

Marie Roberts-Caney

Redskin NEWS

January 2016

Principal's message

Happy New Year! Hope everyone had a wonderful break. So thankful the weather so far has been exceptional permitting us to have regular attendance, hope this continues; however, in the event of school cancelation due to inclement weather, I ask that you set aside time to read and /or complete winter packets prepared by your child's teacher. Be an active listener, foster independent work, and above all be patient so that your child can arrive at solutions to academic work on their own. Looking forward to a great January here at MR-C: ATTENDANCE, ATTENDANCE, ATTENDANCE!!!

Calendar of Events

- January 12 School Smiles Dental Check-ups
- January 19 Nutrition activities
- January 20 Breathitt Co. Library visits preschool



New tables in the lunchroom

No School on January 18th

Classroom Spotlight Mrs. Keene's Class

Keene's 4th Grade Happenings

Old man winter may be keeping his distance but that doesn't stop Mrs. Keene's Class from learning all about snow and all types of precipitation. 4th graders are currently doing a unit on the Water Cycle and beginning their mini project. For this mini-project, students will be describing the movement of a water drop through the water cycle. Some students have chosen to make a comic strip with a water molecule as the main character. The comic strips may be on paper or computer generated. Others are making power point presentations and some diagrams on posters. Students have determined Kentucky weather is always changing and they know the factors behind it all!



2015-16 MRC Site Based Decision Making Council

Darwin Noble –Principal
Marlene Hamilton –Teacher
Tammy Keene – Teacher

Mary Kay Caudill – Teacher
Jamie Mullins-Smith –Parent
Chris Banks -Parent

Snow Day Fun

Being active with your family is a great way to bond and boost everyone's health. This is very important even on snow days. Acquiring good physical activity habits in childhood often carries over into adult life. This is especially true when kids see their parents join in the fun.

Begin by setting limits. Encourage your kids to take part in activities that involve moving, not sitting. Set limits on how much time they spend watching TV, playing video games, and surfing the Internet. Make sure to be a good role model and observe these limits too.

Shoot for 60 and remember that, for good health, kids should ideally get at least 60 minutes of physical activity each day. Adults need at least 30 minutes daily.

The following is a list of fun, get off the couch, activities for snow days.

- Winter hike and look for animal tracks
- Balloon volleyball
- Wheelbarrow or crab walk
- Animal charades
- Dance until music stops and freeze
- Jumping Jacks competition
- Hallway bowling with half-filled water bottles
- Sock skating
- Pillow fight
- Push over mom and pop- Plant your feet and see if your kids can move you. If you move your feet, they win.

When you and your kids engage in fun activities together, everybody benefits.

Nurse's Notes...

We are fast approaching cold and flu season, so here are a few healthy tips to help you keep from getting the flu blues. Cough or sneeze into the crook of your elbow. Keep frequently touched common surfaces clean, such as computer keyboards, classroom doorknobs, and those ever popular pencil sharpeners'. Wash your hands or use an alcohol-based hand sanitizer frequently. Avoid touching your nose, eyes or mouth to prevent germs from spreading.

Remember...

You + Your unwashed hands = Over 180 possible illnesses and counting.

PTO Corner

We would like to thank everyone who participated in the String of Lights fundraiser. That activity provided food for many families in our community. Also, we hope everyone enjoyed their Christmas gifts from the PTP Christmas Store. It was certainly a treat to see the children so excited to be purchasing gifts for their family.

We are planning some exciting events for Valentine's Day. The PTO is hoping to sell inexpensive Valentine's gifts on February 12th, if the weather cooperates. We will also be hosting a Sweetheart Dance for our students in grades 3-6 on that day. The Dance admission will include pizza, chips, and a drink.

Remember, the proceeds for all the MRC PTO activities fund awards, programs, and events for our students. We appreciate your support.

String of Lights Helping Others



Eighteen families were served by the MRC String of Lights program.

