peach yogurt, ¾ cup orange juice

Tip: Add a teaspoon of wheat bran (available at your grocery or health food store) to put fiber into your youngsters' treats. ●



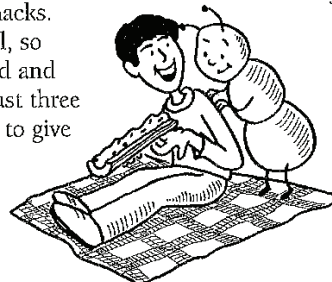
Q & A Too many snacks

Q: When my child comes home from school, he snacks all afternoon and then isn't hungry for dinner. How can I get him to change this habit?

A: You may be surprised to know that children actually *need* snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer foods like microwave low-fat popcorn, string cheese and fruit, or "ants on a log" (peanut butter spread on celery stalks and covered with raisins).

Tip: If your youngster is in day care after school, find out when they serve the last snack of the day. Ask that your child not have one too close to your dinnertime. ●



OUR PURPOSE

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

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