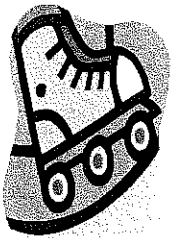


# February 2012 Newsletter Lone Rock Elementary

222 W. Pearl St.  
Lone Rock, WI 53556  
608-583-2091 rvschools.org

Mr. Jaime Hegland—Principal  
Mrs. Kathy Rossing—A.B.C.

**Spring Parent Teacher Conferences: February 20th 3:30-7:30.** These conferences are designed to give parents another opportunity to talk with their child's teacher about their progress. It will be parents choice if you want to attend the spring conferences, however, some teachers may request a conference to discuss a child's progress. If parent or teacher request a conference, a time will be scheduled and you will be notified. Conference request forms will be sent home on February 6th. If you would like to request a conference, please fill out slip and return to the school as soon as possible.



### Roller Skating In Phy. Ed.

The students of LRE will be able to participate in a roller skating unit again this year! The unit will run from Feb 6—17th. A huge thank you to the PTO for their participation in making this happen.

### Student Talent Show

February 22nd at 1:00

We hope you can make it!



### CONGRATULATIONS STUDENTS!

Students had a building reading goal for the month of January to obtain 1000

AR points and they reached their goal with 5 days to spare. Nice work students! Students have earned a surprise treat as a reward. There have been clues left around the building to help students figure out what the surprise is. Put on your detective hats!



### Kindergarten Registration:

If your child/children will be 5 on or before September 1st, please call the school at 583-2091 to register them for Kindergarten next year. Help us spread the word to friends and neighbors. We don't want to miss anyone!

### PTO NEWS

Please keep collecting Box Tops, Milk Caps, Aluminum Cans and Printer Ink. All items can be turned in at the school.

PTO Meeting on  
February 13th at 6:30

PTO Fundraiser at  
Culver's Feb 19th 5:00-  
9:00 please join us for  
dinner!

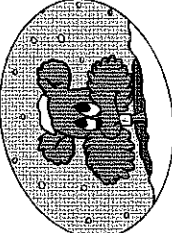

Open Enrollment Paperwork Due Dates:

February 6, 2012 @ 12:00am—April 30,  
2012 @ 4:00pm

On-Line Registration Forms:

<http://dpi.wi.gov/sms/psctoc.html>

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2-HR Delay	2 PASS 3:30	3	4
5	6 PT Conference Note Comes Home	7	8	9 PASS 3:30 <i>Groundhog Day</i>	10 PT Conference Request Forms Due	11
12	13 Dental Heath Day! PTO Meeting 6:30	14  <i>Valentines Day</i>	15	16 PASS 3:30	17	18
19 PTO Fundraiser Culver's 5:00-9:00	20 PT Conferences 3:30-7:30 <i>President's Day</i>	21	22 Talent Show 1:00 <i>Ash Wednesday</i>	23 PASS 3:30	24	25
26	27 2012-2013 KDG Parent Meeting 7:00pm	28	29			

www.FreePrintable.net

Looking Ahead: March 2<sup>nd</sup> Spring Portraits  
 March 7<sup>th</sup> 2 HR Delay  
 March 9<sup>th</sup> Family Fun Night  
 March 23<sup>rd</sup> End of 3<sup>rd</sup> Quarter

# FOOD SERVICE



**Breakfast Menu**

- Mon...Rice Krispy Cereal Bar(c-25g)
  - Tues...Scrambled Eggs(c-3g)
  - Wed...Breakfast Pizza(c-23g)
  - Thur...Choc. Chip Pancakes(c-23.75g)
  - Fri...Mini Ginn's Yogurt(c-40g, 20g)
- Second choice daily: Cereal Bowl  
Comes w/ Foaif, Fruit, Milk/ Juice

Second choice daily at Elementary Schools  
Peanut and Tree Nut Free Sandwich  
SunWise Sandwich(c-33g)  
(Sunflower Spread and Grape Jelly)  
Go Nuts for No Nuts!!!!  
Whole Wheat Bread—No Trans Fat!!

visit the Food Bar with Lunch!!  
Fresh and Canned Fruit Choice  
Crispy Dinner Salad w/Spinach  
Fresh Vegetable Choice  
Sliced Whole Grain Bread (c-13g)

**Lunch Meal Prices:**

\$2.50 Students, \$3.50 Adults  
Lunch and Food Bar included  
Milk Choices 1%, Skim, FF Choc.

Free and Reduced-Meal Forms  
can be obtained from all building  
offices at any time throughout the  
school year.

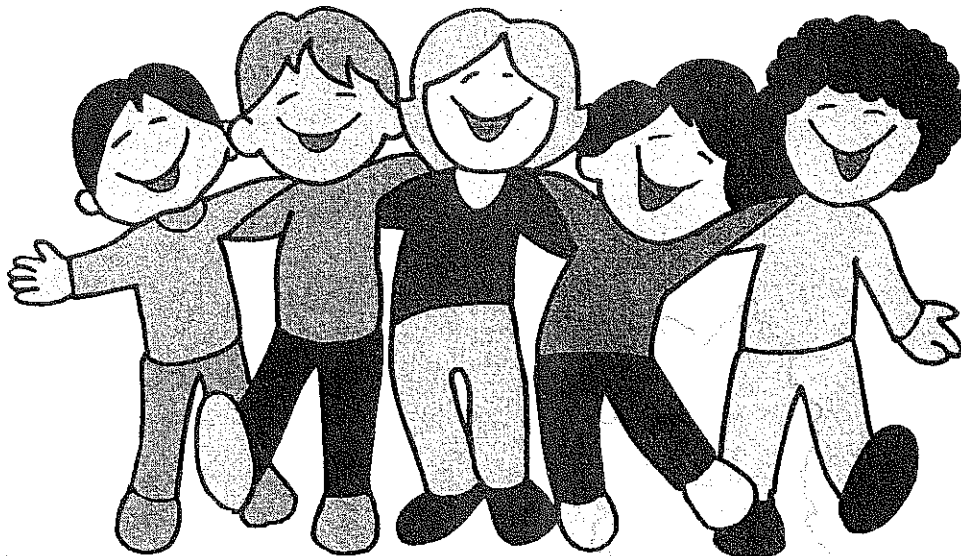
For additional information,

Contact: Cynthia J. Eby FSD  
ceby@rwschools.org

1-800-588-2556 ext.112

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 Beef Ravioli(c-27g) Seasoned Green Peas(c-17.11g) Whole Grain Breadstick(c-16g)</p>	<p>6 Toasted Cheese Sandwich on WG Bread(c-30g) Healthily Request Tomato Soup(c-17g) Fish Crackers(c-14g)</p>	<p>1 French Toast Sticks(c-33.21g) Baked Hashbrown Stick(c-14g) Cottage Cheese(c-3g) Late Start Day!!</p>	<p>2 All Beef Hotdog on a Whole Grain Bun(c-50g) Tasty Baked Beans(c-29g)</p>	<p>3 Baked WG Chicken Tenders(c-18g) Baked Potato (c-36.59g) w/top pings</p>
<p>13 Baked WG Chicken Tenders(c-18g) Hashbrown Stick(c-14g)</p>	<p>7 Soft Shell Taco(c-14.80g) w/Lettuce, Tomato, Cheese Mexican Rice(c-28.46g) Corn Niblets(c-25.33g)</p>	<p>8 Baked Chicken Nuggets(c-7.80g) Mashed Potatoes w/Gravy(c-17g) WG Grain Dinner Roll(c-20g)</p>	<p>9 WG Grain Stuffed Pizza Slice(c-42g) Cheesy Broccoli Florets(c-37g)</p>	<p>10 Soft Shell Taco(c-14.80g) w/Lettuce, Tomato, Cheese Mexican Rice(c-28.46g) Corn Niblets(c-25.33g)</p>
<p>19 Baked WG Chicken Tenders(c-18g) Hashbrown Stick(c-14g)</p>	<p>14 School Made Chicken Noodle Soup(c-12.19g) Ham and Turkey Sandwich(c-33.50g) Harvest Cheddar Chips(c-19g)</p>	<p>15 Mini Turkey Corn dogs(c-26.87g) Snappy Green Beans(c-8g)</p>	<p>16 Baked Chicken Patty on a WG Grain Bun(c-41.80g) Roasted Red Potatoes(c-17.33g)</p>	<p>17 Bosco Cheese Dunkers w/Sauce(c-54g) California Blend Vegetables(c-6.67g)</p>
<p>26 Hamburger/Cheeseburger on a WG Grain Bun(c-33.50g) Baked Potato Smiles(c-32g)</p>	<p>21 Spaghetti w/Meat Sauce(c-34.22g) Snappy Green Beans(c-8g) WG Grain Breadstick(c-16g)</p>	<p>27 Fish Nuggets(c-21.33g) WG Mac and Cheese(c-15.50g) Seasoned Peas(c-17.11g)</p>	<p>23 All Beef Hotdog on a Whole Grain Bun(c-50g) Tasty Baked Beans(c-29g)</p>	<p>24 French Toast Sticks(c-33.21g) Baked Hashbrown Stick(c-14g) Cottage Cheese(c-3g)</p>
<p>27 Beef Ravioli(c-27g) Seasoned Green Peas(c-17.11g) Whole Grain Breadstick(c-16g)</p>	<p>28 Soft Shell Taco(c-14.80g) w/Lettuce, Tomato, Cheese Mexican Rice(c-28.46g) Corn Niblets(c-25.33g)</p>	<p>1 Baked Popcorn Chicken(c-14g) Mashed Potatoes w/Gravy(c-17g) WG Grain Dinner Roll(c-20g)</p>	<p>2 WG Grain Stuffed Pizza Slice(c-47g) Cheesy Broccoli Florets(c-37g)</p>	<p>9 Toasted Cheese Sandwich on WG Bread(c-30g) Healthily Request Tomato Soup(c-17g) Fish Crackers(c-14g)</p>

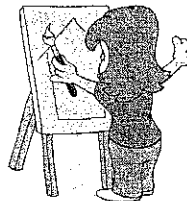
Every Child Deserves



a HEAD START!



Free federally-funded preschool program for children ages 3-5 (3 by Sept. 1). Must meet income requirements. All families living in Grant, Iowa, Lafayette, or Richland Counties are encouraged to apply.



Promotes School Readiness Skills

## SWCAP Head Start

Lone Rock, WI 53556

1-800-494-8899 or

(608) 935-3379

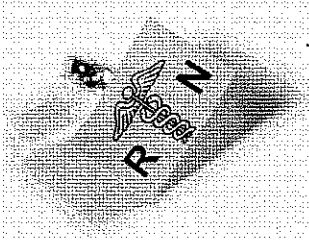
[swcaphs@mhtc.net](mailto:swcaphs@mhtc.net)



Comprehensive Child Development Services to Children



Health, Dental, and Nutritional Services



RIVER VALLEY SCHOOL DISTRICT  
Tara Anding, RN and Kelly Deterding, RN  
School Nurses

830 W Daley St Spring Green WI 53588  
Phone Number: 608-588-2559 Fax Numbers: 608-588-2550  
[tanding@rvschools.org](mailto:tanding@rvschools.org) and [kdeterding@rvschools.org](mailto:kdeterding@rvschools.org)

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### February is National Children's Dental Health Month

Good oral health helps to enhance total overall health, by helping to keep the whole body healthy and fit. National Children's Dental Health Month is an important time to help raise awareness of the importance of oral health.

Key concepts of good oral health include:

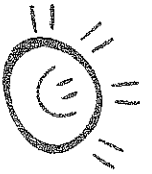
- Brushing teeth at least twice daily to remove plaque, a direct cause of cavities
- Using a fluoride toothpaste, which helps prevent cavities by strengthening tooth enamel
- Flossing daily to help clean the spaces between teeth that a toothbrush can't reach.
- Visiting a dentist on a regular basis for a check up and cleaning
- Eating a balanced diet, increasing calcium intake and limiting soda and other sugary drinks. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information
- Avoiding use of tobacco and tobacco related products, due to the harmful effects on the body, particularly the mouth
- Using a mouth guard during sports related activities
- Knowing how to reach your dentist in the event of a dental emergency

Parents can help to promote healthy habits that will establish good oral health throughout a lifetime. For more information on oral health, visit the American Dental Association website at [www.ada.org](http://www.ada.org)

Attached you will find an Oral Care Calendar to use at home with your child(ren) as a fun way to track your child's daily brushing and flossing.

Thank you,

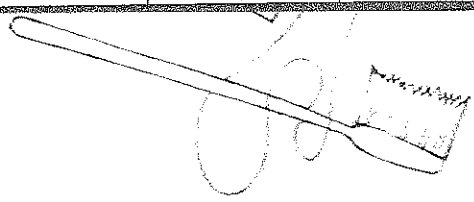
Tara Anding, RN and Kelly Deterding, RN  
School Nurses



# Oral Care Calendar

Put a happy face in the box when you brush twice each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# Home & School

## Working Together for School Success

### CONNECTION®

February



#### SHORT NOTES

##### New kid

Does your youngster's class have a new student? Your child can make him feel welcome by playing with him at recess or sitting together at lunch. If your youngster is the new kid, suggest that he get involved right away. Activities like scouts, band, and chess club can help him make friends.

##### Number patterns

Build your child's math skills by giving her number patterns to solve. Start simple (2, 4, 6, 8, ?). She should notice that you add 2 each time, so the next number is 10. To make the patterns harder, combine addition and subtraction. *Example:* 2, 7, 6, 11, 10 (the pattern is + 5, - 1). Let her make up patterns for you, too!

##### Apologies in action

Remind your youngster that it's polite to say "I'm sorry" when he makes a mistake. And it's even better to follow up his apology with an action. If he breaks his sister's toy, he can say, "I'm sorry. I'll try to fix it now."

##### Worth quoting

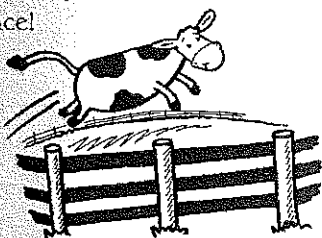
"Education is not the filling of a pail, but the lighting of a fire."

William Butler Yeats

#### JUST FOR FUN

**Q:** What runs around a cow pasture but never moves?

**A:** A fence!

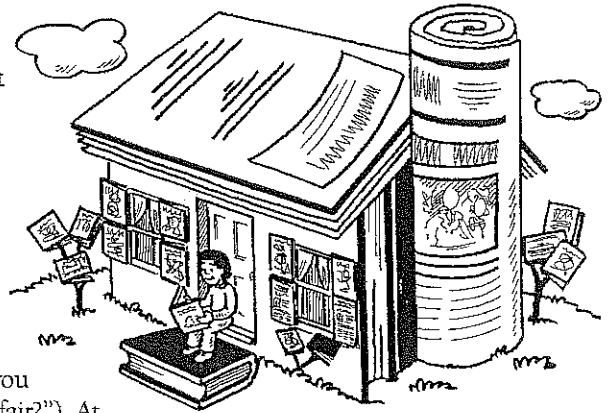


## Unlocking nonfiction

From books and magazines to textbooks and newspapers, nonfiction reading is a big part of your child's life. Help her get the most out of her reading with these ideas.

**Surround.** Leave newspapers, coffee table books, magazines, and how-to books around the house. Ask questions to encourage your youngster to read them ("Did you see the story about the county fair?"). At bedtime, choose nonfiction read-alouds, such as *Insectlopedia* by Douglas Florian. Before you read, say, "Let's see what we can learn about bugs." When you finish, mention something you discovered ("A praying mantis eats bees!"), and ask your child to share a new fact.

**Connect.** Your youngster can soak up facts more easily by linking them with what she sees. If she's reading about magnets, ask her to explain how your refrigerator magnets work ("Magnets are attracted to iron or nickel, so the refrigerator must contain one of those metals").



If you're visiting out-of-town relatives, take along a guide about the area you're going to.

**Expand.** Reading the same information in several nonfiction sources can help your child understand a topic better. For a history chapter on ancient civilizations, she might visit the library to check out *Mummies, Pyramids, and Pharaohs* by Gail Gibbons or *Adventures in Ancient Greece* by Linda Bailey. Ask her what information appears in both her textbook and the library books. Encourage her to share new facts with her teacher or class. ♥

#### Show your love

It's important to tell your youngster you love him—and it's also nice to show him. Here are a few good ways:

♥ Set aside time for just the two of you on a weekend. Play board games or visit a park.

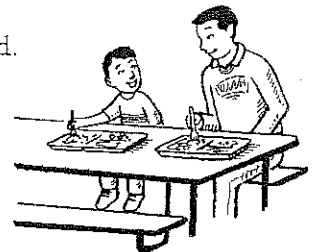
♥ Surprise your child by joining him for lunch at school.

♥ Let him stay up late for a family walk around the block. Warm up afterward with hot cocoa.

♥ Learn to say "I love you" in several languages.

Use a bilingual dictionary or an online translator like [www.wordreference.com](http://www.wordreference.com).

♥ Make your youngster's favorite meal. Or use cookie cutters to shape his pancake or sandwich into a heart. ♥

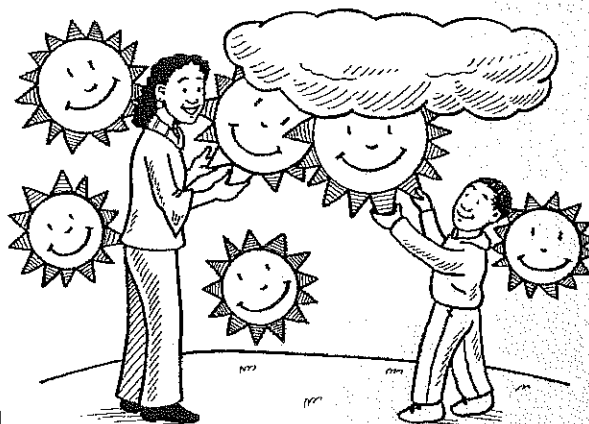


## Positive thinking

Look on the bright side! Help your child have an optimistic outlook in life, and he'll do better at bouncing back when things don't go his way. Encourage positive thinking with these ideas.

### Set an example

Your youngster will follow your lead when he hears you making the best of a situation. For instance, if you're stuck in traffic, suggest singing songs or playing a word game together. During tough times, find something positive to say ("I know money has been tight, but it has helped us realize what is really important").



### Find the silver lining

Teach your child that good things happen even on bad days. When he complains about an argument with a friend or an art project he didn't like, listen to his feelings. Then, help him think of something that made him happy ("I got an A on my spelling quiz").

### Imagine the outcome

If your youngster is worried, ask him to think of the worst-case scenario ("If I mess up during my report, everyone will laugh"). Then, have him picture what's more likely to happen ("Some people might laugh, but my friends would be nice"). If your youngster thinks realistically about the situation, he will be less apt to worry. ♥

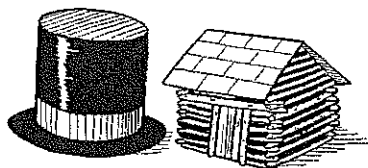
## ACTIVITY CORNER



## Honoring presidents

Two famous presidents, George Washington and Abraham Lincoln, were born in February. Your child can celebrate their birthdays with two presidential projects.

**Make a monument.** Many monuments have been built to honor presidents. Ask your youngster to design her own for a president she has studied. *Examples:* a giant pen for Thomas Jefferson, author of the Declaration of Independence; a rocket ship for John F. Kennedy, who set a goal to go to the moon.



**Create a display.** Have your child choose a president and think of items to represent his life. For Lincoln, she could include a top hat and a log cabin (built from pretzel rods and peanut butter). For Washington, she might cut out a star for the one he wore as a general and draw the flag of his home state of Virginia. ♥

## Q & A

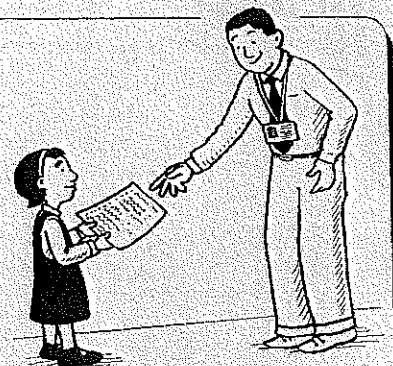
### Class assignments

**Q:** Lately my daughter hasn't been finishing assignments in class, and she has to complete them for homework. What should I do?

**A:** Talk to your youngster's teacher to find out what may be getting in her way. If she is performing on grade level, she may just need to work more efficiently.

Remind her that it's okay to give her eyes a break occasionally by looking around the room. But she shouldn't let herself get distracted. For example, if she has 10 math problems, she might keep her eyes on the paper until she has finished 5 of them.

Finally, if your daughter does bring classwork home, have her complete it before she visits friends or plays. She'll be more motivated to finish in class if she knows it will cut into her free time at home. ♥

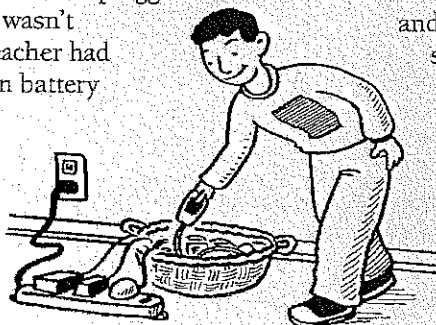


## PARENT TO PARENT

### Our unplugged household

My son's class has been learning about ways to protect the environment. One day while I was looking for my cell phone charger, Bradley found it plugged in, although my phone wasn't attached. He said his teacher had told him that plugged-in battery chargers use power even when they're not charging anything. That gave him an idea: our family could use less electricity.

So Bradley collected all of our chargers (cell phone, video camera, MP3 player) and put them in a basket next to a power strip. He asked us to unplug chargers when we're not using them and to turn the power strip off if nothing is charging. We're not wasting as much electricity now — and Bradley's already thinking of ways we can save water! ♥



## OUR PURPOSE

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

Resources for Educators,  
a division of Aspen Publishers, Inc.  
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www.rfeonline.com

ISSN 1540-5621

# Nutrition Nuggets

Food and Fitness for a Healthy Child

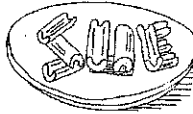
February 2012

## BEST BITES



### Make it personal

Encourage your child to eat nutritious foods by making them say her name! You might cut cheese slices in the shape of her initials, place on whole-wheat bread, and toast until the cheese melts slightly. Or spell out her name with bell pepper and celery sticks, and serve with hummus for dipping.



### Protecting your teeth

In honor of Dental Health Month, help your youngster get in the habit of eating and drinking foods that are good for his teeth. For example, cheese, nuts, eggs, chicken, meat, and milk protect tooth enamel. And crunchy fruits and vegetables can prevent decay. The best drinks? Water and milk—instead of sugary drinks like soda.

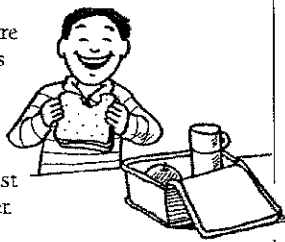
### DID YOU KNOW?

Herbs and spices are a healthy way to add flavor to food. Rather than reaching for the salt shaker, try adding cayenne pepper to eggs, rosemary to meats, or tarragon to vegetables. **Tip:** Let your child grow fresh herbs in pots and snip the plants to use while you're cooking.

### Just for fun

**Q:** What are two things you can't have for lunch?

**A:** Breakfast and dinner.

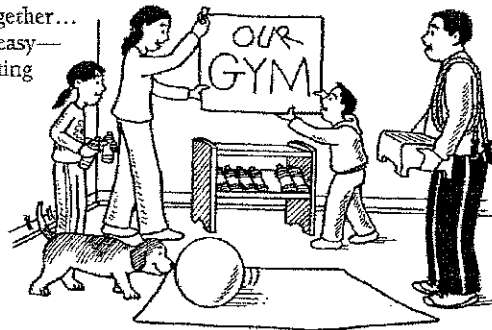


## A family exercise routine

The family that exercises together... gets healthy together! Make it easy—and fun—to work out by creating a home gym. Here's how.

### 1. Find a spot

Set aside a corner of your basement or family room as your exercise space. Have your children make a sign ("Our Gym"), and hang it there.



### 2. Gather equipment

Get a large playground ball, a small step stool, a jump rope, and a mat or towel. Together, make weights by filling water bottles with sand, water, or pennies.

### 3. Plan exercises

On index cards, help your youngsters name, describe, and illustrate exercises for each piece of equipment.

**Around the world:** Hold the ball with your arms straight down. Swing it in big circles in front of you, keeping your arms straight.

**Step up:** Step onto the step stool, and step down. Repeat quickly 10–15 times.

**Jumping bean:** Jump rope with both feet for 20 seconds, then one foot at a time for 20 seconds each.

**Arch like a cat:** On the mat, get on your hands and knees. Arch your back up, and hold. Let your stomach sink down, and hold. Repeat for 1 minute.

**Squat down:** Hold a weight in each hand and lower your body into a squatting position. Then, stand up. Do 5–10 times.

### 4. Do the circuit

Arrange the equipment in a circle, and put an exercise card by each item. **Idea:** Set a time to do the circuit regularly (say, every other day). ●

## Stick with fat-free milk

Encourage your youngster to drink several glasses of milk a day—but keep it fat-free. Your child will get the calcium she needs but not the fat that she doesn't. Consider these strategies:

- Buy only skim milk, and have her use it on cereal as well as for drinking.
- For variety, try other types of fat-free milk, such as rice or vanilla soy.
- Remind your child to drink fat-free milk with her school lunch. Whether she buys lunch or takes her own, she can pick up milk in the cafeteria. ●



## Stocking your pantry

Want your children to eat healthier meals and snacks? Keeping the right foods and ingredients on hand is half the battle. Try these suggestions:

- Consult friends, online sites, or cookbooks for ideas on what to stock. Then, make your own list on a computer or smartphone or in a notebook. *Hint:* Include plenty of healthy snacks like rice cakes, baked crackers, and whole-grain cereal bars.



- Try to keep the healthiest foods at your children's eye level in the pantry and refrigerator. If they see the unsalted sunflower seeds or applesauce cups first, they'll be more likely to eat those than the chips they can't reach on the top shelf.

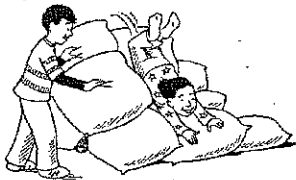
- Rotate what you buy so your youngsters can try new foods. You can make different kinds of whole grains for dinner, for example, if you have brown rice, quinoa, and whole-wheat couscous in the pantry.

*Note:* Explain that some foods have to be used by a certain date. Then, when you're putting away groceries, ask your children to help you put the newer items in the back and the ones with the oldest dates in the front so they get used first. ●

## ACTIVITY CORNER Active fun indoors

When winter weather keeps your youngsters inside, they can still be active. Suggest these ideas.

- **Act out nursery rhymes or songs.** Your children could pile up pillows and go up the "hill" and tumble down like Jack and Jill. Or they could be the monkey and the weasel chasing each other "around the mulberry bush."



- **Make a color path.** Have your kids make a trail with different-colored socks (or pieces of construction paper). Then, take turns saying a color, and everyone has to follow the path stepping only on that color. *Variation:* Step on any color except the one called out.

- **Bring the outdoors inside.** Let them shoot baskets by wadding up newspaper and making shots into buckets or trash cans. They could also gently bounce a tennis ball up and down on a racquet. Or they might kick soccer balls softly into a goal like a doorway or under a table. ●

**OUR PURPOSE**  
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.  
 Resources for Educators,  
 a division of CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 540-636-4280 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
 ISSN 1935-4630

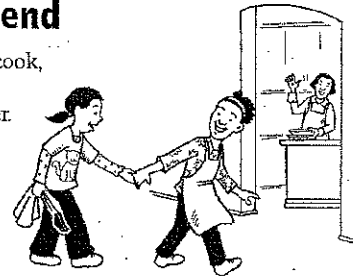
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## PARENT TO PARENT Cooking with a friend

My daughter Grace loves to cook, so I wasn't surprised when she wanted to invite a friend over to cook together. We looked online for a fun—and healthy—recipe and came up with a great idea: ice cube-tray "sushi."

When her friend came over, they began by making the rice. (I suggested they use short-grain rice because it's sticky.) I let them measure and pour, and I handled the stove. While the rice cooked, they microwaved asparagus, green beans, and baby carrots to use for toppings. I also helped them make scrambled eggs.

After everything cooled, the girls sprayed an ice cube tray with nonstick cooking spray, put a topping in each section, and packed rice over it. They put the tray in the refrigerator for about five minutes, and then they popped out their sushi and ate. Grace's friend had so much fun that she has already invited my daughter over for a cooking playdate at her house! ●

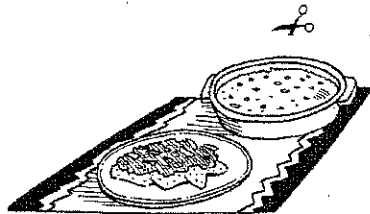


## IN THE KITCHEN Made by hand

Cooking and eating are extra fun when your child can use his hands. Make sure he washes his hands well, and try these recipes.

**Peanut butter balls.** Have your youngster mix 1 cup creamy peanut butter with ½ cup honey, 1 tsp. vanilla, and 1 cup crispy rice cereal. Then, let him roll them into small balls. Refrigerate for an hour.

**Apple crumble.** Slice 4 apples. Have him lay them in a baking dish and combine ½ cup flour, 1 cup rolled oats, ½ cup brown sugar, ½ tsp. salt, and



1 tsp. cinnamon. With his hands, he can work in ½ cup butter until the mixture is crumbly, then sprinkle it over the apples. Bake at 375° for 30 minutes.

**Nachos.** Let your child arrange baked tortilla chips on a microwave-safe plate. Then, have him add canned refried beans (fat-free) and shredded cheese on top. Microwave until the cheese melts. ●