

# Marie Roberts-Caney

## Redskin NEWS

March 2016

### Principal's Message

"Oh! All the places you'll go!" This poem by Dr. Seuss aptly describes what will be happening in our building at MR-C this month. Each classroom will choose a country and study its culture, find its location, discuss weather, and many other interesting facts. Our teachers will be facilitating this information gathering process, assisting students in organizing and presenting this information they have acquired. So instead of Reading Across America in honor of Dr. Seuss, we will be Reading Across the World. I'm sure Dr. Seuss would be proud! March is also weather awareness month and our classrooms will be learning to detect dangerous weather occurrences and what to do to stay safe. Remember March 24<sup>th</sup> ends the 3<sup>rd</sup> nine weeks and mid-term grades will be sent home this Friday the 4<sup>th</sup>

### Calendar of Events

- March 1-4 Read Across America
- March 4 Report Cards—Mid term
- March 9 Spring pictures
- March 14 School Smiles Dental Check-ups
- March 15 Nutrition with Amy (K-1)
- March 18 Lexington Philharmonic



WLEX-TV'S Meteorologist Bill Meck visits MRC

## Spring Break March 31-April 3

### Classroom Spotlight Miss Bryant's Class

Ms. Bryant's class has been studying electricity! After watching a Magic School Bus video about static electricity, the students decided they wanted to try the balloon trick! During this activity, students demonstrated how positive and negative charges are transferred shared and, attracted to one another. It was very clearly hair raising!!!



Ground Hog Day Masks  
Mrs. Noble's Preschool

### 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

## What Could You Do Instead of Watching TV?

**Fitness tip:** Watching less than two hours of TV each day can help you get fit!

### TV Cuts Down on Your Time to Be Active

- Many children spend a lot of their free time doing things that require sitting down.
- For some kids this includes watching TV/video games/social media for five hours a day.
- Think of how this cuts into your activity time.

### Watching Too Much TV Can Make You Less Fit

- Being inactive day after day can quickly make you lose
  - Flexibility
  - Muscular strength, and
  - Cardiorespiratory endurance
- When you sit still, you burn fewer calories than you would if you were moving around

### **Watching Too Much TV Can Be Harmful to Your Health**

When you sit in front of the TV/Computer, you lose the chance to be active and to improve your fitness level. Also, television advertising successfully encourages kids to eat a lot of unhealthy foods. Studies show that kids who watch the least amount of TV are more likely to be trim and fit.

### **Warning!**

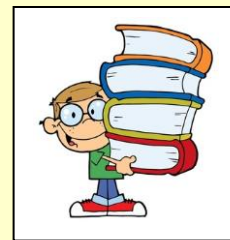
Remember you need plenty of healthy food for being active and growing, especially when you are growing fast. Never make a decision to cut back on healthy food without talking it over with your parents.

### **How-To**

1. Doctors recommend that children and teens spend no more than two hours daily watching TV, playing video games, social media.
2. Pay attention to the kind of food advertised on TV—most are not healthy choices.
3. Watch only shows you like.
4. Notice the times when you watch TV but aren't really interested—when you channel surf, watch reruns—use this time to be active.
5. Limit total screen time (TV, computer games, DVDs, social media) to no more than two hours each day.

## Accelerated Reader Trip

In order to qualify for the Accelerated Reader trip students must obtain 50 points. Details for the trip are forth and coming.



## Attendance

Guess who had the top attendance percentage for the month of February with 96.47%? Marie Roberts-Caney! Let's continue this for the month of March.

## OPERATION UNITE

UNITE is so excited to announce that the "Give Me a Reason" program is coming to Breathitt County very soon. This program offers free drug test kits for parents or caregivers to administer in the privacy of their own homes. There will be multiple distribution sites for easy access to these kits. "Give Me Reason" provides our children with another way to say "NO!" to drugs. Children will have an excuse for not giving into peer pressure; their parent or guardian might drug test them when they get home. Please check your local newspapers for distribution sites when they are available.

## Nurse's Corner

Did you know that in the United States the prevalence of childhood obesity tripled between 1980 and 2016? Obesity is linked to and has been shown to contribute to conditions such as, diabetes, high blood pressure, and depression. We are working together to keep our children healthy, by providing a free healthy fruit or vegetable snack to the students every day.

Remember, research clearly demonstrates that good nutrition is linked to better behavior and academic performance. For children to get the most out of their educational experience we feel that by providing this healthy snack we are giving our students a critical jumpstart to their learning practices.

