



# ACE



## Upcoming Events

### December

23-30-NO SCHOOL

### January

2- NO SCHOOL

6- Swimming

9- Noon PTO meeting

13- Choice day

19- End of 2nd quarter

20- NO SCHOOL

### February

3- Swimming

6- Noon PTO meeting

10- Choice Day

14-15- Conferences

17-22- NO SCHOOL

## From The Principal

Mrs. Jane Hannemann

[jane.hannemann@k12.sd.us](mailto:jane.hannemann@k12.sd.us)

605-367-6120 office phone



On Tuesday this week, we were all entertained by Ronald McDonald who put on a 60 minute program and managed to keep the attention of all students, staff and parents. He gave reminders of what it means to be a good friend along with what it means to be a bully.

We say a student is being bullied when another student, or several other students:

- say mean and hurtful things, make fun of him/her, or call him/her mean and hurtful names

- completely ignore or exclude him/her from their group of friends or leave him/her out of things on purpose

- hit, kick, push, shove around, or lock him/her inside a room



**March**

3- Swimming  
6- Noon PTO meeting  
10- Choice day  
22- 10am musical reversal  
23- 10am/6:30 musical  
27- NO SCHOOL

**April**

3- Noon PTO meeting  
7- Swimming  
13- 1pm dismissal  
14- NO SCHOOL  
17- NO SCHOOL  
21- Choice Day

**May**

1- Noon PTO meeting  
5- Swimming  
12- Choice Day  
23- Farewell/Welcome Picnic  
29- NO SCHOOL

**June**

1- Last Day of School

**From the Editor:**  
**Please submit newsletter**  
**items to Sarah DuBois-Hollan**  
**at [sarah\\_dubois @me.com](mailto:sarah_dubois@me.com)**  
**by Friday at 12pm. Please**  
**submit in PDF single page**  
**format or email typed format.**  
**Thank you!**

-tell lies, spread false rumors about him/her, or send mean notes and try to make other students dislike him/her

-and other hurtful things like that.

When we talk about bullying, these things happen more than just once, and it is difficult for the student being bullied to defend himself/herself. We also call it bullying when a student is teased repeatedly in a mean and hurtful way.

But we do not call it bullying when the teasing is done in a friendly and playful way. Also, it is not bullying when two students of about equal strength or power argue or fight.

This action must occur repeatedly in order to classify it as bullying. Ronald told students it is important to take away the power of the bully. He suggested that students remember the following:

Believe in yourself.

Just because the bully calls you a name doesn't mean it's true.

Ignore. Walk away.

When teachers are near, bullies disappear.

Stand by your friend.

Look the bully in the eye and say, "Stop that. That is not nice."

Tell - don't tattle.

Ask your child to 'tell you more' about these talking points. On Wednesday, December 14, all students in grades 3-5 will be taking the Ollweus Survey which asks questions about bullying at school. Students will answer to the best of their ability in order to take a closer look at what goes on in our school. It is important that students understand what bullying is and what it is not.



## Weekly Teacher Communication

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**Mrs. Sheila Pike, Kindergarten:** [sheila.pike@k12.sd.us](mailto:sheila.pike@k12.sd.us)

- Remember to send back the snack sack on Monday. Please no peanut or tree nut based snacks. Thank you for being so good about this.
- Parents please remember to wash hands before starting in the classroom...THANK YOU!
- We will be making gingerbread houses with our EIC buddies Tue. the 20th. We are in need of graham crackers, vanilla frosting and M&Ms. The kids will have a great time with their buddies! Thanks so much for your help! :)
- Kids need to have boots, hats, gloves, and snow pants in order to play in the snow. Also please remember to bring shoes with the boots!
- We have started show and share on the leader day. Thank you for helping with this.
- The Christmas party will be Dec. 22nd from 10:15 to 11:30.
- Have a great week and thanks for all you do!



**Mrs. Heidi Williams, First Grade:** [heidi.williams@k12.sd.us](mailto:heidi.williams@k12.sd.us)

- Weekly Ozzie Winners: Molly, Westyn, Luke, Olive R., and Jasper.
- Thank-You to everyone who drove to Outdoor Campus! It was a lot of fun!
- We will be making Gingerbread Houses Friday, December 16th. I will have a list of things to bring in if you can! Also, last year I had a parent volunteer to make individual bags of frosting which was VERY helpful. Let me know if anyone wants to take on that task:)
- Make sure to keep reading 15 minutes 5 nights a week! Christmas break will be here before we know it and I always let students take that time off!
- Please remember to send shoes with boots!!!!
- We also will be decorating cookies with EIC buddies on December 16th. I have a sign-up if anyone is willing to bring in some sugar cookies/frosting/sprinkles. The kids LOVE doing that with their buddies who don't get a chance to normally do something like that.



**Mrs. Tanya Rausis, Second Grade:** tanya.rausis@k12.sd.us

Christmas Party will be Dec. 22 from 10:30-11:30. Wear PJs that day! Parents are welcome to as well!

The kids did a great job at their music performance!

Book orders are due Dec 20 (My 19th wedding anniversary!-no calling me old-). You can order online, it's so easy. Our classroom code is PC8HT Students love getting books at school and your orders earn free books for our classroom!

Here is a look at our week:

Math:

8 more lessons working in addition and subtraction within 100. We just realized how far we have come in 14 short week! Students will be practicing adding and subtracting with many different strategies. The goal is for them to learn how tens break apart and go together. This is a step toward carrying and borrowing, but please don't introduce these old fashioned ideas to them, they will soon enough see how it goes, and when they make that discovery it is true learning and will carry them much farther in their mathematical thinking!

<https://goo.gl/q2RS2I> Username: student ID # Password: Ab1234

Reading: We will refocus on how knowing our character can help us retell our story.

Writing We will continue our scientific writing. This week we will be turning our ramps into launchers and launching cotton balls and ping pong balls.

Science: We will be studying solids and liquids and their properties. We will be learning to experiment, variables and controls!

Social studies: We will continue to study life of long ago and how it compares to and effects today.

Word Work/Spelling New words will be in Monday folders.



**Miss Eliza Leloux, Third Grade:** [eliza.leloux@k12.sd.us](mailto:eliza.leloux@k12.sd.us)

Please consider signing up as a driver for our Dow Rummel visit on Dec. 16. Sign up in the back! We are still in need of a few more drivers! We will leave by 1:50 and return by 3:00. Thank you!

Christmas Party will be Dec. 22 from 10:20-11:25. Wear PJs that day! Parents are welcome to do that as well!

No school Dec. 23-Jan. 2. School resumes Jan. 3. We will be starting a fun reading challenge in January. Encourage your child to read over break!

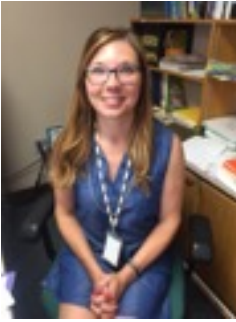
Remind your child to be reading their book club books prior to their meetings! They are so eager and happy to begin! Ask them about their book!

Continue to have your child finish out their good deeds and add it to our tree in the hallway!

Please remind your child if they have to bring math home for homework/fixes that they please bring it back the next day! We have had many forget their packets! Thanks!

Be sure to bring your library books back to renew each week or return!

Remind students to bring back math fixes each day they bring it home so they have their packet at school each day! Thanks!



**Mrs. Shelby Bertram, Fourth Grade:** [shelby.bertram@k12.sd.us](mailto:shelby.bertram@k12.sd.us)

Christmas Party will be Dec. 22 from 10:20-11:20. Wear PJs that day! Parents are welcome to as well!

No school Friday, Dec. 23rd thru Monday, Jan. 2nd. School resumes Tuesday, Jan. 3rd.

March 15th is the Water Festival at the University of Sioux Falls. If you would be willing to drive please let me know. We would need to leave the school by 8:20 and we would leave USF around 11:20. We would be back in time for lunch. If you have never been there before it is a really cool experience. Students get to have hands on lessons with a variety of water exhibits and presentations. We will also be participating in the Quiz Bowl.

Thank you for the pencil donations!!!



**Mrs. Kayleen Lundquist, Fifth Grade:** [kayleen.lundquist@k12.sd.us](mailto:kayleen.lundquist@k12.sd.us)

Great job band and orchestra students! Keep the music going!

Christmas Jar collection still going on until next Wednesday when we deliver!!!

We drew names for our classroom Christmas party. All presents should be here by Tuesday, the 20th.

Classroom party will be the morning of Thursday, December, 22nd from 9-10.

You child's explorer diaries will be coming home this week to "prep" for authentication. Please see Monday folders for directions! These will be due back on Friday.



**Save the Date**

All City Science Fair  
January 24, 2017

More information to come in the next few weeks.

\*\*Remember: 4th Graders must do an individual project.

If you have any questions, contact Katie Wigg, [kstatealum@yahoo.com](mailto:kstatealum@yahoo.com) or 212-2978.

Bubble Gum Day at Ace is Wednesday, Dec 21st. Extra order forms for gum will be parent sign-in at office and in parent work room if you lost yours!

Thursday, December 22, is our annual pajama day before break!! Parents, you are welcome to participate, too!

## Counselor's Corner

### What are your student's learning about with Mrs. Sweeter?



**Kindergarten:** They learned I Care Rule #3.

#### We use I Care Language

Students learned about nice words and how they make others feel. They then made I Care Language necklaces to teach others about I Care Language. Remind your Kindergartners to use I Care Language in your family as well.

**1<sup>st</sup> Grade: They learned about I Care Rule #4**

#### We care about each other's feelings

As a class we talked about what Caring looks like and how we want to make others feel cared for. We played a Feelings game that they are bringing home. Ask them to play it with you. It's a great way to share how they make you feel.

**2<sup>nd</sup> Grade: Learned about Talk It Out which is on their Kelso's card. We learned about "I Messages". An I Message is like this:**

"I feel sad and left out when you don't let me have a turn. Please let others have a turn." Continue to encourage your student to use their words to talk it out.

**3<sup>rd</sup> Grade: Continued our Inch and Miles Journey and learned**

**about Cooperation.** Cooperation is "all of us are smarter than one of us". We talked about Cooperation Do's and Don'ts and completed a Cooperation Challenge

**4<sup>th</sup> Grade: We continued our Second Step Life Skills. This week they**

**Learned about Taking Others Perspectives. Not everyone will see things the same as you. How can we look at another person's perspective and be respectful?**

**5<sup>th</sup> Grade: We continued our "Middle School Bound" life skills. They continued to learn about *Communication*.**

**Learned about: Aggressive, Assertive, Passive Communication.**

They practiced and learned about communicating Assertively with others. Assertive is: look them in the eye, shoulders back, use respectful kind words, think about other's needs as well as your own.

READING LAB BEGINS! You are invited to join Mrs. Vos in the library before school for a quiet time of reading. You may come to the library between 7:30 and 7:45. Lab ends when the bell rings at 7:55. These are the guidelines we follow:

**Look for STOP or GO signs on the door.**  
**If STOP sign is showing, students need to go to the playground.**

- **Reading Lab opens at 7:30 and closes at 7:45.**
  - No new students may enter after 7:45.
  - Backpacks, coats, etc. are to be lined up along the fiction book shelves (east wall).
  - Students sign in on the paper at the front desk.
- **This is a silent Reading Lab.**
  - No talking during this time.
  - If a student is talking or making noise, they will be asked to leave and try again another day.
- **Search for books using shelf markers.**
  - Books may be selected from the library shelves using a shelf marker.
  - Students may bring any kind of appropriate reading material to the lab.
- **No leaving the library.**
  - If students need to leave the Lab for any reason (restroom, drink, etc.), they may not come back in.
- **Dismissal is at 7:55.**
  - Lab time ends when all books are reshelfed, chairs are pushed in, and students are lined up quietly, ready to go to class.





## PTO BOARD

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**President:** Matt Nelson

[matthew\\_j\\_nelson@yahoo.com](mailto:matthew_j_nelson@yahoo.com)

605-360-2564 (cell)

**1st VP:** Ashley Thompson

[ashley.thompson@avera.org](mailto:ashley.thompson@avera.org)

773-573-0065 (cell)

**2nd VP:** Joy Kortan

[joy@hegg.com](mailto:joy@hegg.com)

605-212-7982 (cell)

**Secretary:** Sarah Bauer

[sarah\\_ann\\_bauer@yahoo.com](mailto:sarah_ann_bauer@yahoo.com)

406-698-8699 (cell)

**Treasurer:** Janel Ingalls

[janelingalls21@hotmail.com](mailto:janelingalls21@hotmail.com)

605-321-7983 (cell)

**Next PTO meeting will be January 9th at noon.  
Please submit all agenda items to PTO  
President Matt Nelson by Friday January 6th  
at noon.**

### **ACE Tennis**

Huether Family Match Pointe has extended a special offer to ACE for a Wednesday enrichment opportunity. A ten week session of lessons will begin on Wednesday January 11<sup>th</sup>. Lessons go from 1:30-2:30. The two age groups will be 4-7 (RED ball) and 8-10 (Orange Ball). Each class is no more than 8 students and taught by a tennis professional. Their ten week programs are normally \$130 but they have agreed to give us the ten week session for \$100 a child if we have at least 22 kids sign up. This program will be capped at 24 kids. Younger siblings at least 4 years of age are welcome to participate also. If this is a hit and we want to extend it to upper ages we can do so after the musical is over.

Please email Ashley Thompson at [Ashley.thompson@avera.org](mailto:Ashley.thompson@avera.org) if you would like to sign up by January 1<sup>st</sup>.

**29th Annual**

# TEACHER OF THE YEAR

**2 • 0 • 1 • 7**

Do you know a teacher who goes the extra mile? Someone who challenges his/her students academically while encouraging them to grow as an individual? Someone who proudly represents his/her school and the teaching profession?

Nominate them for the Dr. John W. Harris Sioux Falls Teacher of the Year Award. Now in its 29<sup>th</sup> year, sponsor Vern Eide Motorcars donates a \$4,000 award to the winner.

Nominations are due at **5:00pm**  
**Friday, February 17th, 2017** at the  
Instructional Planning Center, 201 E. 38<sup>th</sup> St.  
Forms, including information on three letters of  
recommendation, are available online at:  
**[www.sf.k12.sd.us/parents/teacher-of-the-year-program](http://www.sf.k12.sd.us/parents/teacher-of-the-year-program)**

## Art Club Schedule 2016-17

### December 2016

14- Circles

21- Triangles

28- No Art Club

### January 2017

4- Circles

11- Triangles

18- Circles

25- Triangles

### February 2017

1- Circles

8- Triangles

15- Circles

22- No Art Club

### March 2017

1- Triangles

8- Circles

15- No Art Club

22- No Art Club

29- Triangles

### April 2017

5- Circles

12- Triangles

19- Circles

26- Triangles

### May 2017

3- Circles

10- Triangles

17- Circles

## Menu - Elementary Lunch

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Italian Chicken on **Bun Marinara Sauce Shredded Mozzarella Cheese Green Beans Fresh Fruit Milk Choices	<b>2</b> **Cheese Pizza Dragon Juice Peaches Milk Choices
<b>5</b> **Chicken Patty on **Bun Baked Beans Mixed Fruit Milk Choices	<b>6</b> **Corn Dog Steamed Broccoli with Cheese Fresh Fruit Milk Choices	<b>7</b> **Rotini with Meat Sauce Peas Peaches Milk Choices	<b>8</b> Chicken Strips Mashed Potatoes and Gravy Fresh Fruit **Dinner Roll Milk Choices	<b>9</b> **Pancakes Scrambled Eggs Dragon Juice Applesauce Milk Choices
<b>12</b> BBQ Beef on **Bun Green Beans Pineapple Milk Choices	<b>13</b> **Stuffed Bread Stick with Marinara Sauce Fresh Fruit Milk Choices	<b>14</b> **Fish Tenders Corn Peaches **Dinner Roll Milk Choices	<b>15</b> Chicken and Gravy **Rice Peas Fresh Fruit Milk Choices	<b>16</b> Homemade Chili **Corn Chips Celery Mixed Fruit Milk Choices
<b>19</b> Beef Patty on **Bun Peas Pineapple Milk Choices	<b>20</b> **Cheese Pizza Dragon Juice Fresh Fruit Milk Choices	<b>21</b> Turkey Dinner Mashed Potatoes and Gravy **Dinner Roll Berry Blend Milk Choices	<b>22</b> Teriyaki Chicken/Thai Chicken Stir Fry Vegetables **Dinner Roll Fresh Fruit Milk Choices	<b>23</b> Holiday Break
<b>26</b> Holiday Break	<b>27</b> Holiday Break	<b>28</b> Holiday Break	<b>29</b> Holiday Break	<b>30</b> Holiday Break

\* CONTAINS PORK

\*\* WHOLE GRAIN SERVING

Because of emergency situations, menus may be subject to change without notice.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write **USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice)**. Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6135 (Spanish). USDA is an equal opportunity provider and employer.

Families qualifying for Free and Reduced Lunches also qualify for Free and Reduced Breakfast.



Google FORMS Registration  
2<sup>nd</sup> semester of 2016-17  
Edison Honors & Immersion FEE Busing and  
Elementary Specialized Schools FEE busing

**Google FORMS and PayPal Registration**

**Questions & Answers:**

- Q: Can I start the registration process, close, and finish it later?  
A: No. Due to the \* required\* fields on the form, you need to START and FINISH at the same time. There is no save button and you will be forced to start over.
- Q: Can I do 1 registration for all my children?  
A: No. You need to start a new form for each child you need to register. Remember to choose the correct registration form for each child. (Edison or Elementary)
- Q: I do not have a PayPal account; can I still make a payment with any credit/debit card?  
A: Yes, you do not need a PayPal account to make a payment.
- Q: I am not yet qualified for free or reduced lunches but I have applied. Can I still take the reduced rate?  
A: No, you need to be qualified at the time you make payment. Free & Reduced applications will be confirmed.
- Q: Can I sign up on-line but drop off a check or cash at the school?  
A: Yes, you can pay at your child's school but your bus request is not considered complete until payment is received and it needs to be received before the deadline.
- Q: After I completed the PayPal payment, I didn't receive the email confirmation that my payment went through.  
A: Check your Junk mail box for a receipt from [service@paypal.com](mailto:service@paypal.com).
- Q: I've completed my registration and I'm in the payment section but I clicked on the wrong payment link. Can I go back to AM/PM payment options?  
A: Yes, you can go back by choosing the THANKS tab across the top, and then choose a different AM/PM payment link.
- Q: How do I finish the registration when I have 3 kids and have marked "3<sup>rd</sup> child no charge"?  
A: After you register the 3<sup>rd</sup> child, in the same family, just check the confirmation box and end the registration. Do not proceed on to the Pay Pal portion below to make a payment. (Even if you registered some students at Elementary and some at Edison.)

RV: June 2016



**Elementary Specialized Schools**  
**Fee Based Transportation Busing Program 2016-17**  
**"2nd" Semester Registration Opens December 1 to December 13, 2016**

**PLEASE NOTE:** Some routes are close to being full. If necessary, any current 1<sup>st</sup> semester rider who registers and pays for 2<sup>nd</sup> semester will be approved to continue riding, prior to accepting new 2<sup>nd</sup> semester registrations on these routes.

**"PM" stops to choose from for 2<sup>nd</sup> semester:**

**"AM" stops to choose from for 2<sup>nd</sup> semester:**

Stop Description:                      Estimated Pick up Time:

Discovery	6:51 AM
Anne Sullivan	6:45 AM
Oscar Howe	6:58 AM
Cleveland	6:53 AM
Rosa Parks	7:00 AM
RF Pettigrew	7:05 AM
Harvey Dunn	7:05 AM
John F Kennedy	7:10 AM
Garfield	7:12 AM
Laura Wilder	7:25 AM
John Harris	7:13 AM
S Prairie Creek & W Ralph Rogers	7:20 AM
Susan B Anthony	7:20 AM
Robert Frost	7:20 AM
Sonia Sotomayor (Transfer Point)	7:30 AM

Stop Description:

Estimated Drop Time:

Sonia Sotomayor	3:05 PM
Susan B Anthony	3:15 PM
Robert Frost	3:15 PM
E 21 <sup>st</sup> St & S 4 <sup>th</sup> Ave	3:20 PM
E Plum Creek Rd & S Tomar Rd	3:20 PM
John Harris	3:30 PM
E 49 <sup>th</sup> St & S Alpine Ave	3:35 PM
S Prairie Creek & W Ralph Rogers	3:17 PM
Laura Wilder	3:10 PM
Harvey Dunn	3:42 PM
Hawthorne	3:35 PM
Cleveland	3:55 PM
Garfield	3:42 PM
John F Kennedy	3:28 PM
Rosa Parks	3:49 PM
Anne Sullivan	4:05 PM
RF Pettigrew	3:35 PM
Terry Redlin	3:27 PM
Oscar Howe	3:43 PM
Discovery	3:50 PM

**Fee-Based Transportation Rates – Payment is due upon registration**

- + \$150 per semester/per student round trip for full lunch; \$75 one way (*approx. \$1.75 daily, round-trip*)
- + \$100 per semester/per student round trip for reduced-lunch; \$50 one way (*approx. \$1.14 daily, round-trip*)
- + \$50 per semester/per student round trip for free-lunch; \$25 one way; (*approx. \$.57 daily, round-trip*)

**Make 2<sup>nd</sup> semester payments at:** <https://goo.gl/forms/f9moqUW8y7EM9nXV2>  
 (Copy and paste the link in your web browser if it doesn't open.)

Refund charges: (Effective 2016-17 school year)

- Refunds requested before the 1<sup>st</sup> day of each semester, will be reduced by a 10% refund charge.
- After the 1<sup>st</sup> day of each semester, no refunds will be issued.

Contacts:

District Transportation Questions –367-7276

**Sioux Falls School District Mission:**

*"to educate and prepare each student to succeed in a changing world."*

Submissions from:

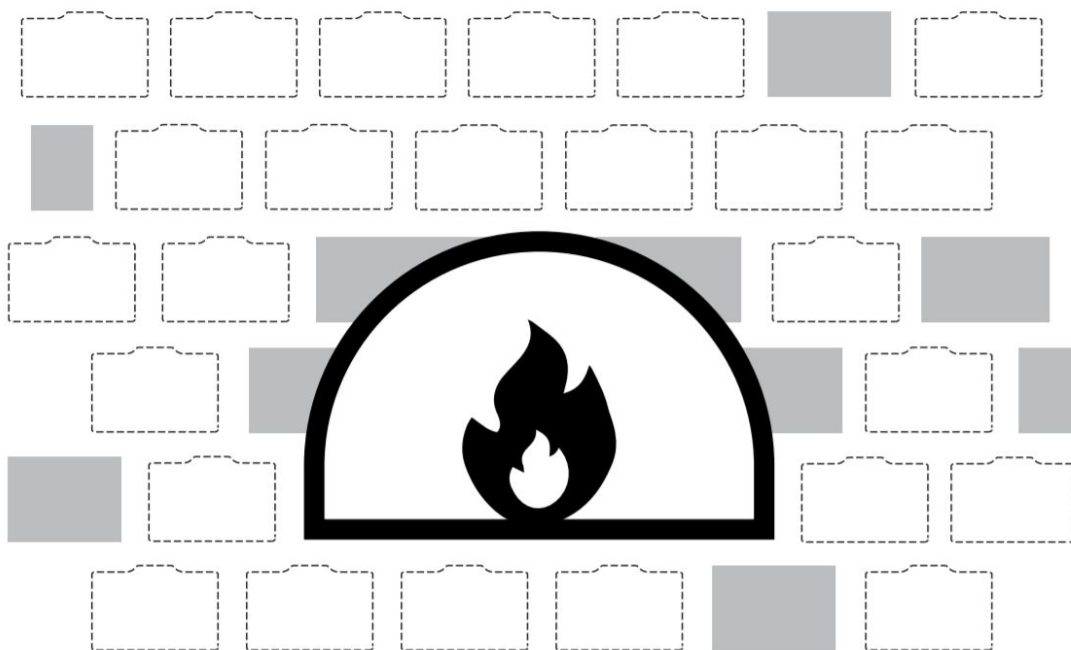
**Donna Stolz**

ACE Fundraising Coordinator

[ACEFundraisingCoordinator@gmail.com](mailto:ACEFundraisingCoordinator@gmail.com)



## GET COZY WITH BOX TOPS



**Please:** 1. Check the dates on the box tops. 2. Glue the box tops onto the front and back of this collection sheet ... 50 in total. 3. Turn in the collection sheet in your classroom with your name on it during the second week of **January 9-13**.

4. Earn **one** super hero bracelet!



Hello All City Elementary!

This year we will be again participating in FundingFactory.com recycling of empty inkjet and toner printer cartridges. If you have any of these empty inkjet or toner printer cartridges at home simply bring them to the parent/staff room and I will do the rest.

If your business or place of employment (or Grandparents or neighbors place of employment) is not already participating in a recycle program, you can ask to take this e-waste off of their hands.

*Some people like a letter or script to ask.. here you go :) (If you want some printed out with specifics please contact Donna and she can make that happen!)*

Dear ,

This year my child's/grandchilds/neighbors school, All City Elementary PTO, is participating in FundingFactory.com recycling of empty inkjet and toner printer cartridges.

It's win-win. As a Business Supporter, you'll have the ability to vastly increase the amount of e-waste your company can recycle and the amount of money ACE PTO fundraise this year.

Our eco-friendly Business Support Program is a cinch to implement.

We simply need to know 1. Does your company participate in a recycling of empty inkjet and toner printer cartridges? 2. If not, could my sons/daughters/grandchild's/neighbors school be the recycling program? 3. If so, could you please tell me the name/number of the cartridges so I can double check they qualify under FundingFactory.com list? 4. Once I double check to make sure they are on the recycling list this year, I will contact you to set up how the empty inkjet and toner printer cartridges will be picked up.

Thank you so much for recycling with us! All City Elementary PTO



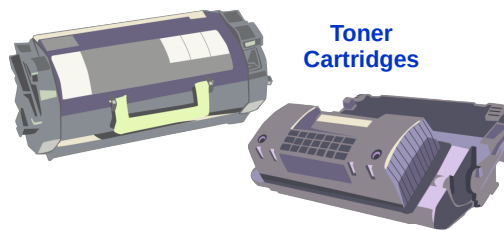
# BE A RECYCLING SUPERHERO!

Start recycling used toner and inkjet printer cartridges.

You'll help us earn cash and supplies  
while keeping our Earth clean and green!



Inkjet Printer  
Cartridges



Toner  
Cartridges

For more information about our cartridge recycling program and drop off locations, please contact:

Name

Email / Phone



Collect the lids of 2 liters or 20 oz bottles or the codes inside of the 12 pack or 24 pack of participating Coca-Cola products and send them with your child or drop them off in the staff/parent room.





Earn money for ACE without spending any extra ca\$\$\$h!

# Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2017

Sioux Falls School District 49-5  
Joni Davis, Child Nutrition Supervisor

## BEST BITES

### School meals rock

Would your youngster enjoy X-ray Vision Carrots, Rainbow Risotto, or Squish Squash Lasagna? Today's school lunches feature plenty of good-for-you foods, often with cool names. Interest your child in eating her school's meals by reviewing the weekly menus together and helping her make choices. Each evening, let her describe the tastes to you.

### Push it

Push-ups are a terrific strength-training exercise. They're also convenient—they can be done anywhere. When



your youngster does them, have him keep his body "flat like a table" from the top of his head down to his heels. How many can he do? Even better: Do push-ups alongside him, and challenge each other to do one more!

### DID YOU KNOW?

Dish sponges are frequently teeming with bacteria. Regularly sanitizing yours will help keep your family healthy. Run it through a dishwasher on the "heated dry" setting, or soak it for 5 minutes in a solution of 2 tbsp. bleach to 3 cups water. Sponges without any metal may be soaked in water and microwaved on high for 1 minute.

### Just for fun

**Q:** Why do fish live in salt water?

**A:** Because pepper makes them sneeze.



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## Kids + cooking = fun!

Encourage your child to eat healthier foods by getting her involved "behind the scenes" in meal preparation. Here are some motivating and inviting strategies.

### Focus on shapes

Foods come in many different shapes. To highlight circles, your youngster might toss together a salad of cooked wagon wheel pasta, cherry tomatoes, and round yellow bell pepper slices. Or help her make "veggie cubes" by cutting sweet potatoes and parsnips into square shapes, mixing with a little olive oil, and roasting at 400° for 20 minutes or until tender.

### Explore textures

Show your child how the texture of food can change. Shred a bunch of fresh kale, and have her taste it raw. Then, ask her to stir the rest with Italian dressing and let it sit for 30 minutes. How does the texture feel when she tastes it again? You could explain that the vinegar (which

contains acetic acid) in the dressing softens the kale.

### Dinner and a movie

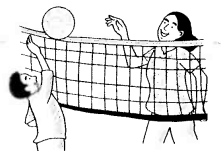
Make a meal with your youngster based on a favorite movie—and then watch the movie after you eat. Spaghetti and meatballs are perfect for *Cloudy with a Chance of Meatballs*. Roasted salmon with potatoes is a popular Norwegian dish and pairs well with *Frozen*. ●



### Borderline overweight: Catch it early

Today, many children are on the verge of being overweight. If your youngster is showing signs of becoming too heavy, try these tips at the table:

- Children don't need the same-size portions as adults. Start your youngster's meal with servings that are  $\frac{1}{3}$  to  $\frac{1}{2}$  the size of yours. He may ask for more if he's still hungry.
- During family meals, stop "speed eating" by suggesting that everyone sip water between bites. Slowing down the pace will give your child more time to feel satisfied, making it less likely he'll overeat.
- Serve fresh fruit for dessert. It's delicious on its own, paired with plain yogurt, or blended into a smoothie. ●



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