#### REECEVILLE ELEMENTARY SCHOOL 248 REECEVILLE RD., COATESVILLE, PA 19820

PHONE: 610-383-3785

FAX: 610-383-3789

WEB SITE: WWW.COATESVILLE.K12.PA.US/WEBS/RV

MRS. CATHERINE VAN VOOREN, PRINCIPAL

Fig



#### Reeceville Reporter

**APRIL 2014** 

#### School Calendar



#### April

2 - Gertrude Hawk Pickup (3-6 PM)

2 - PTA Meeting (7:00 PM)

4 - No School/Parent Conferences

7 Kindergarten Trip to Philadelphia Zoo

10 - Picture Day

11- Family Bingo Night (6:30 - 8:00 PM)

16-17 School Store

17 - Family Skate Night (5-7 PM)

17 - 21 Spring Break

#### <u>May</u>

1 - 2 - Kindergarten Registration

6 Teacher Appreciation Luncheon

7 - PTA Meeting (7 PM)

8 - 5th gr. Middle school orientation 9:45 - 11:15 am

12 - 1st grade trip to Adventure Aquarium

15 - Spring Concert

21 - 4th gr. trip to National Const. Center

21 - 2nd gr. trip to Longwood Gardens

26 - No School

30 - Field Day

#### PSSA TESTING DATES (3rd,4th,5th)

4/1

PSSA READING

4/2 - 4/3

PSSA Make ups!

It is important that your child attend school on these days.

#### Kindergarten Registration

The *last day* for kindergarten registration at Reeceville will be <u>Thursday</u>, <u>May 1st and Friday</u>, <u>May 2nd</u>. Any registrations after that date must be completed at Benner Central Registration located at 545 E. Lincoln Highway, phone 610-466-2400.

If you know of someone who has a child in the Reeceville attendance area, who will be 5 years old on or before September 1, 2014, please call our main office at 610-383-3785

#### Spring Picture Day April 10

PREPARED BERGERAGE BERGERA

Students may wear their favorite spring outfit for these pictures, uniforms do not have to be worn.

LUCAL MENERAL MENERAL

Dear Reeceville Families,

What an exciting month March was...in like a lion and out like a lion! Hopefully April will finally bring us some warmer weather and spring flowers.

We are currently in the midst of our PSSA testing. I am so proud of the efforts from our  $3^{rd}$ ,  $4^{th}$  and  $5^{th}$  graders thus far. Our  $5^{th}$  graders are testing in the area of writing from April  $8^{th}$  and 10th and then our  $4^{th}$  graders wrap up the month with a science assessment on April  $29^{th}$  and  $30^{th}$ .

In addition to testing, there are a few additional dates and situations to highlight. First, our spring break dates are April 18<sup>th</sup> and 21<sup>st</sup>. Next, our second round of kindergarten registration will be taking place May 1<sup>st</sup> and 2<sup>nd</sup>, so be sure to call the school and make your appointment for your little one. Lastly, I wanted to keep everyone updated on another security measure we now have in place here at Reeceville for the sign-in process. At present, we have implemented the "Raptor" process. Whenever you come to visit a classroom or attend a school event, you will need to bring in your driver's license. The front office staff will then scan your license and, in turn, a visitor's pass with that individual's picture will be generated, only then will you be permitted to fully enter the building. While this process may take a few extra minutes, it is just another precaution put in place to ensure your child's safety while here at school.

Happy spring!

Catherine Van Vooren, Principal

#### Student Recognition

Congratulations to the following students who have received recognition in the following areas for the month of March!

#### **Good Citizenship K-5**

<u>Kindergarten:</u> Danny Kershner, Morgan Schuler, Lillian McNabb, Desiree Valentine, Jose Mora Jurado, Luis Mora Jurado, Bella DiMatteo, Micah Smith

<u>First Grade:</u> Ava Ziegler, Alexis Felker, Melanie Garcia, Tyler Moyer, Maggie Frankland, Amire Green, Jazzmin Waldrop, Jaki Marshall

<u>Second Grade:</u> Anai Morton-Jennings, Dennis Adams, Lee Hervey, Alexis Fields, Connor Bagent, Jersi Quinn, Kenny Ettien, Connor Sipprell

<u>Third Grade:</u> Nick Murray, Shawn Shawell, Adrian Ortiz, Jaheem Bass, Riley Battin, Jalen Jones, Madison Lammey Jayda Vaughn

<u>Fourth Grade:</u> Dominic Findora, Peyton Smith, Barry Marlow, Parker Sipprell, Eric Connor, Jaqueline Escobar

**Fifth Grade:** Mya Marlow, Mya Hope, Andre McMullen, Gabby Glemser, Miles Bryant, Denise Leyva

#### **Kindergarten Good Worker Award**

Carson Battista, Jayda Marshall, Daimariliz Figueroa, Destinee Schaffer

#### First Grade Spelling Award

Ryder Miller, Sincere Thompson-Craig, Roxanne Boyer, Lauren Harris

#### Second - Fifth Grade Spelling Award

<u>Second Grade:</u> Kimora Smith, Samuel Campos, Katelyn Kelly, Sinaiya Scott

<u>Third Grade:</u> Scarlett Shaffer, Chloe Domurat, Paige Smoyer, Connor Monaghan

<u>Fourth Grade:</u> Aunedra Caldwell, Scott Bria, Tyler Bagent <u>Fifth Grade:</u> Isaiah Washington, Emily Chung, Sophia Murphy

#### **Outstanding Achievement in Art**

<u>Kindergarten:</u> Katelyn Finley, Tucker Jones, Max Hiller, Lyla Russell

<u>First Grade:</u> Catalina Carr, Tyler, Moyer, Kalissa Kauffman, Jason Avila

<u>Second Grade:</u> Serenity Burgess, Mijae Buchanan, Connor Bagent, Tymir Royal

<u>Third Grade:</u> Francesca Bell, Jack Kendra, Linwood Smith, Semaj Thompson

<u>Fourth Grade:</u> Elizabeth Kutteh, Reece Caldwell, Makai Jones <u>Fifth Grade:</u> La Cierra Williams, Jimmy Mendiola, Hailey Arrowood

#### 'TAKE YOUR CHILD TO WORK DAY'

If you are planning to take your child to work on Thursday April 24th, a written note must be sent to the school office **prior** to the date for approval. Any notes sent after the date **will not** be accepted as an excused absence from school.

#### Keeping our children safe

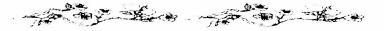
Keeping our students safe is one of the many important goals of the faculty and staff here at Reeceville.

All parents and visitors are to sign in and obtain a visitor badge at the main office as you enter the school.

#### Lost and Found

Is your child missing an item of clothing such as a jacket, hat, or gloves? Please remind them to check the Lost and Found in our front lobby for their missing items. Unclaimed items will be donated to local clothing drives at the end of the school year.

"The potential for greatness lies in each of us."
Wilma Rudolph



#### HONOR ROLL

#### **DISTINGUISHED** 3rd

Sean Brady Michael Kennel Carli Kummerer Robert Porreca Alanah Smith Erin Whiteman

Mariah Colon Stephanie Franco Rea Hugo Pedroza Shaun Logan Thomas Kayla Topper Adams

Riley Battin Brian Chung Makaylah Conover Spencer Ferguson Paige Smoyer

Kathryn Borthwick Nathaniel DelSantro Dalton Jason Robert Marcucci Scarlett Shaeffer Linwood Smith

#### REGULAR 3rd

Francesca Bell Chloe Domurat Kimberly Hernandez Rafael Loaeza Rebekah Hallenbeck Jaheem Bass William McLorie Savannah Bishop Devon Green Jack Kendra Glendaliz Pabon Madison Lammey Connor Monaghan Samuel Ammon-Cruz Jeremiah Marshall Jennifer McNally Ashley Montoro Pablo Rodriguez Victor Smith Joshua Wyman-Robinson

Drew Domurat Nicholas Murray Herute Zamor Jesse Nelson Richon Nero

#### HONOR ROLL

#### DISTINGUISHED 4th

Matt Bendowski Josie Boyer Scott Bria Alex Kuehn Elizabeth Kutteh Bryan Taylor Jaedon Waterman Brynn Wolf

Auriol Azzara
Allison Ringsdorf
Charbel Doumit
David Kelly
Dinero Washington
Hannah Speiser
Jaqueline Escobar
Jennifer Pedroza
Makai Jones
Michael McNally
Taylor Montoro
Ulises Maldonado

Jan Loaeza Lillian Hoover Gavin Homnack Dominic Findora Brianna Barron

#### REGULAR 4th

Sophia Given
Montserrat Gonzalez-Alpizar
Xavier McGraw
Tyler McNeal
Faith Owen
Parker Sipprell
Charlotte Weir

Luke Wilson Charbel Doumit

Peyton Smith
Grace Mei
Michael Estes
Emily Dimpter
Sophia Corum
Rodrigio Castaneda
Aunedra Caldwell

#### HONOR ROLL

#### **DISTINGUISHED** 5th

#### REGULAR 5<sup>th</sup>

Aidan Brady Brady Frankland Seth Tackett

Victoria Argueta Miles Bryant Haile Ferguson Denise Leyva Lauren Muirhead Sophia Murphy Abigail Rossi Ava Stanziani

Emily Chung Davin Domurat Ariadna Romero-Abarca Anthony Abarca Asire Acevedo Gabrielle Glemser Genevieve Seese Ivy Ren Thomas Fitzpatrick Tiaira Wilkinson Tyrah Chambers-Purnell

Sarah McManamon Jordan Shields Isaiah Washington Wayne Bailey
Tori Clark
Ethan Glemser
Haley Arrowood
Mya Hope
Cristopher Leyva
Shakiya Navarro-Moses
Rebraun Scott-Hicks
Lonnie White
Benjamin Tompkins

#### KINDERGARTEN WEIGS

Happy Spring! Kindergarten is ready for warmer weather so we can get rid of those heavy winter coats! March really came in like a lion and we are all hoping it will go out like a lamb! We had a lot of fun this month listening to Dr. Seuss books and celebrating his birthday! We even made Cat in the Hat decorations for the hallway! Do YOU like green eggs

and ham? We have been busy working on the theme "In the Neighborhood" in Language Arts and learning about shapes in Math. We are also learning a lot about Zoo animals since we are going the the Philadelphia Zoo on April 7th! We are so excited!

#### FIRST TRADE WEIVS

Spring is here! It seems like the year is flying by! It is hard to believe we are now in our last trimester of first grade. There is still so much to learn before we send our little ones on to second grade. Of course, we need your help at home to help us accomplish all the tasks we still would like to master.

One task we will continue working on is mastering the 50 fact test. This timed test will continue in the upper grades with more facts in the allotted time. In first grade we allow 6 minutes for the 50 addition facts and 7 minutes for the subtraction facts. Remember, you can purchase inexpensive flash cards at the Dollar Store or you can even make your own flash cards. Another task we would like help with is recognizing and counting money. We seem to bring this request up often. We cannot stress enough how important it is for you to help your child at home learn about money (coins). Just simply use a few "real" coins each day and ask your child to identify them and also identify their worth. When they are comfortable with this task; start asking them to add up the same type of coins. When this becomes easy, use a small amount of "mixed" coins and have your child add these coins together. Any help you can give will be of great benefit to your child.

Thank you for helping your child be a success!

#### うきじのハク イヤタカミ ハミック

Welcome Spring! Our second grade readers were very excited to read the story "Frog and Toad All Year" and learn about frogs, toads, and other amphibians. Up next we'll be checking out a story called "Big Bushy Mustache" while focusing on character traits and actions. In Science, we are continuing to learn all about weather and the water cycle. In mathematics, the children will be working on adding larger numbers, with and without regrouping. Please continue to practice basic math facts — the goal for each 2nd grader is to achieve 90% in both addition and subtraction.

As always, the second grade team is appreciative of all the support from our second grade parents. Together, we can make a difference.

THERD TRADE WENT

Wow!! It seems really hard to believe that we are 2/3's of the way through this school year. The time that we do have left will race by, and we will still be hard at work preparing for fourth grade.

Our third grade students worked very hard getting ready for the six days of the PSSA testing. We know they did a great job using all the strategies and skills that we have been practicing since the beginning of the school year. A friendly reminder to have your student get plenty of sleep the night before the test and to come to school on time the days of the testing.

As we move through the months of April and May, expect to see your child working on extending his/her understanding of the skills that he/she has begun to develop this year. We will be looking to increase our mastery of multiplication and problem solving, and will be further developing our understanding of concepts such as fractions and geometry. In Social Studies, we will be starting our unit on the history of Coatesville, and will be learning many interesting things about our area's past. Science will find us journeying to outer space to study the solar system. Lots of fun things in store for the remaining part of our year.

FOURTH SRADE WEDOS -

In 4th grade we are now fully onboard with the Accelerated Reader Program featured on the Reeceville Elementary web site. Our students will read not less than nine books this last trimester while improving their comprehension skills with computerized assessments to identify strengths and weaknesses. Thank you for supporting this effort by asking your daughter or son questions about what they are reading.

We are engaging our students with material provided by the PA Department of Education that is aligned with the current state standards and common core curriculum. As a grade level we have used data to group our students into three groups based on needs. Each group cycles to a new teacher every 15 days for a 30 minute study session. This way we are maximizing our skills as a grade level and exposing the students to a variety of strategies and approaches to PSSA questions to include, but not limited to:

- -UNRAAVEL
- -Rereading for clarity
- -Using context clues
- -Writing organized answers to open-ended questions, knowledge of what it takes to earn all possible points
- -Letters to home explaining additional PSSA homework packets
- -Emphasize during parents/teacher conference how students performed on previous standardized tests explaining each student's strengths and weaknesses plus how parents can help

During our PSSA prep we have made a concerted effort to continue to engage the students with interesting and stimulating content.

4th Grade continues to challenge our students with word problems in preparation for the upcoming PSSA assessment. We are focusing on real-world word problems which must be broken apart to solve multiple step problem-solving. Our students are rigorously learning the procedures to take 'one bite of the elephant at a time'.

#### FIFTI イベトリヨ ツミシッグ

- This month students will continue to prepare for and take the writing PSSA. Please continue to support students at home with getting a good night sleep and eating a healthy breakfast.
- Also returning this month, after the conclusion of the PSSA's, is the VA Hospital Grandparent Program. Each class will begin the same rotation and attend every three weeks.
- Our PECO Science Program will also continue throughout the month of April. Students will continue working in their booklets at school and classes who haven't yet taken their kits home, will finally have the opportunity to do so.
- Friday, April 4th is a parent conference day in the afternoon. If a conference hasn't already been scheduled for you and you would like one, please contact your child's teacher.
- Looking ahead, a fifth grade field trip has been scheduled for June 2nd, so mark your calendars. Stay tuned for further information and permission slips in the coming weeks.

Field Day is quickly approaching and your Children's Field Day Gear Order Forms will be sent out on April 3<sup>rd</sup>. Here is the design for this year!!!

Each Homeroom has their own unique color. During our parade of classes, everyone looks really amazing with their fancy T-shirts!! All orders are <u>due on or before Thursday, April 17<sup>th</sup></u>. Parents, purchase your own Field Day shirt and <u>volunteer to help out</u> for this awesome day of fun and games!!! Field Day is scheduled for Friday May 30<sup>th</sup>! Join us!!!



Reeceville's Field Day is quickly approaching. The big day is Friday, May 30th with a rain date of Monday June 2nd. I welcome any parent volunteers to help set up, run stations, and clean up at the end of the day. All students will be bringing home order forms for purchasing a SPECIAL field day t-shirt. The day is going to be a blast, so lets hope for beautiful warm weather and an all out amazing time!

- Mrs. Healy, Gym Teacher

#### NEWS FROM THE READING DEPARTMENT

### April Is Families and Reading Month and Reeceville Is Reading Stuart Little

This year our Reeceville community is celebrating Families and Reading Month by sharing in a whole school read aloud of E.B. White's children's classic <u>Stuart Little</u>. Each teacher will receive a copy of the book to read to his/her class during the month of April. Parents are encouraged to follow along with the read aloud at home as well! We will have a limited number of copies of the book that parents can borrow. The book is also available through the Chester County Library. At the end of the month, we will host a free family movie night featuring the film version of the book. Families are encouraged to come to the movie night and complete a follow-up activity with their children comparing the book to the movie. Students who attend the movie night with their parents and return the completed follow up activity will receive a certificate and a homework pass! Fliers will be sent home with more information. We hope that all families will participate in this event and that it will encourage you to do even more family reading together.

#### A NOTE FROM THE CAFETERIA......

Parents, please remind your child to bring their lunch/snack money to the cafeteria in the morning. No money will be collected during lunch periods.

Reminder: <u>Please pay ALL owed balance notices</u>. Any income changes, please fill out the free/reduced form. The forms are in the office. <u>Please put first and last names on envelopes</u>.

Just a reminder for next year, when you receive your packet from Coatesville Area School District, please fill out the free and reduced forms right away if it pertains to you. The forms MUST be filled out every year. The forms are due back to the Food Services Supervisor by September 30, 2014.

Thank you,

Reeceville Kitchen Staff

#### IMPORTANT INFORMATION FOR ALL

#### **Parents/Guardians:**

**Exclusion notices** are being sent out. A record of all required immunizations need to be on file in the nurse's office. A physical and dental exam is also required upon entrance into school. A second dental is required in 3rd grade. Student health records are updated on an on-going basis. If your child's health record is not up to date, please provide the appropriate information immediately.

**Missing Immunizations** – If you received a notice that your child is "provisionally enrolled" because we do not have documentation of all their immunizations, you will have until April 30<sup>th</sup> to submit documentation from your doctor stating the dates the missing shots were given. If we do not have that documentation by April 30, 2014, your child will be **EXCLUDED FROM SCHOOL** until the documentation is received. This is a requirement mandated by the state.

**Missing Physical and Dental exams** – If you received a notice that your child is "provisionally enrolled" because we do not have documentation of a physical and/or dental exam, the deadline to turn it in is the last day of the school year – June 2014.

**2nd graders going to 3rd grade in 2014-2015** – a permission form/private dental exam form is included in this newsletter for you convenience.

As always if you have any questions, please contact the school nurse @ 610-383-3785.

\*\*\*\*\*Thank you to all who sent in the required immunizations for their child.\*\*\*\*

#### FOR ATTENDANCE IN ALL GRADES IN 2013/2014 children need the following:

- · 4 doses of Tetanus\* (1 dose on or after the 4th birthday)
- 4 doses of diphtheria\* (1 dose on or after the 4th birthday)
  - 3 doses of polio
  - 2 doses of measles\*\*
  - 2 doses of mumps\*\*
  - 1 dose of rubella (German measles)\*\*
    - 3 doses of hepatitis
    - 2 doses of Varicella (chickenpox)

\*Usually given as DTP or DTaP or DT of TD

\*\*Usually given as MMR

DON'T WAIT......VACCINATE NOW

# 

Prelude to Spring Concert

Our 2nd year band students have been working hard to prepare for the district-wide "Prelude to spring Concert". The concert will be held at the Coatesville Area School District 9-10 Center Gymnasium on Wednesday April 17, 2013 at 7:00 pm. The combined elementary band will consist of all the 2nd year band students from the district's six elementary schools. There will also be performances by the combined middle school band, and the Red Ralder Concert Band. The Finale will be a combined performance by all bands! Please support the musical efforts of our 2nd year band instrumentalists by attending the concert. Please take note of the important information listed below:

"Prelude to Spring" mandatory rehearsal (for 2nd year band members)

Tuesday April 16, 2013

9-10 Center Gym

6:30 pm - 8:30 pm

"Prelude to Spring" Concert (2nd year band members)

Wednesday April 17, 2013

9-10 Center Gym

Reporting Time: 6:30 pm

Starting Time: 7:00 pm

All band members should wear black pants and a plain white shirt. Our 2nd year band students have been working hard to prepare for the district-wide "Prelude to spring Concert". The concert will be held at the Coatesville Area School District 9-10 Center Gymnasium on Wednesday April 17, 2013 at 7:00 pm. The combined elementary band will consist of all the 2nd year band students from the district's six elementary schools. There will also be performances by the combined middle school band, and the Red Raider Concert Band. The Finale will be a combined performance by all bands! Please support the musical efforts of our 2nd year band instrumentalists by attending the concert. Please take note of the

#### Counselor's Corner

The time is finally here... PSSA Testing! The third, fourth and fifth grade students will be taking the reading and math PSSA's April 9th through the 16th. The fourth grade students will be taking the science portion of the PSSA's April 22<sup>nd</sup> to April 26<sup>th</sup>.

As guidance counselors, our focus is on the emotional well-being of our students. When students feel comfortable in their environment, their ability to focus and utilize coping strategies will maximize their ability to perform in school with academic tasks. We help our students believe in their ability to succeed and thereby provide them with the stamina needed to approach rigorous academic challenges and life in general. This confidence and these coping skills improve student test performance dramatically.

As caregivers, there are a few things that you can do to support your child.

Use positive words to remind your child of their academic strengths. For example, "You do well in math" or "I know that you always try your best."

Remind them to relax during testing time. If they get frustrated, they can take a break and take deep breaths. You can practice with them at home.

Attendance during both preparation time and test dates is essential. If you need to schedule doctor's appointment please be contentious of test dates. If possible, try to schedule appointments after school hours.

It is important that we support our children both at home as well as in school to ensure that they are able to do their best!

> Kathy Doherty School Counselor



Date: April 10, 2014

Where: Chester County Public Safety Training Campus

137 Modena Road

Coatesville, PA 19320

Rooms 123/126 (both rooms will only be used if we

have more than 50 registrations)

**Time:** 8:30 AM – 12:30 PM

Departments Included: Children, Youth and Families,

Mental Health/Intellectual and Developmental Disabilities (including Early Intervention), Juvenile Probation, Drug and Alcohol, Education, Health Department, Department of Community Development and the Chester County Youth Center.

<u>Goal:</u> Identify the Chester County Child-Serving Systems and describe the criteria required to access and use each system.

Who should attend: Staff from County Departments and social service agencies, families, and other interested community members.

There is no cost for this training.

**To Register:** Contact Lori Young at <u>lyoung@chesco.org</u> or 610-344-4702 (please leave name, agency if applicable, email address and phone number)

By: April 1, 2014



Great prizes!

All kids win!

## Pizza BINGO

# Friday, April 11<sup>th</sup>

6:30-8:00pm

Package 1- Pizza and BINGO

Time: 6:30-8:00pm

Cost: \$12

Includes: 1 large plain pizza, a 2 liter bottle of soda, BINGO cards, and prizes

Package 2- BINGO Only

Time: 7:00-8:00pm

Cost: FREE

Includes: BINGO cards and prizes

Questions...Liz Muirhead lizanneh@verizon.net

Bake Sale- all items just \$1!

100% of proceeds to fight childhood hunger!

# Please return this side by April 9th!

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\*\* Make checks payable to: Reeceville PTA

Family Name:
SELECT PACKAGE:
Package 1: Pizza and BINGO
cheese pizza package(s) @ \$13.00
Soda Choice:SpriteCokeDiet
One bottle of soda for each pizza ordered
Package 2:BINGO Only @ no cost
Can You Help?
Pizza BINGO is only a success with much help. Please consider
volunteering for a shift. Check off what works for you and we will confirm your shift via amail. Thank your
will committee your siller via citian. Triank you:
Name:Email
Set Up (3:30-4:30pm)
Pizza Hand Out (6:15-7:00pm)
Prize Table (6:30-8:00pm)-we will give you a 30 min. shift
Check BINGO cards (7:00-8:00pm)
Clean up (8:00-8:30pm)
Bake Sale Table (6:30-7:15 or 7:15-8:00) circle one

Coatesville Area School District ELEMENTARY



## Friday, April 4

## Breakfast

or Cereal Asst. w/Yogurt Selection 100% Grape Juice Cinnamon Roll

Cheeseburger Milk Variety Lunch

Chef Salad w/Wheat Dinner Roll PB&J w/String Cheese & Crackers

Sliced Cucumber w/Ranch Dressing Baked Beans

Fresh Apple Slices Milk Variety

## Monday, April 7

Cheese Streusel Muffin w/String or Cereal Asst. w/String Cheese Breakfast Cheese

100% Apple Juice Milk Variety Lunch

Foasted Cheese Sandwich PB&] w/String Cheese **Yogurt Delight** Baby Carrots fomato Soup Celery Sticks

Fresh Apple Slices Milk Variety

No School

## Tuesday, April 8

or Cereal Asst. w/Yogurt Selection Mini Maple Waffles 100% Orange Juice **Breakfast** Milk Variety

Chicken Sticks w/Wheat Dinner Lunch

or Turkey & Cheese Sandwich or PB&j w/String Cheese Lettuce & Tomato Cup Potato Wedges Fresh Grapes Fruit Cocktail

dormant volcano that looms over their town, belching black smoke! Was the volcano suddenly coming to life?! NO!!. Coast Guard plane flew over the smoldering cauldron, the pilot A local prankster and his buddies had helicoptered a bunch of Alaska awoke to find Mount Edgecumbe, the longold tires into the crater and then set them ablaze. When a n the morning of April 1, 1974, citizens of Sitka, saw the words "APRIL FOOL" stomped out in the snow! See the back page for more all-time great pranks!

Cinnamon Toast w/String Cheese or Cereal Asst. w/String Cheese 100% Fruit Punch

or PB&J w/String Cheese weet Potato Gems Meatball Sandwich or Yogurt Delight Milk Variety Lunch

resh Orange Half Baby Carrots Milk Variety

## TENSE &

or good cardio health is alternating short, cheetah-like effort. So-called "high intensity interval training" starts can-go, 100% effort (biking, running, swimming, etc.), 30-60 seconds of cheetah-style, all-out, hard-as-youfollowed by 3 or 4 minutes of 50% effort, repeated up bursts of intense activity with longer periods of easier with a few minutes of warm-up, then the fun begins: he most effective (and time efficient) exercise to 5 or 6 times, for no longer than half an hour.



## nursday, April 10

Breakfast

Milk Variety

Friday, April II

or Cereal Asst. w/Yogurt Selection 100% Grape Juice Milk Variety Apple Frudel

Banana Muffin w/String Cheese or Cereal Asst. w/String Cheese

Breakfast

100% Apple Juice

Milk Variety

Lunch 920

Fish Nuggets w/Mac & Cheese

Lunch

or Salad w/Turkey & Cheese or PB&J w/String Cheese

w/Wheat Dinner Roll

Steamed Broccoli Baby Carrots

Sliced Cucumber w/Ranch Dressing or Salad w/Turkey & Cheese or PB&J w/String Cheese w/Wheat Dinner Rol Fresh Apple Slices Refried Beans

the supermarket. We use crust that's wholelowfat mozzarella cheese -- indeed, it's not a stretch to say that school pizza has been healthier than a slice from a pizza shop or completely redesigned to be a nutritious grain rich, reduced-sodium sauce, and choice for kids. Still tastes great, too! A slice of our pizza is typically much



Mandarin Oranges

Milk Variety

Fresh Pears

Or Cereal Asst. w/String Cheese Bagel & Cream Cheese 100% Fruit Punch Milk Variety

spaghetti & Meatballs 98&J w∕String Cheese Fresh Orange Half Steamed Carrots fogurt Delight Green Beans Lunch

or Salad w/Turkey Ham & Cheese

Lettuce & Tomato Cup

Oven Baked Spiral Fries

Fruit Cocktail Fresh Grapes

Milk Variety

or PB&| w/String Cheese

Chicken Patty Sandwich

Lunch

Maple Mini Pancakes

**Breakfast** 

uesday, April

100% Orange Juice

Milk Variety

Wednesday, April 9

**Hilk Variety** 

Breakfast

Blueberry Muffin w/String Cheese or Cereal Asst. w/String Cheese 100% Apple Juice Breakfast Milk Variety

Lunch

or PB&J w/String Cheese Cheese Quesadilla or Yogurt Delight Fresh Apple Slices Green Beans Baby Carrots Milk Variety



### **MPORTANT NEWS FOR PARENTS:** veggies for lunch at school! eating -- more fruits and Kids are choosing -- and

seeing the "DON'T 4GET!" campaign we're using to promote the Over the last two school years, we've been putting more fruits require kids to take at and veggies on kids' plates for school lunch. You may recall new guidelines for our meals, which (among other changes)

EOSTE

or Cereal Asst. w/Yogurt Selection

Mini Maple Waffles

**Breakfast** 

Tuesday, April 22



.. and at least THREE

or Cereal Asst. w/Yogurt Selection

Apple Frudel

Breakfast

00% Grape Juice

Milk Variety



corresponding increase in ood being thrown away, suggesting that kids are eating more of that good stuff rather than wasting it. At our schools, we're continuing to focus on food quality to make sure even more kids eat and enjoy their fruits and veggies!

Sliced Cucumber w/Ranch Dressing

Chickpea Salad

Fresh Apple Slices

Milk Variety

or Salad w/Turkey & Cheese

w/Wheat Dinner Roll

or PB&I w/String Cheese

American Hoagie

Lunch

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay\_healthy/foodpyramid.html

## Tuesday, April 15

or Cereal Asst. w/Yogurt Selection Mini Maple Pancakes 100% Orange Juice Breakfast Milk Variety

Lunch

or Turkey Ham & Cheese Sandwich Chicken Nuggets w/Wheat Dinner or PB&J w/String Cheese Lettuce & Tomato Cup Seasoned Peas Fruit Cocktail Fresh Grapes Milk Variety

Milk Variety

## Wednesday, April 16

or Cereal Asst. w/String Cheese Bagel & Cream Cheese 100% Fruit Punch Breakfast Milk Variety

Cinnamon Roll

or PB&I w/String Cheese Oven Baked French Fries Fresh Orange Half or Yogurt Delight Sloppy Joe **Baby Carrots** Lunch

Friday School Good Sliced Cucumber w/Ranch Dressing or Cereal Asst. w/Yogurt Selection or Salad w/Turkey Ham & Cheese or PB&I w/String Cheese w/Wheat Dinner Roll 100% Grape Juice Fresh Apple Slices Hot Dog in Roll **Baked Beans** Milk Variety Milk Variety Lunch

## Today

## Wednesday, April 23

Cinnamon Toast w/String Cheese or Cereal Asst. w/String Cheese 100% Fruit Punch Breakfast Milk Variety

French Toast Sticks w/Sausage & or PB&j w/String Cheese or Yogurt Delight Sweet Potato Gems **Baby Carrots** yrup Cup Lunch

Fresh Orange Half

Milk Variety



#### 100% Orange Juice Milk Variety Lunch

Popcorn Chicken w/Wheat Dinner or Turkey & Cheese Sandwich or PB&J w/String Cheese Lettuce & Tomato Cup Fruit Cocktail Fresh Grapes Milk Variety Sweet Corn

- fruit or veggie with each

day's lunch. Well, the

ublished in the American

ournal of Preventive

working! A new study

changes appear to be

Medicing found that 76%

or lunch (compared to

change) and 41% of

52.7% before the

of kids selected fruit

preferably more than one

least one - and

## Monday, April 28

Friday, April 25

Blueberry Muffin w/String Cheese or Cereal Asst. w/String Cheese 100% Apple Juice **Breakfast** 

> Banana Muffin w/String Cheese or Cereal Asst. w/String Cheese

100% Apple Juice

Milk Variety

Max Cheese Sticks Milk Variety Lunch

or PB&J w/String Cheese or Yogurt Delight resh Apple Slices Peas & Carrots **Baby Carrots** Milk Variety

or Salad w/Turkey & Cheese

w/Wheat Dinner Roll

Steamed Broccoli

Baby Carrots

Fresh Pears

Mandarin Oranges

or PB&J w/String Cheese

4x6 Cheese Pizza

before). Best of all, the

study found no

compared to 24.9%

vegetable choice

kids included a

Lunch

## Tuesday, April 29

Wednesday, April 30

or Cereal Asst. w/Yogurt Selection 100% Orange Juice

100% Grape Juice

Milk Variety

Lunch

Lunch

or Turkey Ham & Cheese Sandwich or PB&] w/String Cheese Chicken Patty Sandwich Oven Baked Spiral Fries Lettuce & Tomato Cup Fruit Cocktail Fresh Grapes Milk Variety

#### or Cereal Asst. w/Yogurt Selection Bagel & Cream Cheese Breakfast Mini Maple Pancakes Milk Variety

PB&J w/String Cheese paghetti & Meatball

fogurt Delight

Steamed Carrots

Green Beans

resh Orange Hal

Milk Variety