

sparks

Family News

January 14, 2022
Volume 1 Issue 17



Southside Elementary

5515 South Loop East, Suite B
Houston, TX 77033
(713)924-0486

Family Corner

Mask Requirement Policy

Given the continuous monitoring of COVID-19, and to prioritize the health and safety of all staff and students, it is now our expectation that all staff members AND all students wear masks. Any parent coming into the office, whether it is to sign in or sign out your student will also require a mask. If your child cannot wear a mask, or cannot safely wear a mask due to a disability as defined by the Americans with Disability Act (ADA) (42 U.S.C. 12101 et seq.), please reach out to Andrea Citchen, Principal via email at andrea.citchen@yesprep.org.



Lottery

Know anyone who is looking for a school for the 22-23 school year for their PreK-3rd grader? Send them our way! If you refer a family to us and they complete an application, you will be entered into a raffle for a gift card.

Reminders

- Martin Luther King Jr. Day (No School)
January 17th
- Book Fair: January 24th-January 28th



Upcoming Events

Family Night at SSE

January 27th @5PM

Be on the look out for more information regarding this even on Social Media: Instagram, Facebook and Class Dojo.



Front Office Information

Car Riders

If your student is a car rider, make sure you have your car tag for dismissal. If you do not have your car tag you will be told to park and go to the front office to pick up your student. You must bring in a Valid state ID and must be on the student's pick up list.

Method of Transportation

Parents should contact the front office by noon if the students method of transportation is changing for the day.

Early Pick-Up

Early pick-up ends at 2:30PM. You must be inside the building by 2:30PM

To pick up a student the individual must have a valid I.D. and also must be listed as a parent/guardian or emergency pick-up. To make modifications to your pick up list, email our SIS Clerk at maribel.zapata@yesprep.org. The email must come from the email we have on file. Modifications can also be made in person at the school between 10:00AM-2:00PM.

Tardies & Absences

Students are considered absent if they arrive after 9:25AM. Students are considered late after 7:25AM. Excessive tardy or absence could result in the student being retained.

Sparks' Life

Child Nutrition Newsletter

Maria Carlos, Child Nutrition Operations Specialist

Nutrition News Our monthly newsletter from K12 by Elior

NUTRITION NEWS
A FRESH PERSPECTIVE ON HEALTH AND WELLNESS

JANUARY 2021

3 Be Well

Fiber Focus

January always feels like a fresh start – a time to reset and prepare yourself for another year ahead. This is the same time that people choose to set New Year's resolutions, such as improving nutrition, increasing physical activity or reaching other goals. If you're looking for a nutrition goal to set for yourself, think about improving your fiber intake. January is National Fiber Awareness Month. Learn more below about the importance of consuming an adequate amount of fiber and how to include more fiber in your everyday meals.

Hearty Lentil Soup
6 servings

Ingredients

- 1 cup - lentils, dried
- 1 cup - red potatoes, diced
- 3 cups - vegetable broth
- ½ cup - sherry cooking wine
- 1 dash - soy sauce
- 1 dash - salt
- 1 cup - fresh tomatoes, diced
- ½ cup - beets, diced
- ¼ cup - carrots, diced
- ½ cup - celery, diced
- 2 cups - onions, sliced
- 2 ½ tbsp - vegetable oil
- Salt & pepper to taste

Directions

Wash, cut and prepare vegetables according to above list. In a large sautépan over medium heat, sauté onions, carrots, celery, potatoes and beets. Stir well for 5 minutes, or until vegetables are soft. Add lentils, can of tomatoes with liquid, broth, soy sauce and wine. Bring to a boil and reduce heat. Cover and simmer for 30 minutes or until lentils are tender. Add fresh coriander or fresh parsley to taste. Serve in 6 oz portions and enjoy!

Fiber Facts

Fiber is a type of carbohydrate that the body cannot break down as it passes through the body undigested. Dietary Fiber is an essential nutrient; however, many Americans fall way short of the recommended daily intake. Here's the daily recommended grams of fiber based on years of age:

Children: 1-3 y - 19 gm & 4-8 y - 25 gm
Boys: 9-13 y - 31 gm & 14-18 y - 38 gm
Girls: 9-18 y - 26 gm
Adults: women - 25 gm & men - 28 gm

2 Fiber Varieties – Both Beneficial

Soluble fiber dissolves in water and can help regulate blood sugar levels and lower blood cholesterol. Foods with soluble fiber include nuts, beans, lentils, oatmeal, apples and blueberries. Insoluble fiber does not dissolve in water and can help the food move through your digestive system promoting regularity and prevent constipation. Foods with insoluble fiber include whole grains, brown rice, legumes,

Health Benefits

- Heart Disease – may help prevent by reducing cholesterol
- Weight Management – foods higher in fiber tend to be lower in calories, and can help you feel fuller longer and not overeat throughout the day
- Diabetes – may help control blood sugar levels
- Digestive Health – fiber increases bulk in the intestinal tract and promotes bowel regularity

Fiber-Containing Foods

The best sources of fiber are whole grains, fruits & vegetables, legumes and nuts. When increasing fiber content, do so gradually and make sure to drink plenty of water. Below are some tips to increase your daily fiber intake:

- Eat whole fruits instead of drinking juice
- Replace white rice, breads and pasta with whole grain versions
- Snack on raw vegetables more often instead of chips and candy
- Add fiber-rich fruits and legumes into your soups, salads, chili sandwiches, wraps, stir-frys, pasta and crockpot dishes

*There are some health conditions where increased fiber may not be necessary – consult with your physician or local registered dietitian to see if adding more fiber to your diet is appropriate for you or their child.

Nutrition Facts: Calories: 215, Calories from Fat: 54, Total Fat: 4g, Trans Fat: 0g, Saturated Fat: 1g, Protein: 10g, Cholesterol: 0mg, Sodium: 80mg, Total Carbs: 35g, Sugars: 4g, Fiber: 1g, Fat: 1g

Cartlight.org, Harvard.edu

Monday	Tuesday	Wednesday	Thursday
17: No School  Book Fair Week	25: Book Fair Week 	26: Book Fair Week 	27: Book Fair Week 
24: Book Fair Week			
28: Book Fair Week 			



MISSION: YES Prep Public Schools will increase the number of students from underserved communities who graduate from college prepared to lead.



Noticias de la familia

14 de Enero de 2022
Volumen 1 Número 17



Southside Elementary

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Rincón familiar

Política de requisitos de máscara

Dado el monitoreo continuo de COVID-19, y para priorizar la salud y la seguridad de todo el personal y los estudiantes, ahora nuestra expectativa es que todos los miembros del personal Y todos los estudiantes usen máscaras. Cualquier parent que venga a la oficina, ya sea para firmar la entrada o la salida de su estudiante, también necesitará una máscara. Si su hijo no puede usar una máscara, o no puede usar una máscara de manera segura debido a una discapacidad según lo define la Ley de Estadounidenses con Discapacidades (ADA) (42 USC 12101 et seq.), Comuníquese con Andrea Citchen, Directora por correo electrónico a andrea.citchen@yesprep.org.



Lotería

Conoces a alguien que esté buscando una escuela para el año escolar 22-23 para estudiantes de PreK-3er grado. ¡Envíalos a nuestro camino! Si nos refieres a una familia y ellos completan una solicitud, se te inscribirá en una rifa de una tarjeta de regalo.

Recordatorios

- Dia de Martin Luther King Jr. (No hay clases)
17 de Enero
- Feria de Libro: 24 de Enero- 28 de Enero



Proximos Eventos

Noche familiar en SSE

27 de enero a las 5PM

Esté atento a más información sobre esto incluso en las redes sociales: Instagram, Facebook y Class Dojo.



Información de la Oficina

Transporte en Carro

Si su estudiante viaja en automóvil, asegúrese de tener su etiqueta de automóvil para la salida. Si no tiene su etiqueta de automóvil, se le indicará que se estacione y vaya a la oficina principal a recoger a su estudiante. Debe traer una identificación estatal válida y debe estar en la lista de recogida del estudiante.

Método de transporte

Los padres deben comunicarse con la oficina principal antes del mediodía si el método de transporte de los estudiantes cambia durante el día.

Recogida anticipada

La recogida anticipada finaliza a las 2:30PM. Debe estar dentro del edificio a las 2:30 p.m.

Para recoger a un estudiante, la persona debe tener una identificación válida, y también debe figurar como parent/tutor o recogida de emergencia. Para hacer modificaciones a su lista de recogida, envíe un correo electrónico a nuestra Secretaría de SIS a maribel.zapata@yesprep.org. El correo electrónico debe provenir del correo electrónico que tenemos en el archivo. Las modificaciones también se pueden hacer en persona en la escuela entre las 10:00AM y las 2:00PM.

Tardanzas y Ausencias

Los estudiantes se consideran ausentes si llegan después de las 9:25AM. Se considera que los estudiantes llegan tarde después de las 7:25AM. Tardanzas o ausencias excesivas pueden resultar en que el estudiante sea retenido.

Sparks' Life

Noticias de nutrición

Maria Carlos, Especialista en Operaciones de Nutrición Infantil

Noticias de nutrición Nuestro boletín mensual de K12 por Elior



JANUARY 2021

Be Well

Fiber Focus



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6 servings

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1 dash - soy sauce
1 dash - salt
1 dash - pepper
½ cup - tomatoes, diced
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¼ cup - carrots, diced
½ cup - celery, diced
½ cup - onions, diced
2 ½ tbsp - vegetable oil
Salt & pepper to taste

Directions
Wash, cut and prepare vegetables according to above list. In a large saucepan over medium heat, add all vegetables, carrots, celery, potatoes and beets. Stir well for 5 minutes, or until vegetables are soft. Add dried lentils, can of tomatoes with liquid, broth, soy sauce and wine. Bring to a boil and reduce heat. Cover and simmer for 30 minutes or until lentils are tender. Add fresh coriander or fresh parsley to taste. Serve in 6 oz portions and enjoy!

2

January always feels like a fresh start – a time to reset and prepare yourself for another year ahead. This is the same time that people choose to set New Year's resolutions, such as improving nutrition, increasing physical activity or reaching other personal goals. If you're looking for nutrition goal to set for yourself, think about improving your fiber intake. January is National Fiber Awareness Month. Learn more below about the importance of consuming an adequate amount of fiber and how to include more fiber in your everyday meals.

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Girls: 9-18 y - 26 gm

5

Adults: women - 2.5 gm & men - 3.8 gm

6

2 Fiber Varieties – Both Beneficial

Soluble fiber dissolves in water and can help regulate blood sugar levels and lower blood cholesterol. Foods with soluble fiber include nuts, beans, lentils, oatmeal, applesauce, blueberries, citrus fruits, fiber does not dissolve in water and can help the food move through your digestive system promoting regularity and prevent constipation. Foods with insoluble fiber include whole grains, brown rice, legumes,

7

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8

Fiber-Containing Foods The main sources of fiber are whole grains, fruits & vegetables, legumes and nuts. When increasing fiber content, do so gradually and drink more water. Drink plenty of water. Below are some tips to increase your daily fiber intake:

9

o Eat whole fruits instead of drinking fruit juice

10

o Replace white rice, breads and pasta with whole grain versions

11

o Snack on raw vegetables more often instead of chips and candy

12

o Add whole grains, beans and legumes into your soups, salads, chili sandwiches, wraps, stir-frys, pasta and crockpot dishes

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enero

Lunes

Martes

Miercoles

Jueves

17:

No habra clases



24:

Semana de la Feria del Libro

25:

Semana de la Feria del Libro



26:

Semana de la Feria del Libro



27:

Semana de la Feria del Libro



Viernes

Sabado

Domingo

28:

Semana de la Feria del Libro



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