

Wales Window

Wales Elementary

www.tantasqua.org/wales

SWEETHEART SWEEPSTAKES

The fifth grade class continues to raise money for their annual “Grade 6 Outdoor Educational Experience” The Sweetheart Sweepstakes will again be conducted during the month of February.

The calendars are \$10.00 each and you have a chance to win each day of the month during February. You could win up to 29 times this year.

Please support our 5th Graders—purchase a calendar— and have a chance at winning up to 29 times.



NEW YEAR—THANKS TO ALL



PTF

Many thanks to all of the parents, family members, and community members who supported the various functions and fundraisers at the school during the 1st Trimester.

Breakfast with Santa, sponsored by the PTF, gave everyone a chance to mingle with friends, eat a delicious breakfast, and visit with Santa. We look forward to your continued support and hope to see you at the spring functions.



READING CONNECTION WITH MS. NOWACKI TITLE 1 READING TEACHER



Games for Struggling and Reluctant Readers

PUZZLES

Start by finding appropriate puzzles for the present attention span and slowly increase as appropriate. Want to make your own jigsaw puzzle? Cut out a picture from a magazine, glue to cardboard, cut out individual jigsaw pieces, mix up, and put together as a puzzle.

I SPY

The prompt is: "I spy something in this room that begins with the /b/ sound." The child then asks more specific questions such as, "Is it blue?" or "Is it bigger than a bread box?" or "Is it on that wall?" Answers can be "yes" or "no" until the child discovers the correct answer. Additional hints can be given after each question if necessary.

SPORTS GAMES

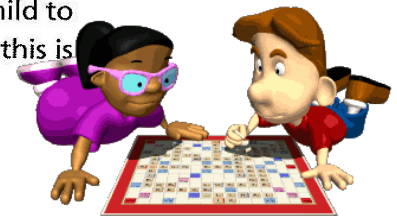
Play some sports games. Start with Tag. When a player is tagged, the player must name a book character in order to run again. Play basketball Horse. Instead of using the word "horse", spell words from a spelling or vocabulary list. Play baseball Catch. When throwing, the thrower says a word. When catching, the catcher says a word that rhymes with the word or begins with the same sound.

BOARD GAMES

Many retail stores now carry board games with educational focuses. Teacher stores are also a resource and are open to the general public as well. Stop by and check out some of the games that relate to vocabulary, comprehension, cause and effect, making predictions, and following directions.

OTHER BOARD GAMES

Almost all board games require some sort of reading. It's important to remember who should do that reading. Is the oldest player doing all of the reading? Or are all of the players doing their own reading? For example, encourage your child to read his or her own Monopoly cards. Remember to help when needed, as this is still a game and needs to be fun.



FROM THE NURSES OFFICE:

Snacks & Sugary Foods in School: AAP Policy Explained

The American Academy of Pediatrics (AAP) believes that what kids eat at school matters.

More than 55 million children and teens attend the nation's public schools—and eat about 35 to 40 percent of their daily calories there. It's really important that those calories be healthy ones—especially since a third of the calories kids eat these days aren't healthy ones. If we can make the food they eat at school healthier, it could make all the difference.



That's why the AAP has published the policy statement "Snacks, Sweetened Beverages, Added Sugars, and Schools."

TYPES OF FOODS FOUND IN SCHOOLS

There are three categories of food kids eat at school:

- School meals (breakfast, lunch, and afterschool snacks) sponsored by the US Department of Agriculture (USDA).
- Food and drinks sold at school that aren't part of the USDA program, such as those sold in vending machines.
- "Other" foods (everything else that doesn't fall into the other two categories), including snacks and lunches brought in by students, foods served for birthdays or as rewards and foods sold at sporting events or as fundraisers.

The first two categories are regulated, and as a result of the Healthy, Hunger-Free Kids Act passed by congress in 2010, we have made progress in making the first two healthier. The USDA has made many changes in what it requires of school meals over the past decade, with the latest recommendations in 2012 encouraging less sugar, lean meats, low fat dairy, more fruits, vegetables and whole grains as well as kid-sized servings. There have also been new rules about what can be sold in the lunch room that have made that food healthier too.

Today, according to USDA, 93% of schools are serving meals that meet that higher nutritional quality which is great. There are definitely challenges for some schools, especially financial ones (healthy foods can be more expensive), and we still have a ways to go when it comes to making all school meals and all the food sold at school healthy; there are some initiatives in place (like the Team up for Success Training Initiative) to help schools do this, but communities need to help too.

The last category, all that other food that ends up being eaten at school, isn't regulated. There have been some attempts by some schools to encourage healthier foods by prohibiting sweets for class parties or selling candy for school fundraisers, and this has caused an uproar in some communities. Many parents have wondered: what's the harm in an occasional cupcake?

There is no harm in the occasional cupcake—if it's part of an overall healthy diet. The AAP isn't worried about cupcakes—but they are worried about that overall diet, which for many children isn't healthy.

Banning sweets at parties or for rewards forces people to think of healthy ways to celebrate, either with healthy foods or without foods at all (like by sending in pencils or other small gifts for classmates instead of sweets). Banning selling candy for fundraisers or at school events also forces people to stop and think about what they are doing—and how it might impact students. It makes a statement about how the school values student health—and helps create a school culture of healthy eating.

That culture is important, because parents can pack and send in whatever they or their children want for lunch or snack (some classrooms with children with nut allergies do ask that parents not send in food with nuts, for safety reasons). Far too many children are eating junk food and processed foods and washing it down with sugar-sweetened beverages. It's understandable—not only are kids generally happy with these foods, they are generally less expensive than healthier alternatives. But eating them regularly can lead to obesity, high cholesterol, high blood pressure and other health problems.





Ways to Save in the New Year!

As the new year starts, many of us would like to be more thrifty with our money and save more. Here are a few tips to achieve that goal:

- Create a budget - This will allow you to track your spending and plan for how you will spend/save your money.
- Set savings goals. Know why you are saving and what you plan to do with your savings once it grows.
- Whenever you earn or receive money as a gift, save at least a portion of it. This is important to be sure that you reach your goals.
- Keep your money in a safe place like a savings account.
- Shop around to find the best price on things you need.

Being smart about the way you spend money will allow you to save and reach the goals that you set for yourself.



Sign up today for the School Banking Program to make saving money even easier. If you are interested in participating and are not already enrolled, contact the Financial Education Department at 1-800-322-8233, for more information.

Member FDIC/DIF

JANUARY FUN FACTS:

- ⇒ The name January came from a Roman god Janus
- ⇒ It is the coldest month in the northern half of the world, however, in southern half of the world, January is the warmest month
- ⇒ The flower symbol of January is snowdrop & carnation
- ⇒ National Blood Donor Month, National Hobby Month, and National Soup Month
- ⇒ The first New Year was celebrated 4,000 years by the ancient Babylonians
- ⇒ Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban
- ⇒ It's good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don't eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune
- ⇒ Chinese New Year is celebrated the second full moon after the winter solstice.



FYI:

School Delays:

**On school delay days, breakfast
is not served.**

Recess/ Weather

Conditions:

Children DO go out for recess when the temperature is above 20* F. Please dress them accordingly.

Children must have boots and snow pants to play in the snow. Otherwise, they will remain on the blacktop.

Children will not be kept inside if they do not wear boots or clothing appropriate for conditions on the playground.

**January 2016
Calendar of Events**

Dec 24– Jan 3– Winter Break

Jan 4–Classes Resume

Jan 4–School Council Meeting 4pm

Jan 8–School Banking

Jan 18–No School–Martin Luther King Jr. Day

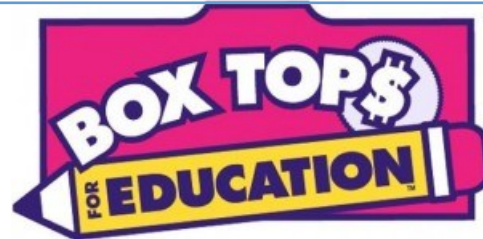
Jan 20– School Committee 6pm

Jan 22– School Banking

**Jan 26– Early Release 11:45am (No
Preschool)**

Jan 25–Ice Safety - 9 AM

Jan 29– Mid–Term



Don't forget to send in your General Mills box tops. Box tops are collected by the second Thursday of each month.

Just a friendly reminder we do NOT collect soup labels.

Thank you

LEGAL NOTICE:

Student work is displayed in the classroom and throughout the school for the public to view. If you do not wish for your child's work to be on display, please contact Mr. Zinkus.

