

# Costello Cardinal Newsletter



Costello Elementary School  
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Accredited by the North Central Association of Colleges and Schools



**Dr. Tammy DiPonio, Principal**  
**Dr. Karen Reese & Grayson McKinney, Co-Head Teachers**  
Jennifer Martus, Principal's Secretary  
Jillian Cavellier, Office Support



**Our Mission:** Costello Elementary is a place where thinking is valued,  
visible and actively promoted

**March 2019**

## ★March is Reading Month★

- March 1:** Fair Posters Due
- March 1:** Adult Auction—6:30 San Marino Club
- March 8:** K-5 (only) No School
- March 10:** Spring Forward
- March 13:** Student Council Meeting
- March 16:** 10:00-2:00 p.m. Costello School Fair
- March 17:** **Happy St. Patrick's Day!**
- March 21:** Half Day—10:59 Dismissal
- March 21:** Spring Conferences
- March 26:** 4th Grade Field Trip—Apple Store
- March 29:** No School –Teacher Work Day
- April 1-April 6:** No-School: Spring Break
- April 8:** School Resumes—Full Day
- April 25:** Early Release—1:09 Dismissal
- April 10:** Kindergarten Round-up 6:30 PM  
**Parents Only**
- April 17:** Blood Drive

## Adult Auction



**March 1, 2019**  
**6:30—11:00 p.m. The**  
**San Marino Club**

Tickets may be purchased at the door the  
night of the auction for \$55

**Costello Family Fair—**  
**Sat., March 16**  
**10:00—2:00 p.m.**



## NO SCHOOL

**March 29 through April 6 Spring Break**  
**School Resumes Monday, April 8**



## And the Winner is . . .

Many thanks to ALL that cut-out and collected Box tops.

### Mrs. Dagenais, 1st Grade Class ~ 1st Place Winners!



Dagenais' class will celebrate their first place status with a popsicle party!

Collectively, **over \$400** was raised!!!

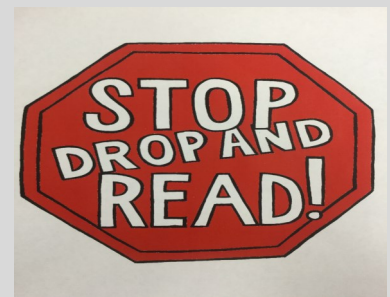
Overall, 4,000 box tops were collected. Everyone is asked to continue to cut-out and turn-in BoxTops.

*\*\*\*Special thanks to Jenn Ford for managing this massive undertaking!*

## March is Reading Month

### Stop, Drop & READ!

Students will be bringing home information about our school-wide "Stop Drop & Read" program. The information will also be posted on our school website.



**Mark these special "Spirit Days" on your calendar:**

- Wednesday, 3/6: "Team-Up" Wear your favorite team
- Friday, 3/15: "PJ Day" Wear your PJs and visit Camp Read S'more
- Friday, 3/22: "Cardinal Spirit Day!" Wear Costello spirit wear!
- Wednesday, 3/27: "Hats Off to Reading" wear a favorite and/or fun hat



## SAVE THE DATE!

**Wednesday, April 17<sup>th</sup>**

Heroes Blood Drive ~ 2:00pm – 7:45 pm @ Costello

Help us save lives through our annual Blood Drive!

Stay tuned, a link will be sent to schedule your donation.





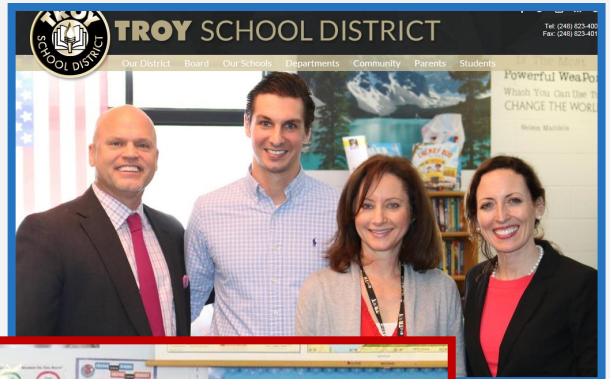


Once again, Costello students were awed and inspired by their recent Science Alive experience. Students got to see, hear and touch a variety of unique animals while in small groups right in their own classrooms. Included among the wide variety of animals was a Giant Python, Chin-chilla, Sloth and Tenrec, two brothers from Madagascar. Science Alive teaches students about animals through a very personal and memorable hands-on experience. This exceptional program was made possible by Costello's PTO.



## CONGRATULATIONS Costello AWESOMENESS

Among Costello's excellent teaching staff, six were nominated this year, for the annual Teacher of the Year award. Congratulations to Sharon Callas, Julie Eldridge, Lindsey Maliepaard, Zach Rondot, Karen Reese and Matt Tignanelli for their nominations. Every year, current and former students and parents nominate teachers throughout the Troy School District to be selected as *the* teacher of the year. We are especially proud of our 4th grade teacher Zach Rondot for being elected as this year's #1 elementary Teacher of the Year. So well deserved!!!! Mr. Rondot is known for being innovative, creative, inspirational and empowering his students to learn, engage and be positive change-makers.



## Have Fun, Make Friends, See New Things with PACK 1718

Pack Meeting, Mon., April 22nd, Costello Cafeteria 6:30 - 7:30  
PM: To Build and to launch a water bottle rocket!

All boys, Kindergarten through 5th grade, are welcome.

Email [bsa.pack1718@gmail.com](mailto:bsa.pack1718@gmail.com) with any questions.



### EARN YOUR "EXPERIENCE UNLIKE ANY OTHER" BADGE.

A photograph of three young boys, Cub Scouts, standing in a forest. They are wearing backpacks and holding walking sticks. The boy in the foreground is smiling and holding a stick. The other two boys are slightly behind him, also smiling. The background shows trees and a path.

When you sign up your son for Cub Scouting, you're signing him up for much more than an after-school activity. Whether he's camping for the first time or catching his first fish, your son will be taking part in activities that are fun, as well as building his character and starting him on a path to success. While there are lots of cool badges to earn, the experiences he has along the way will be the true rewards.

[www.BeAScout.org](http://www.BeAScout.org)

#### DISCOVER THE SCOUTING EXPERIENCE

- Family Camping
- Pinewood Derby®
- Outings and Field Trips
- First Aid
- Hiking
- Swimming
- Outdoor Games
- Woodcrafts
- Sports
- Community Service

The Cub Scouts logo, featuring a diamond shape with a tree and a boy inside, and the text "Cub Scouts" below it.

Cub Scouts  
Boys ages 7 to 10,  
or grades 1-5

The Boy Scouts of America logo, featuring a diamond shape with a tree and a boy inside, and the text "Boy Scouts of America" below it.

Prepared. For Life.™

Social media icons for Facebook, Twitter, YouTube, and a generic social media icon.

## MARCH 21 CONFERENCES 1:45-4:40 and 5:45-8:25

This year's spring conferences will be held for kindergarten through 5th grade students on Thursday, March 21, 2010. Due to conferences, March 21 will be a half day for K-5 students only. Costello students will be dismissed at 1:00.

Unlike the November conferences, teachers **will not meet** with all parents. If your student's teacher feels that it would be beneficial to schedule a conference time, they will contact you.

The conference sign-up link will be E-Blasted to all parents March 14. If you have not been contacted by your students teacher but would still like to meet with them, you can use the link to schedule a conference time.





## "Today a Reader... Tomorrow a Leader!" March is Reading Month 2019

Dear Costello Families:

Are you ready for March is Reading Month? We have some fun things planned to celebrate our enthusiasm for reading! Attached you will find all the information you will need to participate in this year's events.

**Reading Calendar:** Here you will find one idea for every day in March. Although most of these activities are suggestions for home, some events do take place at school. They are just ideas to encourage your child to experience something new with reading as often as possible. Please post the attached calendar in a place where you and your child will read it daily!

**Author Visit:** Michigan author Philip Stead will be visiting Costello on Tuesday, March 12<sup>th</sup>. We look forward to hearing him talk about his books!

**DEAR (Drop Everything and Read) Days:** Students will be given a special cinch sack to keep their books in and will take them everywhere during the school day. Every day at a random time there will be an announcement that it is time for DEAR. Students and staff will stop and read the books they have in their cinch sacks!

**Reading Logs:** See attached sheet with an explanation of how the weekly Reading Logs will work. Please keep these in a safe place so your child can submit a "log" each Thursday for a chance to win one of our weekly prizes. Cut off the week's slip and return to school each Thursday in March. We will have four drawings for prizes throughout the month. Any logs turned in after 12:45 Thursday will be entered into the next week's drawing. **Every student who turns in at least three of the four reading logs will earn a prize!**

**Camp Read S'more Day:** Our annual "Camp Read S'more" will be on Friday, March 15. All students will gather in the media center with their buddy classes to read in tents and share yummy s'mores around our "campfire".

**Spirit Days:** We will have fun dress up days throughout the month. Check the attached calendar for these special days.

The Costello staff is looking forward to a fun-filled month celebrating reading! ☺



# Today a Reader, Tomorrow a Leader!

## March Activity Calendar



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1  Read a nonfiction book!	2  Read an old favorite tonight!
3  Read a fantasy book.	4  Read a mystery!	5  Read with a friend!	6 <b>SPIRIT DAY!</b> <b>TEAM UP DAY!</b> <b>Wear your favorite team clothing and team up to read!</b>	7  <u>Reading Coupon</u> <u>#1 Due!</u>	8  No School Today! Read a biography.	9  Play a board game that requires reading.
10  Visit the Troy Public Library and read a new book!	11  Read a book by a Michigan Author!	12  <b>Author Philip Stead visits Costello today!</b>	13  Read a book about a new country!	14  <u>Reading Coupon</u> <u>#2 Due!</u>	15  <b>SPIRIT DAY!</b> Dress up in your PJs and visit Camp Read S'more in the library today!	16  <b>School Fair</b> After the fair, kick back and read to your pet or stuffed animal!
17 <b>Happy St. Patrick's Day!</b> Read a book about Leprechauns !	18  Read a book by your favorite author	19  Read a book about an animal and share a new fact with someone!	20  Read a comic book about your favorite superhero!	21  <u>Reading Coupon</u> <u>#3 Due!</u>	22  <b>SPIRIT DAY!</b> Show your Cardinal pride and wear Costello shirts today!	23  Read a bedtime story with a flashlight.
24 Read an award winning book! 31 Read and enjoy a good snack!	25  Read a book about another country!	26  Get comfy and read in your bed.	27  <b>SPIRIT DAY!</b> <b>HATS OFF TO READING!</b> Wear a hat to school today!	28  <u>Reading Coupon</u> <u>#4 Due!</u>	29  No School Today! Read a fiction book.	30  Read to someone you love.



# Today a Reader... Tomorrow a Leader! #costelloreaders



It is our goal to have every child reading 5 days a week. Of course, more is always better! Use the slips below to keep track of your daily reading. Circle each day your child reads for the age-appropriate minutes. Cut off the week's slip and return on the Thursday of each week. We will have four drawings for prizes throughout the month. Any slips turned in after 12:45pm on Thursday will be entered into the following week's drawing.

KDG and 1<sup>st</sup> grade = 15+ minutes per day

2<sup>nd</sup> and 3<sup>rd</sup> grade = 20+ minutes per day

4<sup>th</sup> and 5<sup>th</sup> grade = 30+ minutes per day

## **Cardinal Reading Log**



Week #3

Return on March 21<sup>st</sup>

Mon. Tue. Wed. Thurs. Fri. Sat. Sun.

**Circle the 5 or more days your child reads!**

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Teacher: \_\_\_\_\_

## **Cardinal Reading Log**



Week #4

Return on March 28<sup>th</sup>

Mon. Tue. Wed. Thurs. Fri. Sat. Sun.

**Circle the 5 or more days your child reads!**

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Teacher: \_\_\_\_\_

## **Cardinal Reading Log**



Week #2

Return on March 14<sup>th</sup>

Mon. Tue. Wed. Thurs. Fri. Sat. Sun.

**Circle the 5 or more days your child reads!**

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Teacher: \_\_\_\_\_

## **Cardinal Reading Log**



Week #1

Return on March 7<sup>th</sup>

Mon. Tue. Wed. Thurs. Fri. Sat. Sun.

**Circle the 5 or more days your child reads!**

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Teacher: \_\_\_\_\_



## CAREER READINESS PARENT EXPO

### "The Parent Role in Career Readiness"

Tuesday, March 26, 2019 | 5:30 - 8:30 p.m.

Oakland Schools

An evening for parents of K-12 students to receive important information to help them support their children as they become Career Ready. Such as:

- Essential information from advanced manufacturing, construction/energy, health sciences and information technology
- Latest technology, employment trends and need, now and in the future
- Explore all post-secondary options
- Career Readiness components, strategies, tips and tools parents or kids can use
- Soft skills: How parents can help their child develop the skills needed by all employers
- Today's hiring practices and the importance of fit

Students are welcome to attend

**Registration** <https://tinyurl.com/OSCRPE>

**OaklandSchools**

### Event Highlights

5:30 Appetizers and Networking  
with Industry Representatives

6:30 Keynote Speaker  
Patrick Grattan, Author  
"How to Choose a Career:  
*A Proven Method for Finding a Job  
You Will Love*"

7:00 and 7:45 Industry Panels and  
Career Readiness Presentations





# Oakland County Apprenticeship Showcase

Wednesday, March 13, 2019 | 6:30 - 8:30 p.m.

Oakland Community College  
Auburn Hills Campus - F Building

### Opportunity Overview

Parents, students and members of the community are invited to visit with industry partners to:

- Learn about occupations that lead to a registered apprenticeship.
- Hear from a panel of employers and apprentices who have navigated the process.
- Network with employers.

*Provided in partnership with Oakland Schools,  
Oakland Community College and  
Oakland County MI Works!*

### Registration

Click this link to use Eventbrite to register for this free event:

<https://www.eventbrite.com/e/apprenticeship-showcase-tickets-52618921611>

### QUESTIONS?

#### Community Members and Employers:

Contact Therese Geer  
[tageer@oaklandcc.edu](mailto:tageer@oaklandcc.edu) or 248.232.4274

#### Parent and Students:

Contact Daphne Hoeft  
[cfe@oakland.k12.mi.us](mailto:cfe@oakland.k12.mi.us) or 248.209.2516



OaklandSchools

Oakland Schools | [cfe@oakland.k12.mi.us](mailto:cfe@oakland.k12.mi.us)





#### MONDAY



#### TUESDAY

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



#### WEDNESDAY

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



#### FRIDAY

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

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

1. Turkey Hot Dog
  2. Soybutter 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

- No School

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

1. Baked Chicken Drumstick with Dinner Roll
  2. Grilled Cheese Sandwich
  3. Taco Salad with Tortilla Chips
- Baked Beans  
Baby Carrots, Broccoli,  
Pineapple, Oranges, Apple

1. Cheeseburger
  2. Hamburger
  3. Veggie Burger
  4. Cheesy Breadsticks with Dipping Sauce
  5. Crispy Chicken Salad with Breadstick
- Steamed Broccoli  
Baby Carrots, Celery Sticks,  
Pears, Oranges, Apple Slices

1. Cheese Pizza
  2. Pepperoni Pizza
  3. Chicken Salad Sandwich
  4. Classic Chef Salad with Breadstick
- Salad Leafy Greens, Baby  
Carrots, Chickpea Salad,  
Peaches, Bananas, Grapes

1. Beef and Cheese Nachos
  2. Bean and Cheese Nachos
  3. Fruit Muffin and Yogurt Cup
  4. Peppi Pizza Salad with Dinner Roll
- Refried Beans  
Baby Carrots, Cucumber,  
Apple, Mandarin Oranges,  
Pears

1. French Toast Sticks with Turkey Sausage Patty
  2. Ham and Cheese Sandwich
  3. Garden Salad with Breadstick
- Tater Tots, Baby Carrots,  
Celery Sticks, Grapes,  
Oranges, Apple

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. Chicken Tenders with Biscuit
  2. Soybutter 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. Soybutter and Jelly Sandwich
  4. Fajita Salad with Tortilla Chips
- Salad Leafy Greens, Baby  
Carrots, Chickpea Salad, Mixed  
Fruit, Apple Slices, Bananas

- Students Attend AM Only
- No Lunch

1. Cheese Stromboli
  2. Mini Corn Dogs
  3. Garden Salad with Breadstick
- Steamed Broccoli, Baby  
Carrots, cucumber, pears,  
apple slices, orange smiles

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

- Early Release Day
- No Lunch

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

- No school



## National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at [www.choosemyplate.gov](http://www.choosemyplate.gov).



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

[liftoffspayground.com](http://liftoffspayground.com)

### The Story About Fat

Fat is one of three nutrients that contribute calories to our diet. The other two nutrients are carbohydrates and protein. Of the three, fat provides more than double the number of calories per gram, which means many people aim to eat less fat in order to control their weight. Although fat has received a bad rap over the years, fat does have the important function of providing our bodies with calories, it ensures we have insulation, provides two important essential fatty acids (alpha linolenic acid and linoleic acid), which are needed for a variety of body functions, including healthy brain development in children. There are however, some fats that are less favorable for our health. These fats are saturated and trans fats. Both fats can contribute to raising your blood cholesterol, which is not good for your heart.

*The Dietary Guidelines for Americans 2010* recommend that Americans:

- Consume less than 10% of calories from saturated fats.
- Replace solid fats with oils when possible.
- Limit foods that contain synthetic sources of *trans* fatty acids (such as hydrogenated oils), and keep total *trans* fatty acid consumption as low as possible.
- Eat fewer than 300 mg of dietary cholesterol per day.
- Reduce intake of calories from solid fats.

#### Age Group

Children ages 2 to 3

Children and adolescents ages 4 to 18

Adults, ages 19 and older

#### Total Fat Limits

30% to 40% of total calories

25% to 35% of total calories

20% to 35% of total calories

If you need help learning more about how much fat to include in your diet, consider an appointment with a registered Dietitian (RD). An RD will take into consideration your medical history, blood work, lifestyle and current eating habits before providing you with guidance on what you should be eating to maximize your intake of healthier fats.

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

#### KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.



**So Happy**

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.