

Pine Ridge Elementary

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A huge **THANK YOU** goes out to our volunteers over spring break who prepped and poured the expansion of our north sidewalks. This has benefitted our school in two ways: First, it made it possible for two adults to walk the trail side by side. Second, our students and staff use that sidewalk as a route for fire drills. This allows our students to walk side-by-side and exit the area faster.

Grandparents Day has significant changes coming this year. Please share these updates with your Grandparents. Grandparents Day will be on Thursday, April 18th from 8:00-10:00 a.m.

- Change #1: To help us alleviate the congestion with the Spring Music and Art Show on Tuesday, April 16th, our students will have a special showing for our grandparents on Grandparents Day. This program will begin at 8:15. If grandparents are not attending Grandparents Day, they may attend the performance on Tuesday.
- Change #2: Grandparents and students will have cookies and drinks (coffee, juice, milk, or water) after the performance. We will not have the full breakfast as in the past. Grandparents will gather their grandchildren after the performance and return to the cafeteria when called down in grade level groups.
- Change #3: The book fair will not be open during Grandparents Day. Parents can send money with their child that week to purchase a book the days leading up to Grandparents Day. The book fair will be open after Grandparents Day for a short time for anyone needing to visit the fair.

Please communicate changes with grandparents attending our event. If a grandparent does not want to watch the morning performance they can wait in the main hallway and go to the classrooms at 8:45.

Grandparents Day activities include the music performance, cookies and drinks, doodling in the art room, pictures with grandparents, a slide show in the computer lab, and mingling in the classrooms with grandchildren.

We have received many requests to sell **frozen cinnamon rolls** again. Due to these requests we will offer cinnamon rolls prior to Easter Weekend. Orders are due April 8th and pick up is April 17th from 3:00-6:00 p.m. A dozen rolls are \$7.00. Money and orders should be sent in together on the 8th. We will be sending out a request to parents to help bag the rolls prior to pick up day.

In the next few weeks we will be seeking volunteers to help us with painting activities on our playground area for the last Friday of April. Details will be sent out soon. Requirements include being able to paint within the lines. ☺



April 19th and 22nd are no school days.

The ILEARN assessment window starts April 22nd. Teachers will communicate their testing schedule to parents and students as we near this event. Please access information about the ILEARN Assessment from this [website](#) and this [flyer](#). You may also contact your child's teacher or Mr. Haas with additional questions.

We plan to offer a new **summer program** to our families this year. We are developing a program that would run from 8:00-4:00 on most Wednesdays over summer (June 5, 12, 19, 26, July 10, 17, & 24). It is for incoming 1st-4th grade students, and it will focus on literacy and math, and incorporate the arts, STEM, and civics. Lunch will be available, but students are welcome to bring their own. More details will be sent out to families about the program. Please complete this [survey](#) to help us gauge how many families are interested in this program. No transportation would be provided.

PRE Ranger Run is scheduled for Friday, May 10th at 6:00. Details will be sent out this week.

We are collecting PSC phone books. Pine Ridge receives \$.50 per book we collect and recycle. Please send them in with your child. If you collect numerous books from work, we will gladly set up a time to come get them if needed.

The **Buy One Get One Book Fair** will be April 16th-18th in the library. Students will have a chance to view or purchase books on either Tuesday or Wednesday. Students will NOT be coming with their Grandparents on Thursday morning. Fair will close at noon on Thursday.

Having children of my own, I understand that cuffs may become tattered or the knees may be worn thin, but large gaping holes are not permitted at school. Please remind your student that **pants and shirts need to be clean and hole free** at school.

I am challenging our students to **finish the school year on a positive note**. I love being a part of the Pine Ridge family because our students make good choices. Talk with your student to keep this great practice going. With Little League starting soon it is very important that parents set procedures for completing homework each night. Please set aside time for your child to get homework finished before leaving for the evening. We all know how hard it is to complete assignments after getting back from a late night at the ball field.

With **Little League** starting, we will have many visitors to our school grounds over the next few months. **Please help me with these concerns.** We need to keep vehicles off of the track during practices and games. I know it is a long walk to the small field, but we need to keep our children safe. If someone needs assistance getting to the back field, please contact a Little League board member.

. Please keep the chain up so no one attempts to drive back to a field. In the next few months the posts and chain will be replaced with a gate that restricts auto traffic but allows pedestrians to walk through. Until that equipment is installed, please refrain from unhooking the chain to allow cars to travel to the back field.

We will have a lot of equipment at school the next few weeks. Keep your children away from and off of the equipment.

There is no alcohol allowed on school grounds. This seems ridiculous to include in a school newsletter, but we have found beer cans in trash cans in the past. There is no tobacco use on school grounds. This includes smoking and smokeless versions, and our school policy includes no vaping.

Every year we have a student at recess pick up a cigarette butt to throw it away. I'm glad our students want to keep our school free of litter, but that is really gross. Please do your part in keeping our school beautiful.

I do not expect you to enforce any of these expectations, but notify a Little League board member or coach if you have concerns.

Our students did a great job during the **IREAD-3 Assessment** window. Results will be here soon. We will send home information to parents as soon as we can.

If your child did not pass the IREAD-3 assessment they will be offered a remediation program over the summer and will retake the test at the end of the program. We will send out more information about this opportunity as the school year comes to an end.

We are still accepting children for our **Kindergarten** program. Any child who will be 5 by August 1, 2019 is eligible for kindergarten.

We are still accepting children for our **Preschool** program, but they will be on our waiting list. Any child who will be 4 by August 1, 2019 is eligible for Preschool. Our preschool is designed for a student who will be entering Kindergarten the following year.

If you need to contact the YMCA after school hours call school and enter 3102 when prompted.

We will continue to accept can tabs, and we will find a group who will put them to good use. Our **last day** of school is Friday, May 24th.

Have a great April.
Ryan Haas

Some **lunches brought from home** have grabbed my attention lately. Please encourage healthy choices when your child brings a lunch from home. Sometimes our students pack their own lunch and they stuff it full of snacks instead of good lunch options. Please help them with this task and have them focus on one good protein option and one good fruit or vegetable option. They can enjoy a treat after they eat what their body needs for the second half of the day. Remind them that they need these type of foods to perform at their highest level.

Adapted from KidsHealth.org 2015:

A packed lunch isn't automatically healthier than one you buy at school. If you pack chocolate cake and potato chips, that's not a nutritious meal! But a packed lunch, if you do it right, does have a clear advantage. When you pack your lunch, you can be sure it includes your favorite healthy foods — stuff you know you like. It's not a one-size-fits-all lunch. It's a lunch just for you. If your favorite sandwich is peanut butter and banana, just make it and pack it — then you can eat it for lunch. Or maybe you love olives. Go ahead and pack them!

If you want to pack your lunch, you'll need some help from your parents. Talk to them about what you like to eat in your lunch so they can stock up on those foods. Parents might offer to pack your lunch for you. This is nice of them, but you may want to watch how they do it and ask if you can start making your lunches yourself. It's a way to show that you're growing up.

10 Steps to a Great Lunch

Whether you pack or buy your lunch, follow these guidelines:

Choose fruits and vegetables. Fruits and vegetables are like hitting the jackpot when it comes to nutrition. They make your plate more colorful and they're packed with vitamins and fiber. It's a good idea to eat at least five servings of fruits and vegetables every day, so try to fit in one or two at lunch. A serving isn't a lot. A serving of carrots is $\frac{1}{2}$ cup or about 6 baby carrots. A fruit serving could be one medium orange.

Know the facts about fat. Kids need some fat in their diets to stay healthy — it also helps keep you feeling full — but you don't want to eat too much of it. Fat is found in butter, oils, cheese, nuts, and meats. Some higher-fat lunch foods include French fries, hot dogs, cheeseburgers, macaroni and cheese, and chicken nuggets. Don't worry if you like these foods! No food is bad, but you may want to eat them less often and in smaller portions. Foods that are lower in fat are usually baked or grilled. Some of the best low-fat foods are fruits, vegetables, and skim and low-fat milk.

Let whole grains reign. "Grains" include breads, cereals, rice, and pasta. But as we learn more about good nutrition, it's clear that whole grains are better than refined grains. What's the difference? Brown rice is a whole grain, but white rice is not. Likewise, whole-wheat bread contains whole grains, whereas regular white bread does not.

Slurp sensibly. It's not just about what you eat — drinks count, too! Milk has been a favorite lunchtime drink for a long time. If you don't like milk, choose water. Avoid juice drinks and sodas. Balance your lunch. When people talk about balanced meals, they mean meals that include a mix of food groups: some grains, some fruits, some vegetables, some meat or protein foods, and some dairy foods such as milk and cheese. Try to do this with your lunch. If you don't have a variety of foods on your plate, it's probably not balanced. A double order of French fries, for example, would not make for a balanced lunch.

Steer clear of packaged snacks. Many schools make salty snacks, candy, and soda available in the cafeteria or in vending machines. It's OK to have these foods once in a while, but they shouldn't be on your lunch menu.

Mix it up. Do you eat the same lunch every day? If that lunch is a hot dog, it's time to change your routine. Keep your taste buds from getting bored and try something new. Eating lots of different kinds of food gives your body a variety of nutrients.

Quit the clean plate club. Because lunch can be a busy time, you might not stop to think whether you're getting full. Try to listen to what your body is telling you. If you feel full, it's OK to stop eating.

Use your manners. Cafeterias sometimes look like feeding time at the zoo. Don't be an animal! Follow those simple rules your parents are always reminding you about: Chew with your mouth closed. Don't talk and eat at the same time. Use your utensils. Put your napkin on your lap. Be polite. And don't make fun of what someone else is eating.

Don't drink milk and laugh at the same time! Whatever you do at lunch, don't tell your friends a funny joke when they're drinking milk. Before you know it, they'll be laughing and that milk will be coming out their noses! Gross!

Be mindful of what your child packs for lunch. Many of the serving sizes listed are intended for average adult intake. Many prepackaged items such as Lunchables have high levels of sodium and low amounts of protein. Protein helps your child stay fuller throughout the day and curbs hunger pains that may occur. Here is some other helpful information.

Capri Sun 6 fl oz	Gatorade 20 fl oz	Reduced Fat 2% Milk
Calories 50	Calories 140	Calories 122
Total Carbs 14g	Total Carbs 36g	Total Carbs 12.3g
Sugars 13g	Sugars 34g	Sugars 12.3g
Sodium 15mg	Sodium 270mg	Sodium 100mg
Potassium 0mg	Potassium 75mg	Potassium 366mg
Protein 0g	Protein 0g	Protein 8.1g
Calcium 0mg	Calcium 0mg	Calcium 285.5mg

Great SALternatives

Small changes make a big impact on your child's daily sodium intake.

A Typical Day	Sodium (mg)*		Make the Change	You could save Sodium (mg)*
Breakfast at home: Whole-wheat toast (1 slice), Egg (scrambled and salted), Orange juice (4oz)	280		Compare bread products when shopping to find lower sodium options. Try seasoning with pepper, parsley or thyme on eggs in place of salt.	85
Morning snack: Whole-grain graham crackers (8 squares), Skim milk (4oz)	250		Cut the amount of graham crackers in half. Load up on fruit, naturally low-sodium. Pack a banana as a snack!	150
Lunch at school: School Lunch pepperoni pizza (1 slice), Sliced cucumbers (4oz), Gelatin cup	850		Try the new pepperoni pizza that meets the sodium targets for National School Lunch Program.	160
Snack: Crackers (about 16), Baby carrots (about 8), Hummus (2 Tbsp)	450		Look for reduced sodium crackers at the grocery store. Compare brands of products, such as hummus, and pick the lowest in sodium.	250
Dinner on the go: Fast food deli sandwich with meat, cheese and veggies, Side of potato chips, Sports drink (12oz)	1585		Ask to see the nutrition facts before ordering. Skip the deli cheese and use less condiments. Swap chips for lower-sodium chips. Choose water.	490
Total Sodium:	3,415		Total Saved:	1,135

*Values were rounded to the nearest 5mg

SOURCES: Packaged and restaurant food data collected from manufacturers' and retailers' websites, June 2014

Nutritional values for whole food products are available by the United States Department of Agriculture's National Nutrient Database for Standard Reference

Nutritional values: <http://ndb.nal.usda.gov/>