



O.W. Erlewine News

Do Your Best! Reach Your Goal!

May 2016

Erlewine Eagles!
www.erlewine.org
Phone: 228-5870

May:
Every Friday show
your school spirit by
wearing purple!

20th: Jog a Thon
25th: Open House
27th: Backwards Day
30: Memorial Day
Holiday No school

Students must wear a bike helmet if they ride their bike. Parents will be called to come pick up the bike.



Reminders:

- * Our office hours are from 7:00 a.m. to 3:30 p.m.
- * Students are not to arrive at school prior to 15 minutes before they are going to attend class unless they are having breakfast on campus.

Is Your Backpack Causing Pain?

Did you know that a heavy or poorly adjusted backpack can cause back and neck pain? If you or your child is going to carry a backpack, follow these tips:

- As a rule of thumb, your backpack should not weigh more than 10 percent of your body weight--and it should never exceed 15 percent. If your pack is too heavy, you might start leaning forward or sideways or arch your back. This can cause pain.
- Use both shoulder straps. Flinging your pack over one shoulder puts all the weight on one side.
- If you must carry more weight, buy a sports backpack with padding, a belt, and multiple compartments to help support and distribute weight.

--adapted from *The Wellness Letter*

Thank you to everyone who volunteered with our Earth Day celebration. It was an awesome event!



Getting Kids Organized

Organization and planning ahead are learned skills, according to the Arkansas State Parent Information Resource Center. Kids can learn to become more organized, a skill that leads to better grades and school performance. The Arkansas PIRC recommends a four-part process to improve your child's organizational skills. Students need to:
Write down assignments and bring home books and materials--Make sure your child knows exactly how the teachers assign homework (written on the whiteboard, verbally assigned). Designate a notepad or notebook as your child's assignment journal. Keep track of papers--Subject folders help keep things organized. Teach your child to spend a few minutes each night organizing papers (study guides, graded assignments to study for tests, forms that need to be returned, etc.)

Plan ahead--Provide some way to map out a daily and weekly schedule. Help your child decide what needs to be done and when to do it.

Have a study place--Studying in one place is the most basic habit you can teach your child. Make sure the place has adequate space, is well lit, and has needed supplies at hand.

P.T.A. News

The PTA would like to remind Erlewine Families of the upcoming events:

PTA Meeting - May 10th 6:00

Jog-A-Thon - May 20th

Eagle / Jog Buck Store - June 6th and 7th.

Thank you to everyone who visited our Scholastic Book Fair. This is always a great fundraiser for our PTA and a way to support building our school library.

Another great fundraiser is "Box Top for Education". Box Tops are collected year round. Please continue to send these items in with your child. Your child receives Eagle Bucks for their donation.

If you would like to work at the upcoming Jog a Thon or Eagle Buck Stores please sign up in the office. Volunteers are needed to run both of these activities.

Election for our PTA board will take place at our May 10th meeting at 6:30. All voters must be members in good standing. The election will take place at the beginning of the meeting.

Please turn in your used computer ink cartridges to the school office. We are able to turn them in for school supplies.

Thank you!

Kindergarten Registration

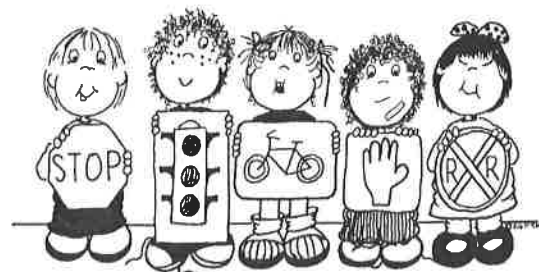
Kindergarten Registration for the 2016-17 school year is now taking place at the Serna Enrollment Center. Please bring your child's shot records, birth certificate and proof of your address (SMUD, PG&E, or Water Bill). Children who will be 5 years of age by September 1, 2016 are eligible to register. Please register your child as soon as possible.

Library Night Hours

O.W. Erlewine's School Library is open every Thursday night for family use. The hours are from 6:30 to 7:30 p.m. Families may check out books, videos, and cassettes. Computers are also available for doing student research or work.

Safety First!!!!

The speed limit on residential streets around our school is 25 m.p.h. During congested traffic times speed should be reduced and extreme caution observed. Both parents and staff have reported unsafe driving behavior during drop off and pick up of students. Please remember that the safety of our students is first and foremost. Please avoid U-turns, double parking, dropping off in the street, and opening car doors facing the street. Please also have your child use the crosswalk rather than running across the middle of the street.



Inspire Your Kids to Learn

If you want to get your kids into learning, but you have a limited budget, try some of the following suggestions for inexpensive ways to inspire young minds:

- Ü Help your children appreciate musical styles. Tune into a classical station, and encourage your kids to move to the music. Then switch to jazz. Keep switching stations, and when you're done, talk to your children about how the music made them feel and move.
- Ü Take your child to a story hour at the local library or to a local bookstore. While you're at the library, be sure to check out some books.
- Ü Check out an educational video from the local library.
- Ü Go to the beach and collect driftwood and seashells. Take the loot home, and help your child make art projects out of the finds. Have an art show. Hang the pieces on the wall, and don't forget to put up strips of paper with the titles of the artwork.
- Ü Visit a state park. Before you go, call or check the Internet for any free programs the park might offer for children.
- Ü Buy some seeds. Ask your child to keep a plant journal, and do the same thing yourself as you watch the plants grow. Compare your observations.
- Ü Go outside at night and look at the stars. Help your child pick out constellations. Check out museums, historical societies, and similar sites in the community.

--Adapted from the PageWise website

O.W. Erlewine Students Collect Pennies for Patients

O.W. Erlewine raised \$1,217.90 collecting pennies for the Leukemia and Lymphoma Society. The funds will go to research and patient aid in support of our mission to cure leukemia, pymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families. Ms. Grace Bartlett and her students were in charge of the collection.



Reminders!

- If your child wants to bring a snack for the morning recess it must be a healthy snack. Dessert and chips may not be eaten during snack time.
- Students must wear a helmet when riding their bike to school. They must also lock up their bike.
- Please do not double park when dropping off your child for school. Students may be injured when others don't see them.

Nutrition Nuggets™

Food and Fitness for a Healthy Child

O. W. Erlewine School
Terry Smith, Principal



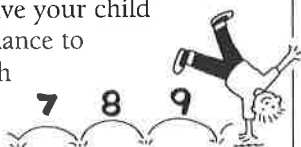
BEST BITES

Math + fitness

Give your child a chance to

combine math practice and exercise with daily

“math breaks.” Give directions that include a math problem and a fitness activity. For example, say, “Do $2 + 2$ jumping jacks” or “Do $11 - 2$ cartwheels.”



Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don’t do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he’s having trouble waking up early enough, move his bedtime back.

Just for fun

Q: What’s the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

“I’m starving!” When your child bursts through the door after school or day care, she’s probably hungry. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She’ll have a say in what she eats, but she’ll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with raisins and nuts or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little tomato sauce, shredded low-fat mozzarella cheese, and



vegetables (sliced mushrooms, chopped onions), and bake until the cheese melts.

Build your own

Let your child get creative in the kitchen, and she’ll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. ♥

Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster with these strategies:

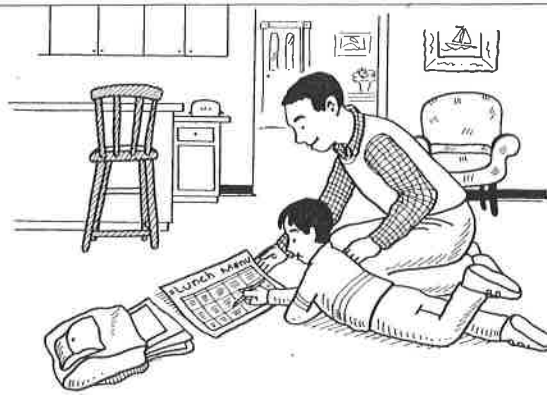
- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals — but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he’s been working on.
- Avoid comments about your youngster’s size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth (“I love how you tried to get the rebound”). ♥



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these three suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items (“The pork burrito sounds really good!”). If you’re excited about the choices, he’s likely to share your excitement.



2. Discuss what he eats at school. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn’t like and make recommendations for new foods to serve.

Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. ♥



Q&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?

A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar—the same as in a can of cola—and a glass of grape juice can



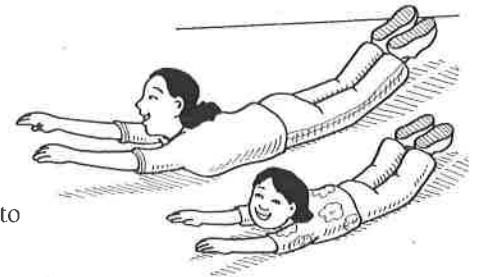
have 15 teaspoons of sugar. Encourage your children to eat fruit rather than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ♥

ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Try these ideas for putting more physical activity into your youngster’s day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ♥

IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Pizza: Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano

Chicken: Cubed, cooked chicken (use last night’s

leftovers), microwaved frozen vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Ground beef (browned and drained), canned kidney beans (drained), shredded cheddar cheese, low-fat sour cream, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended).

Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. ♥



OUR PURPOSE

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

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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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