# West Point Elementary School

## Bulldog Blast

**2 November 2012**

**Parent Newsletter #11**

**Telephone: 938-2313/3827/2997 Nurse: 938-2069**
http://www.am.dodea.edu/NY_VA/westpoint/elementary/Index.htm

| | |
|---|---|
| **Morning Bell:** | **8:30** |
| **Tardy Bell:** | **8:35** |
| **Dismissal Bell:** | **2:50** |
| **Early Dismissal Bell:** | **11:30** |

### WEST POINT ELEMENTARY SCHOOL MISSION STATEMENT

West Point Elementary School and the Department of Defense Education Activity provide, in military communities worldwide, exemplary educational programs that inspire and prepare all students for success in a global environment.

### WEST POINT ELEMENTARY SCHOOL VISION STATEMENT

West Point Elementary School provides opportunities for all students to achieve their personal best and to become caring, respectful, and responsible citizens. Our school strives to create a differentiated learning environment to ensure that every child is healthy, safe, engaged, supported, and challenged. We work with the community to motivate and enable all students to be life-long 21st century learners.

### CALENDAR OF EVENTS

**12 November—No School—Veteran's Day**
**15 November—Picture make up day**
**21 –23 November—Thanksgiving Break**

**GRADES K,1,2,& 3—5 Day Rotation**

| MON 11/5 | TUE 11/6 | WED 11/7 | THU 11/8 | FRI 11/9 |
|---|---|---|---|---|
| Day 5 | Day 1 | Day 2 | Day 3 | Day 4 |
| MON 11/12 | TUE 11/13 | WED 11/14 | THU 11/15 | FRI 11/16 |
| No School | Day 5 | Day 1 | Day 2 | Day 3 |

**GRADE 4 ONLY—3 Day Rotation**

| MON 11/5 | TUE 11/6 | WED 11/7 | THU 11/8 | FRI 11/9 |
|---|---|---|---|---|
| Day 2 | Day 3 | Day 1 | Day 2 | Day 3 |
| MON 11/12 | TUE 11/13 | WED 11/14 | THU 11/15 | FRI 11/16 |
| No School | Day 1 | Day 2 | Day 3 | Day 1 |

***SPECIALS SCHEDULE***
**8:45-9:35 Third Grade**
**9:40-10:30 Second Grade**
**10:35-11:25 First Grade**
**12:20-1:10 Fourth Grade**
**1:15-2:05 Kindergarten**

**FOR INFORMATION ON SCHOOL CLOSING DELAYS OR EARLY DISMISSALS DUE TO INCLIMATE WEATHER**

Call 938-7000 or tune into
Local cable Channel 23
or Radio 100.7 & also online
at www.WHUD.com

**FOR SAFETY REASONS AND TRAFFIC CONTROL, PARENTS ARE REMINDED TO USE THE KISS & DROP LANE TO DROP-OFF CHILDREN.**
**PRIVATE VEHICLES ARE NOT ALLOWED IN BUS LOOP AT ANY-TIME, ESPECIALLY DURING ARRIVAL/DISMISSAL TIMES**
**With the exception of handicap marked vehicles**
**Any vehicles that are witnessed passing a school bus with flashing lights on will be ticketed by an MP per NY state law.**
**Please see Kiss & Drop Rules & Procedures that are listed in the back of your Calendar/Handbooks.**

**REMINDER:** Please call the school **@ 938-2313** by 8:30 am when your child will be absent or tardy.

**STUDENTS WHO ARRIVE TARDY AFTER 8:30 AM MUST COME IN THROUGH THE FRONT DOOR, BE SIGNED IN BY A PARENT AT THE FRONT WINDOW AND OBTAIN A TARDY SLIP BEFORE PROCEEDING TO CLASS.**

**REMINDERS**
**12 November**
**No School Veteran's Day**
**15 November**
**Picture make up day**
**21-23 November**
**No School-Thanksgiving break**

***Nadine Sapiente, Principal***

**WEST POINT SCHOOL SPIRIT DAY FRIDAYS**
Show your school Spirit by wearing BLACK & GOLD every Friday.

## NEWS FROM THE CAFETERIA

**Our Annual Holiday Feast will be held on Thursday, November 15th.**

**If you plan on joining your child for lunch that day, we request that you *make a reservation no later than November 9th.* You can do that by completing the form below and sending it in with your child or you may call the Food Service Dept. at 938-3737 no later than Nov. 9th. Just let us know how many will be joining us and be sure to list your name. The price of the meal is $5.00 for guest adults and $3.00 per guest child. You may use your child's lunch account if there is available money in it. *We can't allow guest charging on Feast Day.* You can check their account balance by registering on Lunchprepay.com. Call the Food Service office for their 10 digit registration number. No other alternate food choices will be offered on Feast Day. It's a "Feast" so everyone gets everything. We look forward to seeing you and remember to *make those reservations early. Additional food prep. is required for that day so we thank you* for your cooperation. Happy Thanksgiving to you all. (Please Note that no other Entrée Choices will be offered that day and no Ala-Carte Snacks will be sold.)**

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**FEAST RESERVATION FORM: (Return by November 9th)**

**GUEST NAME (S) _____ CHILD'S GRADE _____**

**ADULT MEALS ORDERED _____ ($5.00 each)**

**CHILD MEALS ORDERED _____ ($3.00 each)**

***Nadine Sapiente, Principal***

FORDHAM
THE JESUIT UNIVERSITY OF NEW YORK
Fordham School of Professional and Continuing Studies

For informational purposes only.

Please see attached flyer for Fordham Summer Reading Program approved for distribution by district superintendent.

## MEASUREMENTS FOR SPIRIT WEAR T-SHIRTS

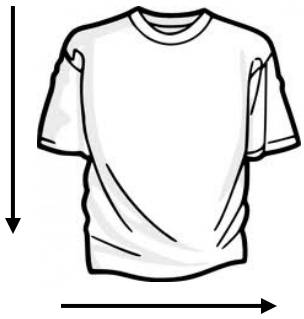
Width: Measure 1" below armhole and straight across from side to side.
Length: Measure from edge of collar at shoulder seam to bottom of garment.

Youth Short Sleeve (WxL)
XS:16x20
Small:17x22
Medium: 18x23.5
Large: 20x26.5

Adult Short Sleeve (WxL)
Small:18x28
Medium: 20x29
Large: 22x30
XL: 24x31
2XL: 26x32

Youth Hoodie
Small: 15x18
Medium: 17x21
Large: 19x24
XL: 21x27

Adult Hoodie
Small: 20x27
Medium: 22x28
Large: 24x29
XL: 26x30
2XL: 28x31



*Nadine Sapiente, Principal*

**<u>"On the Road to Healthy Living!"</u>**

If your child was physically active for at least 60 minutes a day, at least 5 days this past week and tried a healthy snack (recipes below), please sign their P.C. log. Participants who turn in their log and have completed the Challenge for 6 out of 8 weeks will receive a token of recognition and an opportunity to win a W.P.E.S. pedometer.

**A very special invitation to Fourth Grade Students:**

On days that you are not scheduled for Physical Education class, you are cordially invited to join us in the Gymnasium from 8:00am-8:30am and participate in "Move 2 Learn." "Move 2 Learn" is designed with fun activities in mind, which help prepare our children to go into the classroom ready to learn. Activities for 2nd Quarter includes: Practicing PACER, pushups and curl-ups, Juggling, Dancing and Basketball.

**Recipe:** Edible Snails

**Ingredients:**
Bread
Cream cheese
Cinnamon
Rolling pin
Plastic knives
Small paper plates

**Instructions:** Wash hands. Give each child a slice of bread. Using a rolling pin, have the children roll it thin and cut off the crust using a plastic knife. Children can spread the cream cheese over the bread with a plastic knife and help sprinkle the top with cinnamon. Roll up the bread and slice into 1" pieces. As the edges of the bread unroll, they look like snails.

RECIPE *Submitted by:*

**Cindy Laskowsky**
Lake Pleasant Elementary
Peoria, Arizona

RECIPES FOR KIDS 5 MINUTE ACTIVITIES

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**Recipe:** Cold-Fighting Fruit Smoothies

**Ingredients:**
1/2 c. low-fat vanilla yogurt
1/2 c. no-pulp orange juice
Banana, peeled and frozen
1/2 c. seasonal fruit such as blueberries, chopped peaches, or strawberries
Cups
Blender

**Instructions:** Wash hands. Put the yogurt, orange juice, frozen banana (which also acts as ice) and fruit of your choosing in a blender and blend until fruit is pureed and smoothie is thick. Pour into a glass and serve immediately. Serves 1.

*Make this cold-fighting smoothie made of fresh fruit as you explain how antioxidants help fight inflammation in the body. A quick demonstration of this on the side would be a plain apple slice against an apple slice with citrus juice to display the citrus' ability to prevent browning.*

RECIPE *Submitted by:*

**Jessica Butcher, RD**

RECIPES FOR KIDS 5 MINUTE ACTIVITIES

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***Nadine Sapiente, Principal***

**Recipe:** Smiley Face Plate

**Ingredients:** Paper plates
Variety of healthy food choices (see examples below)

**Instructions:** Wash hands. Children create a face on the paper plate using a variety of healthy foods. Some examples:

EYES: Sliced hardboiled eggs, grapes (cut in half), kiwi, banana slices
NOSE: Carrot, celery, grape (sliced in half), banana slice, strawberry slice
MOUTH: Whole wheat bread sliced into narrow rectangles, blueberries, crinkle-cut carrots, bananas, strawberry slices
EARS: Apple slices, kiwi, turkey rounds
HAIR: Peeled string cheese, grated cheese, grated carrot

RECIPE *Submitted by:*

**Robin McKee**
School Nurse
Hanna Woods Elementary
Ballwin, MO

*My kids would make earrings or barrettes in the hair to dress up their plates! They are in middle school, but this recipe is still a nostalgic favorite.*

RECIPES FOR KIDS 5 MINUTE ACTIVITIES

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**Recipe:** Go-Glow-Grow Funny Face Snack

**Ingredients:** Graham crackers (Go)
Peanut butter or cheese slices (Grow)
Raisins or grapes – grapes should be sliced in half (Glow)
Paper plates
Plastic knives

**Instructions:** Wash hands. Children spread peanut butter on graham cracker using a plastic knife or place a slice of cheese on top of the cracker. Using raisins or grapes, children can create their own funny face on their crackers.

*This snack reinforces the food pyramid and the different food groups. Remind children that "go" foods are from the grain group and they give us energy to move. "Glow" foods are fruits and vegetables that help us have shiny hair and sparkly eyes. "Grow" foods are dairy and protein foods, which help us grow big and strong.*

RECIPE *Submitted by:*

**Angela Jackson**
Asst. to Food Service Supervisor
St. Tammany Parish School Food Service
Covington, LA

RECIPES FOR KIDS 5 MINUTE ACTIVITIES

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***Nadine Sapiente, Principal***

# November 2012

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | | 1<br>CONFERENCE DAY<br>NO SCHOOL | 2<br>CONFERENCE DAY<br>NO SCHOOL | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12<br> <br>VETERAN'S DAY<br>NO SCHOOL | 13 | 14 | 15<br> <br>PICTURE MAKE UP DAY | 16 | 17 |
| 18 | 19 | 20 | 21<br>THANKSGIVING BREAK | 22<br> <br>THANKSGIVING DAY | 23<br>THANKSGIVING BREAK | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1<br>December |
| 2 | 3 | 4 | 5 | 6 | 7<br>EARLY RELEASE<br>11:30 | 8 |

*Nadine Sapiente, Principal*