

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)
costello.troy.k12.mi.us

Accredited by the North Central Association of Colleges and Schools

Dr. Tammy DiPonio, Principal

Karen Reese & Grayson McKinney Co-Head Teachers
Jennifer Martus, Principal's Secretary
Jillian Cavellier, Part-Time Office

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



- April 1-5:** Spring Break—No School
- April 8:** School Resumes—Full Day
- April 8:** PTO Meeting 7:00 PM
- April 10:** Kindergarten Round-Up 6:30 PM
- April 22:** Spring Fun Day Pictures
- April 15:** Parent Info Night @ Larson 7 PM
- April 16:** Band Concert AHS
- April 24:** 4th Grade Sheepshank Sam

- April 25:** Early Release—1:10 Dismissal
- April 26:** Costello Ice Skating (Onyx)

- May 1:** Strings Concert @ AHS Auditorium
- May 6:** Safety Orange Bowl
- May 6-10:** Teacher Appreciation Week (tentative)
- May 8:** Student Council Meeting 4:15-5:00
- May 13:** 5th Graders Visit Larson
- May 13:** PTO Meeting 7:00 PM Media
- May 15:** Early Release—1:10 Dismissal
- May 15:** Blood Drive @ Costello 2:00-8:00
- May 20:** Costello Book Fair Starts
- May 24:** Kickball/Picnic/Field Day
- May 27:** No School—Memorial Day
- May 14:** PTO Meeting 7:00 PM
- May 14:** 5th Graders Visit Larson

- June 10:** PTO Meeting 7:00 PM
- June 11,12,13:** Half-days
- June 11:** 5th Grade Celebration
- June 12:** Movie Mile
- June 13:** Last Day of School



On Saturday, March 23, Costello's 3rd grade students, Anay Pai and Nishaad Sandip Patil participated in the National Math Pentathlon held at Bloomfield Hills High School. Anay Pai's participation got him into the 2019 Math Pentathlon Hall of Fame and a Gold Medal. Nishaad Sandip Patil received Honorable Pentathlete Recognition for his participation.



ATTN: Kids who will be 5 yrs old by Sept. 1, 2019

All children who will be five by September 1, 2019 should now be enrolled to attend Kindergarten in the fall. On Wednesday, April 10th incoming-kindergarteners (and their parents) will attend Costello's Kindergarten Round-up event starting at 6:30.

Please call (248/823.3700) with questions.



Hip—Hip Hooray to our Costello PTO Auction Committee!!! Although we could never name everyone that lends support to the auction, none of it would be possible without the auction committee. Many thanks to these ladies for their endless commitment to support learning for Costello students. Bravo to this year's auction committee Lindsey Maliepaard, Gina Gelement, Laura Saleski, Katie Monhaut, Lauren Guthrie, Any Miller, Angela Whitmore, Aimee Soosoo, Kristin Cermak and (*in shot right of group*) Dawn Leonard (Honorary Committee Member).



The Auction Committee would like to thank everyone that attended, donated and volunteered. With all of the support from our Costello family, friends and community we were able to raise over \$27,000! We are grateful to all of our generous supporters and looking forward to next year's 15th annual event.

Please e-mail the auction committee with any comments, concerns or suggestions: auction-



Spring Book Fair



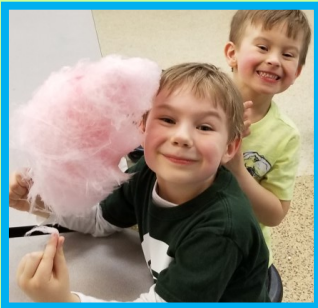
Costello's spring Book Fair will take place
Monday, Tuesday & Wednesday, May 20—22.

More details to come!

Costello's Annual Fair ~ Making Memories!!!

A HUGE Shout-Out to all of the volunteers who helped make this year's Fair another success. On behalf of all of the students, who had a complete blast at the Fair, we thank you! Whether you donated time to help run a room, made a basket, organized ticket sales, served food or provided baked goods, your support is important and appreciated! Special thanks to Team Henderson (especially Lauren ☺) for chairing the Fair!

Well Done Volunteers!!!



Needed!

- ☐ Boys, elastic waist athletic pants (sizes 5 - 12)
- ☐ Girls, elastic waist leggings (sizes 5—12)

Stuff happens! When a student experiences a wardrobe malfunction, slips in a puddle, spills milk, etc., they often go to the office for backup clothes.

Please consider donating your gently worn, clean clothes—boys & girls elastic waist athletic pants, sizes 5—12



GSRP Preschool Open House @ Costello

April 23 from 6:00 until 7:00 PM

- ◆ Free Preschool for 4 year-olds
- ◆ Children are welcome to attend
- ◆ See the classroom
- ◆ Eligible, families must meet low to moderate income requirements.

Call 248/823/3000 for more information

Spring Dress Code

Michigan weather can dramatically change day to day and hour to hour! **Please check daily weather reports and make sure that your child dresses appropriately.** Once the temperature consistently reaches 55+ degrees, students may wear mid-thigh length shorts **ONLY** (they must be below the student's fingertips when their arms are at their sides). Students may **NOT** wear cut-offs.

***No** halter-tops, bare midriiffs or tank tops may be worn by boys or girls. Shirts must extend to the waistline. Thin-strapped tank tops may not be worn. T-shirts with inappropriate sayings or language or any references to alcohol or tobacco are also unacceptable.

*Flip-flops and sandals are **STRONGLY** discouraged. They do not offer sufficient protection for the feet while children are playing at recess.

Teacher Appreciation Week is in May

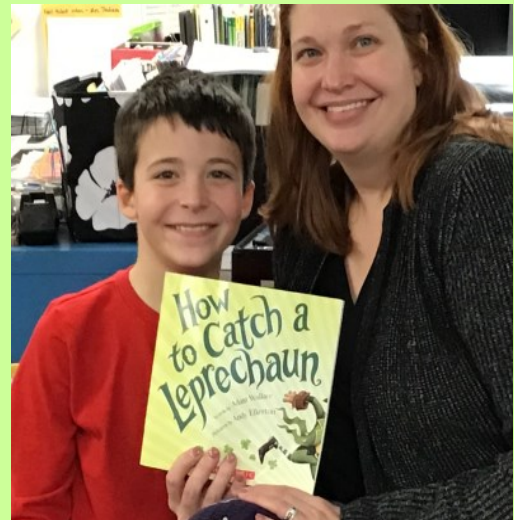
Teacher Appreciation Week is celebrated during the **first full week of May** each year. In 2019, it's **May 6-10**. The specific day it is celebrated varies from school to school. Good students and supportive parents are two things teachers greatly appreciate. Teacher Appreciation Week is a great time to let teachers know how they have touched your kid's lives. Parent volunteers are in the process of making special plans for this year's teacher appreciate week. More details to come.



Save the date:
Costello Blood Drive
Wednesday, May15 @ Costello

Please consider giving the gift of life. Use the following link: www.redcrossblood.org and enter code "Costello" to schedule yourself to donate blood.

Thank you to **ALL** of the **MANY** volunteer Readers



More CONGRATS!!!

You may have heard, among Costello's excellent teaching staff, six were nominated for this year's annual Teacher of the Year award. Congratulations to Sharon Callas, Julie Eldridge, Lindsey Maliepaard, Zach Rondot, Karen Reese and Matt Tignanelli for their nominations. Zach Rondot received TSD #1 elementary Teacher of the Year. Than, **Mr. Rondot was awarded as Teacher of the Year for all of Oakland County!!!** Mr. Rondot is known for being an innovative, creative and inspirational teacher. He empowers his students to learn, engage and be positive change-makers.

A HUGE congratulations to Zach Rondot, who was named the Oakland County Outstanding Elementary School Teacher of the Year today.



#OaklandCounty #teacher
@drcookrobinson @sfelkey @troyschools
@Costello_Tweets @MrRondot



5th Grade Dates

5th Grade M-STEP Testing April 10, 11, 17, 18, 23, 24

Fri. Apr. 12

Mon. Apr. 15

Tue. Apr. 16

Fri. Apr. 19

Mon. Apr. 22

Thur. Apr. 25

Wed. May 1

Battle of the Books PM Gym

Parent Info Night @ Larson

Band Concert @ Athens

Good Friday—No School

Spring Fun Photos hurs. Apr. 19

Costello Students Dismissed 1:10

String Concert 7 PM Athens

Mon. May 6

Mon. May 13

Wed. May 15

Fri. May 24

Mon. May 27

Tue. June 12

Thur. June 13

Safety Orange Bowl

5th Grade visits Larson

Early Release 1:10 Dismissal

Kickball/Picnic/Field Day

No School—Memorial Day

Movie Mile AM—half-day

EoY Party/Clap out/Last Day

April is Autism Awareness/Acceptance Month

Thanks for welcoming LINKS in to get kids excited about our **Change for Autism Campaign** fundraiser during the month of April. I will deliver collection jugs and we will begin collecting money after break. (If you have donations beforehand, just put them in the plastic bag until I have enough jugs for everyone). Any type of money is accepted (coins, dollar bills, checks made payable to Autism Alliance of Michigan).

Our school-wide goal (not individual classes 😊) is to raise \$1,000 to benefit Michigan children with autism and their families!

If Costello raises over \$1,000 **the top earning classroom will receive a pizza party and an AAoM Swag Bag!** AAoM will also come to Costello and host a presentation for the whole school!

✓ Costello ASD students (with the help of some LINK and StuCo buddies) have been making items (sensory slime and puzzle piece crayons) to sell to raise money and awareness! In addition, Costello would like to also raise some money to help provide sensory supports within our school for all learners. Order forms are available on the Costello website and your student's teachers. Orders and cash payment can be given to your student's teachers and be filled throughout the month of April. Costello's ASD students have been working very hard in preparation for April is Autism Awareness Month. The order form is designed so that the ASD students to be able to read and fill the orders as independently as possible. We appreciate all of the support from the Costello community!!

CHANGE for AUTISM

The annual coin collection campaign
benefiting Michigan families affected by autism

HAVE ANY SPARE CHANGE?

1. Bring in your spare change to school during your schools fundraising month.
2. Deposit your coins in the classroom collection bags or in the large collection jug in the office.
3. In exchange for your support, Autism Alliance of Michigan will be sending your school resources to help raise awareness.

Schools that raise over:

\$1,000 will receive a pizza party and an AAoM Swag Bag for the top fundraising classroom and an autism awareness presentation for the school

\$500 will receive an AAoM Swag Bag and an autism awareness presentation for the top fundraising classroom

\$250 will receive an AAoM Swag Bag for the top fundraising classroom

All funds raised will support



Learn more at aaomi.org

For Questions, contact Megan Williams at
Megan.Williams@aaomi.org



TROY SCHOOL DISTRICT

2019 ART SHOW

► **Troy Community Center** ◄
3179 Livernois Rd, Troy, MI, 48083

Opening Reception
April 22nd 5:30-7:30pm

Featuring the creative artwork of your Troy School District students!

Live demonstrations from visual art students 6th-12th grade!

**Contribute to the collaborative Straw Art Project,
bringing awareness to pollution from plastic!**

Open public viewing from April 17th-April 30th

Gallery will be open :

Sunday: 8:00am - 6:00pm
Monday-Thursday: 5:00am - 10:30pm
Friday: 5:00am - 10:00pm
Saturday: 7:00am - 8:00pm

GRASP SUMMER CORRESPONDENCE

GRASP is a summer correspondence course in Math and Reading for...



Kindergarten through **8th grade** students, which was developed by curriculum specialists in the Grand Rapids public schools. The curriculum is aligned with, state and national standards. Students will receive their packet of 9 modules before school is dismissed for the summer. Students complete each module and mail it to The Scoring Center where it is evaluated. The results are then returned to the participants. It is recommended that students register for the grade they have just completed.

There is also an ONLINE version available for students in 4th through 8th grades.

Math = \$37.00 Reading = \$36.00 Both = \$60.00

Registration is available online
at www.troyceonline.com
or in person at the
Niles Center - March 1st through April 19th



Reading



GSRP Preschool Open House

Troy School District will host GSRP Preschool Open House on:

Tuesday, April 23rd from 6:00-7:00pm

Visit any of our GSRP Preschool Locations:

Costello Elementary School

1333 Hamman Rd

Hill Elementary School

4600 Forsyth Dr

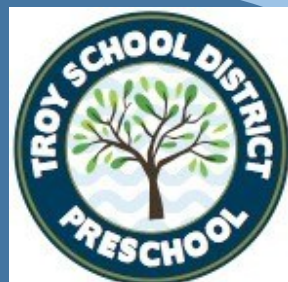
Troy Union Elementary School

1340 E. Square Lake Rd

- * FREE preschool for 4 year olds
- * Children welcome to attend
- * Meet the teachers
- * Explore the classroom
- * Learn about the program
- * Submit your initial interest form



Call the preschool office at (248) 823-3000 for more information



April - June 2019

Troy Youth Enrichment Classes

For class descriptions, complete dates, pricing, and a list of all our classes

please visit our website



www.troyceonline.com



ACADEMIC SUPPORT

Adventures in Programming.....	Niles Center 5/2
Be Confident. Run for Student Council.....	Barnard 4/17, Costello 4/15, Leonard 4/16
The Earhart Club.....	Schroeder 4/18

LOCATIONS & START DATES

ARTS & CRAFTS

Cartooning Workshop.....	Schroeder 5/8
Drawing and Cartooning with Young Rembrandts.....	Barnard 4/16, Bemis 4/15, Costello 4/18, Hamilton 4/18, Hill 4/17, Leonard 4/15, Martell 4/17, Morse 4/26, Schroeder 4/18, Troy Union 4/16, Wass 4/26, Wattles 4/26

CHESS

Chess Wizards.....	Barnard 4/15, Bemis 4/18, Costello 4/16, Hamilton 4/17, Hill 4/16, Leonard 4/18, Martell 4/17, Morse 4/15, Schroeder 4/16, Troy Union 4/26, Wass 4/26, Wattles 4/26
--------------------	--

DRAMA

Drama Kids.....	Bemis 4/12, Costello 4/12, Hamilton 4/10, Leonard 4/11, Martell 4/15, Morse 4/16, Schroeder 4/12, Troy Union 4/11, Wass 4/17
-----------------	--

HEALTH & FITNESS

Babysitter Safety (ages 9-17)	Troy High 5/4
Self-Defense (ages 6-11)	Smith 5/30

LANGUAGES

Mandarin Beginner (ages 5-10)	Niles 4/26
Mandarin Intermediate (ages 5-10)	Niles 4/26
Mandarin Conversation (ages 10-13)	Niles 4/26

MUSIC

Jr. Community String Ensemble (grades K-8)	Baker 4/16
NoteABLE Youth Ensemble (ages 10-21)	Larson 4/12

SCIENCE

Mad Science.....	Barnard 4/26, Costello 4/17, Hamilton 4/16, Martell 5/3, Schroeder 4/17, Wattles 4/16
------------------	--

April - June 2019

Troy Youth Enrichment Classes

For class descriptions, complete dates, pricing, and a list of all our classes
please visit our website



www.troyceonline.com



SPORTS

Basketball (Brooke's Bunch).....	Barnard 4/15, Bemis 4/17, Costello 4/26, Leonard 4/16, Wattles 4/18
Cheer/Dance/Pom (Brooke's Bunch)	Hill 4/26
Golf Lessons.....	Barnard 4/16, Bemis 4/8, Costello 4/10, Hamilton 4/16, Hill 4/8, Leonard 4/10, Martell 4/11, Morse 4/10, Schroeder 4/11, Troy Union 4/8, Wass 4/8, Wattles 4/16
Soccer Skills (Brooke's Bunch).....	Barnard 4/18, Costello 4/18, Hamilton 4/26, Hill 4/17, Martell 4/15, Morse 4/16, Schroeder 4/15, Troy Union 4/16, Wass 4/26, Wattles 4/17

SWIM

Swim Lessons various levels.....	Athens High School on Saturdays
----------------------------------	---------------------------------

TUTORING

One on One, Flexible Schedule.....	Various Locations
------------------------------------	-------------------

2019 Summer

Leaps & Bounds.....	Bemis 7/15-7/26
Chess Wizards Camp.....	Bemis 7/8-7/12 or 7/29-8/2
Drama Kids Camp.....	Bemis 8/5-8/9
S.T.E.A.M. Art Camp.....	Wass 7/29-8/2
Self Defense & Safety Camp.....	Wass 8/12-8/16
Babysitter/Pet Safety Class.....	Wass 8/13

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Spring Break!	Spring Break!	Spring Break!	Spring Break!	Spring Break!

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

8	9	10	11	12
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	1. Pancakes with Turkey Sausage 2. Pulled Pork Sandwich 3. Taco Salad with Tortilla Chips Hash Brown Patty Broccoli, Cucumber, Applesauce, Grapes, Oranges

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

15	16	17	18	19
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	No School

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.

22	23	24	25	26
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	Early Release Day	1. Cheese Stromboli 2. Mini Corn Dogs 3. Garden Salad with Breadstick Steamed Broccoli, Baby Carrots, cucumber, pears, apple slices, orange smiles

29	30			
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		For announcements and more, follow us on Facebook and Twitter! @TSDfoodservice @TSDnutrition	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

Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

1. **Food:** Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
2. **Water:** Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.
3. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International.
<http://www.bgci.org/plantconservationday/index/>



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

www.liftoffsplyground.com

Finding Protein in a Plant-Based Diet

Protein is one of three energy nutrients, which means protein helps provide calories to your diet. When people adopt a vegetarian lifestyle, depending on the type of vegetarian they are (lacto-ovo, vegan, etc.) protein can be easily overlooked in the diet. This can be problematic because protein is also needed for muscle growth and repair, hair and nail growth, the production of hormones and red blood cells and the maintenance of a healthy immune system. About 15 to 20% of all the calories we eat should come from protein. Animal foods are common sources of protein, however there are also popular plant based foods that can contribute protein to a healthy diet.

Foods such as beans and legumes, tofu, tempeh and grains such as quinoa or barley are all excellent sources of protein. The key is learning how to add these foods into your daily meals and snacks. For example, beans can be added to eggs or a morning breakfast burrito, bean dips like hummus, are convenient snacks with cut up vegetables, quinoa can take the place of pasta in a meal and often foods like tofu can be substituted for animal proteins in meals like spaghetti and meat sauce, chili, lasagna or as a topping on pizza. To ensure you and your family include plenty of protein in your vegetable based diet, gather some recipes and try at least one new dish each week. Build a list of family favorites and rotate these meals into your monthly meal plan.

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

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



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.