

Costello Cardinal Newsletter



Costello Elementary School
1333 Hamman Drive
Troy, MI 48085
(248) 823-3700 (Main Line)
(248) 823-3701 (Attendance)
(248) 823-3713 (Fax)
<http://costello.troy.k12.mi.us/>

Accredited by the North Central Association of Colleges and Schools



Dr. Tammy DiPonio, Principal

Co-Head Teachers: Dr. Karen Reese and Grayson McKinney
Jennifer Martus, Principal's Secretary ~ Jillian Cavellier, Office Support

January 2019



Jan. 7-10: Vision Screening Preschool, 1st, 3rd, and 5th

Jan. 9: Student Council Mtg 4:15-5:00

Jan. 14: PTO Mtg 7:00 PM

Jan. : F & P Testing (periodically through month of Jan.)

Jan. 16: Student Council Mtg 4:15-5:00

Jan. 21: No School~MLK Day

Jan. 29: Festival of Choirs 7:00 PM (5th grade-Athens)

Feb. 6: Early Release ~ dismissal 1:10 PM

Feb. 6: Parent Preview (5th Grade Growing-Up)

Feb. 11: PTO Mtg 7:00 PM

Feb. 13: Count Day—Please Be PRESENT 😊

Feb. 18-19: No School ~ Mid Winter Break

March 1: Costello Adult Auction

March 8: K-5th Grade No School

**March 16: Family Fun Fair
10:00 am ~ 2:00 pm**

**April 10: Kindergarten
Roundup ~ Parents ONLY ~
6:30**



Live Open Handed

Recess Inside or Outside?

20°F Recess is held outside

15-19°F Wind conditions will determine

14°F or Below: Inside Recess

“Weather Bug” for updates.

Troy School District policy states that there will be no outdoor recess when temperatures are below 15°. If temperatures are between 15° and 19°, the wind chill factor will be considered. ***It is important that children dress appropriately:*** boots, hats, gloves/mittens and a warm coat. **All students are expected to participate in recess.** Fresh air and physical play help develop fitness and increase children's ability to focus during learning times. Generally, if a child is well enough to attend school, they are well enough to go outside for a short break and to get some fresh air.

Be at war with your vices, at peace with your neighbors, and let every new year find you a better person.

Benjamin Franklin



5th Grade IOWA Testing

The Iowa Test of Basic Skills (ITBS) will be administered to all fifth grade students throughout the Troy School District throughout January. At Costello testing will take place January 9th—11th.

Parents can assist by making sure their child(ren) get plenty of sleep and eat a good breakfast - especially on test days!! Most of the testing will be given in the mornings.

Teachers will provide further details. If possible, please avoid scheduling doctor, dental, or any other appointments during testing days.

Thank you for your support!

MUSICAL NOTES...



Costello's 5th Grade
"Festival of Choirs" will take place . . .

Tuesday, Jan. 29

at Athens High School.

The performance begins at 7:00 pm and will last approximately one hour. This year's rehearsal will take place at Athens during the school day. More info to come.



Thank you Costello Families for supporting the Giving Tree !!

The Costello Communities' care and concern for others was demonstrated once again through this past year's annual Giving Tree.

We are proud of and grateful for our Costello families' year-round generosity. Thanks to all of your donations a number of children and local families felt loved and cared-for.

Thank You for creating smiles and sunshine over the holidays and year-round!!!

Kindergarten

ATTN: All Potential Kindergarteners

Please call Costello (248/823.3700) if you have a child who will be five on or before September 1st, 2019. Plans are underway for 2019/2020 kindergarten enrollment.

If you have called Costello with your incoming kindergarten information, you can expect to receive an enrollment packet by February 1st. If you're not sure, please e-mail jcavellier@troy.k12.mi.us. After January 30th, packets can also be picked up in the school office.

Enrollment is a two-step process. After you've reviewed the information packet, you can complete step 1 on-line www.troy.k12.mi.us. Once you've completed the on-line application, you'll need to compile all of the required documents and go to the TSD office at Central Enrollment

Actual registration for Costello students will take place at the Troy School District's Central Enrollment Office at the Administration Building as follows....

DAY/DATE	HOURS
Mon., Jan. 28, 2019	8:00 - 11:00 a.m.
	1:00 - 4:00 p.m.
Tue., Jan. 29, 2019	8:00 - 11:00 a.m.
	5:00 - 7:00 p.m.
Wed., Jan. 30	8:00 - 11:00 a.m.
Thur., Jan. 31, 2019	8:00 - 11:00 a.m.
	1:00 - 4:00 p.m.

Enroll for Kindergarten at the:

Troy School District
Board Rm – Located in the Admin. Building
4400 Livernois, Troy, MI 48098

www.troy.k12.mi.us
248/823-4002

SAVE THE DATE: **Kindergarten Round-Up—April 10 @ 6:30 PM**

(PLEASE~Parents Only on this date)

Please spread the word to all parents with kindergarten-age children that live in the Costello home school area, to e-mail at jcavellier@troy.k12.mi.us to be put on the kindergarten list.



IT IS AUCTION TIME!!!

YOUR INVITATION IS IN THE MAIL for the 14th Annual Costello Auction! It will be here before you know it! This adult only evening auction will be held on Friday, March 1, at our new venue, the San Marino Club in Troy.

There are tons of NEW and exciting auction items!

Do not delay! Get the hottest ticket in town! We are currently offering the **Early Bird Special** for ticket sales:

- \$45 per ticket NOW THROUGH January 25th
- \$50 per ticket after January 25th
- **\$55 per ticket at the door**
- **\$500 per table reservation of ten! Reserve your table as a group by January 25th and guarantee who you sit with!**



Save the date & join the [Costello Elementary School PTO](#) on Facebook for daily updates of the latest donations, who is attending and much more.

Your Book Fair Purchases Support Costello!!!

Big shout-out to Costello volunteers and parents. Thanks to you, Costello students continue to benefit from the profits of another successful Scholastic Book Fair.

This year's holiday purchases were some of the best ever! We had over \$2,000 in book sales! Book fair proceeds are used to purchase new library books for



Costello students. **In addition to providing new educational reading materials for all Costello students, your support helps reinforce a love of reading!**



The Troy School District

is processing

Kindergarten

ENROLLMENT

If you have a child that will be five on, or before, Sept. 1, 2019, they are eligible to attend Kindergarten @ Costello for the 2019-20 school year. Please visit, <http://www.troy.k12.mi.us> click on "New Student Enrollment" to review step-one of the enrollment process. Once you have acquired the necessary documents, you will go to the District's Office "Central Enrollment" (see schedule below) to complete enrollment.

Troy School District ~ Central Enrollment

4400 Livernois

Troy, MI 48098

DAY/DATE	HOURS
Monday, January 28, 2019	8:00 - 11:00 a.m.
	1:00 - 4:00 p.m.
Tuesday, January 29, 2019	8:00 - 11:00 a.m.
	5:00 - 7:00 p.m.
Wednesday, January 30, 2019	8:00 - 11:00 a.m.
Thursday, January 31, 2019	8:00 - 11:00 a.m.
	1:00 - 4:00 p.m.



Setting the Standard for Excellence in Education



Please join us for **Kindergarten** Round Up

Class of 2032

Costello Elementary School

1333 Hamman



Wednesday, April 10, 2019

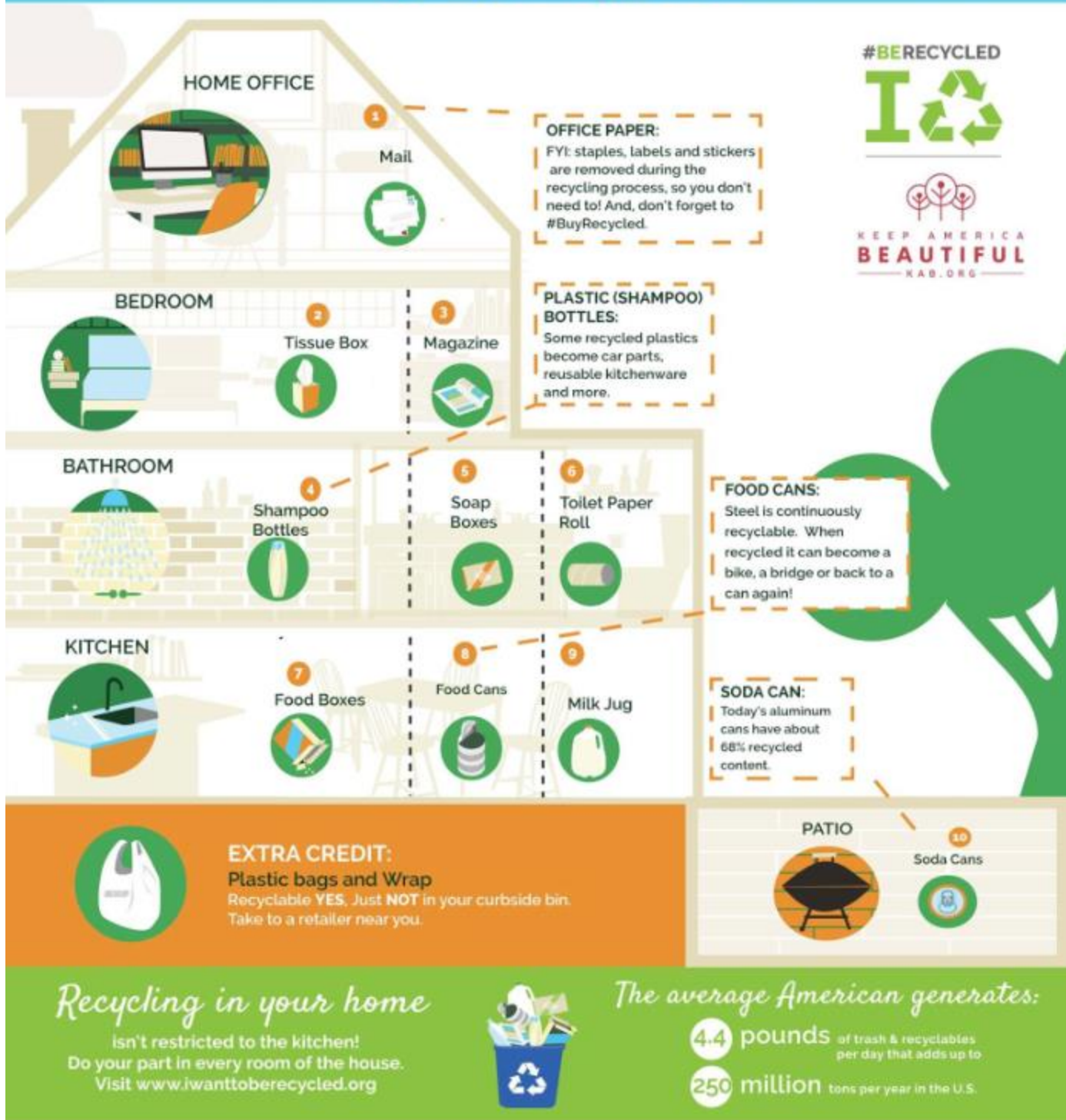
6:30 PM

This is a special event for incoming Kindergarten Parents ONLY.



Setting the Standard for Excellence in Education

TOP 10 THINGS TO RECYCLE *In Your Home*





February is Incredible Kid Month!

The Troy Community Coalition is proud to honor Incredible Kids during the month of February. This is a wonderful opportunity for parents, teachers and adults to recognize a child, between the ages of 5 and 12, who has made a positive impact within your school and/or community. The child may be a positive influence within the classroom, shoveled snow for a neighbor, volunteered for your organization or overcome an obstacle. A healthy society recognizes the importance of all members of their community. Incredible Kid Recognition show young people that the community cares, appreciates them, and wants them to grow up healthy and drug free.

The Troy Community Coalition for the Prevention of Drug and Alcohol Abuse wants to honor these wonderful, considerate, young people. **We will recognize these Incredible Kids at a special Coalition ceremony held at the Troy Community Center on Thursday evening, February 21, 2019.** Please spread the word and take the time to nominate an Incredible Kid!

Submit this form along with a donation of your choosing so the Coalition may continue to offer programs benefiting all who live or work in Troy. Due to space limitations at the Troy Community Center nominations are accepted for individuals and/or small groups only. Thank you for your participation.

Child's Name: _____ **School:** _____

Phonetic spelling: _____

Address: _____ **City:** _____ **Zip:** _____

Family Phone: _____ **Family Email:** _____

Why is this child 'incredible'? Please type (using third person narrative) below or send as an attachment

(Written statement become part of the public record at the Incredible Kid Recognition event. Pictures taken at the event may appear in media outlets.)

Nominator's Name: _____

Phonetic spelling: _____

Address: _____ **City:** _____ **Zip:** _____

Phone: _____ **Email Address:** _____

Relationship to child: _____

Submit nomination form by **January 31, 2019** to mwiwel@troy.k12.mi.us

Or send to –

Troy Community Coalition / Incredible Kid Recognition
4420 Livernois; Troy, MI 48098

If you have questions please contact Marianne Wiwel at mwiwel@troy.k12.mi.us or (248) 823-5088.

The Troy Community Coalition for the Prevention of Drug and Alcohol Abuse is a nonprofit organization dedicated to improving the quality of life for all who live or work in Troy by promoting a lifestyle free from the abuse of alcohol and drugs and its impact on behavioral health.

LARSON MS

SKI CLUB

SKI OR SNOWBOARD STUDENT PATCH PROGRAM

Ski or Snowboard for a
reduced rate!

RATES

\$20 Membership Card
\$20 Lift Ticket
\$20 Ski Rental
\$20 Snowboard Rental
\$10 Helmet Rental

FOR ADDITIONAL INFO, CONTACT

Heather Ciurla
hciurla@hotmail.com
248-321-0233

Marlo Esser
marloesser@yahoo.com
Jen Lee
jlee@troy.k12.mi.us

WEDNESDAY
NIGHTS
@PINE
KNOB

OPEN TO AGES
7-18





TROY SCHOOL DISTRICT PRESCHOOL

COMING FALL 2019

Information Night - January 15, 2019 at 6pm
4777 Northfield Parkway
Troy High School Auditorium



Half-Day and Full-Day Options Available
Before and After School Care Available

EXPLORE • CREATE • CONNECT

MONDAY



TUESDAY

1

For announcements and more, follow us on Facebook and Twitter!



@TSDfoodservice



@TSDnutrition

WEDNESDAY

2

Lunch Prices
Student Lunch Price \$2.40
Reduced Lunch Price \$0.40
Free & Reduced Applications are available at your school office, or call the Food Service Office @248-823-5089
A La Carte Prices:
Milk - \$.35/Juice - \$.50

THURSDAY

3

FRIDAY

4

Select one main item each day, then choose from the side items offered.

1. Chicken Tenders with Biscuit
2. Soybuter and Jelly Sandwich
3. Crispy Chicken Salad with Biscuit

Smiley Fries,
Baby Carrots, Broccoli, Apple Slices, Peaches

1. Garlic Cheese Flatbread
2. Italian Sandwich
3. Chef Salad with Breadstick

Green Beans
Baby Carrots, Celery Sticks
Apple, Pineapple, Grapes

1. Cheese Pizza
2. Pepperoni Pizza
3. Soybuter and Jelly Sandwich
4. Fajita Salad with Tortilla Chips

Salad Leafy Greens, Baby Carrots, Chickpea Salad, Mixed Fruit, Apple Slices, Bananas

1. Walking Tacos with Beef or Beans
2. Turkey and Cheese Sandwich
3. Mini Mouse Salad with Dinner Roll

Refried Beans, Baby Carrots, Celery Sticks, Peaches, Apple, Grapes

1. Cheese Stromboli with Marinara
2. Mini Corn Dogs
3. Garden Salad with Breadstick

Steamed Broccoli, Baby Carrots, cucumber, pears, apple slices, orange smiles

Skim white milk, 1% white milk, and fat free chocolate milk are available daily.

1. Chicken Nuggets with Roll
2. Grilled Cheese Sandwich
3. Peppi Pizza salad with Breadstick

Tomato Soup, Baby Carrots, Cucumber, Apple, Oranges, Mixed Fruit

1. Soft Pretzel with Yogurt Cup
2. American Sub Sandwich
3. Garden Salad with Dinner Roll

Smiley Fries, broccoli, Carrots, Applesauce, Mandarin Oranges, Grapes

1. Cheese Pizza
2. Pepperoni Pizza
3. Soy Buter and Jelly Sandwich
4. Crispy Chicken Salad with Breadstick

Salad Leafy Greens, Baby Carrots, Celery Sticks, Apple, Pineapple, Bananas

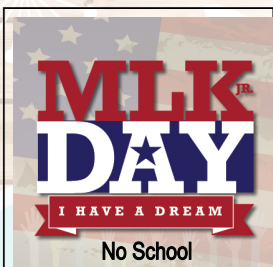
1. Beef and Cheese Nachos
2. Bean and Cheese Nachos
3. Italian Sandwich
4. Chef Salad with Breadstick

Refried Beans
Baby Carrots, Celery Sticks, Apple Slices, Mixed Fruit, Oranges

1. Waffles and Turkey Sausage
2. Hot Dog
3. Taco Salad with Tortilla Chips

Hash Brown Patty, Broccoli, Celery Sticks, Applesauce, Grapes, Oranges

Each meal has five components. To receive the meal price students must take three of five components and one must be a fruit or a vegetable.



1. Spaghetti and Meatballs
2. Spaghetti and Marinara with Cheese
3. Mini Corn Dogs
4. Peppi Pizza Salad with Breadstick

Green Beans, Baby Carrots, Celery Sticks Grapes, Peaches, Apple Slices

1. Cheese Pizza
2. Pepperoni Pizza
3. American Sub
4. Chicken Fajita Salad with Tortilla Chips

Salad Leafy Greens, Baby Carrots, Chickpea Salad, Pears, Apple Bananas

1. Soft Beef and Cheese Tacos
2. Soft Bean and Cheese Tacos
3. Turkey and Cheese Sandwich
4. Crispy Chicken Salad with Roll

Refried Beans, Baby Carrots, Cucumber, Mandarin Oranges, Apple Slices, Grapes

1. Mac and Cheese with Dinner Roll
2. French Toast Sticks with Turkey Sausage
3. Classic Chef Salad with Dinner Roll

Steamed Broccoli
Baby Carrots, Celery Sticks, Mixed Fruit, Apple, Oranges

1. Turkey Hot Dog
2. Soybuter and Jelly Sandwich
3. Chef Salad with Dinner Roll

Baked Beans
Baby Carrots, Broccoli, Peaches, Oranges, Apple

1. Chicken Patty Sandwich
2. Baked Penne
3. Greek Salad with Dinner Roll

Green Beans
Baby Carrots, Chickpea Salad, Pineapple, Apple, Bananas

1. Cheese Pizza
2. Pepperoni Pizza
3. Italian Sub
4. Crispy Chicken Salad with Breadstick

Salad Leafy Greens, Baby Carrots, Celery Sticks, Pears, Apple, Mandarin Oranges

1. Beef and Cheese Nachos
2. Bean and Cheese Nachos
3. Turkey and Cheese Sandwich
4. Peppi Pizza Salad with Breadstick

Aztec Corn
Celery Sticks, Baby Carrots, Apple Slices, Mixed Fruit, Oranges

1. Pancakes with Turkey Sausage
2. Pulled Pork Sandwich
3. Taco Salad with Tortilla Chips

Hash Brown Patty
Broccoli, Cucumber, Applesauce, Grapes, Oranges

Supporting Achievement

Learning is best achieved when children are attentive and ready to learn in the classroom. If children are tired, hungry or uncomfortable, it makes learning more difficult. We can all help support the achievement process by remembering some basic numbers: 5,4,3,2,1 + 8. These numbers represent the basic essentials that are needed to support student achievement in the classroom. The numbers refer to:

5 servings of fruits and vegetables, 4 glasses of water, 3 good laughs, no more than 2 hours of screen time, 1 hour of physical activity, and 8 hours (or more) of sleep.

The proper combination of good nutrition, hydration, physical activity and sleep, coupled with a dose of laughter is powerful.

Kicking off the day with a healthy breakfast that includes fruits is a perfect start to 5 servings of fruits and vegetables daily. In addition, substituting water with flavor infused fruit instead of soda or other sweetened beverages, not only offers another fun way to add fruit to the diet, but it also supports hydration. Being physically active every day helps relieve stress, improve concentration and boost energy levels, thus improving focus in the classroom. And finally, anything less than 8 hours of sleep can cause children, and adults, to be less attentive throughout the day, retain less information, and overall struggle to learn as well as others who get the right amount of sleep each night. It's a pretty simple rule to remember – 5,4,3,2,1 + 8 – help make it part of your family's new year resolution.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

The Power of Sleep

Today, an overwhelming majority of students are not getting enough sleep. This lack of sleep is a serious problem and can negatively impact learning. Students come to school early, spend hours in the classroom listening and taking tests, then run off to practices and play dates and then come home to be faced with homework or chores. While their day may not sound as stressful as an adults, it's a busy schedule for people their age so adequate sleep is essential to help them prepare to be their best every day. The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years.

Not only is the number of hours important, but so is the quality of sleep. Talk to your children about how well they are sleeping. It's an important and simple thing that can be adjusted to help support their overall achievement.

Source: **WebMD Feature: "How Much Sleep Do Children Need?"**

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
70 calories, 1g fat,
20mg sodium, 1g fiber



Sodexo's menu app with nutrition and allergen information!

We are excited to announce our new nutrition app, So Happy!

Download today from the app store or google play by searching for So Happy by Sodexo, or scanning either of the images to the right.

The app will allow you to see the daily menu as well as the nutrition and allergy information for each item served. We are "So Happy" to bring this information right to your fingertips!



Scan to download the So Happy app from the Google Play Store.



Scan to download the So Happy app from the App Store.