ENDEVERS

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Volume 2 — Issue 3

Jan / Feb 2010

From the Principal's Desk

Dear Devers Parents,

The students and staff have been busy this year working on content standards so that every child will master grade level expectations. We are seeing so much progress/growth in our students and we are very proud of them. We hope that you continue to read with your child (ren) every night and encourage them to do their best at school.

The end of the second nine weeks will be January 22. Report cards will go home on February 5. We do not have scheduled parent teacher conferences on the calendar. Please do not hesitate to ask your child's teacher for a conference if you have concerns about your child's performance. We expect excellence from our students and teachers, and if your child's performance has slipped from previous years, now is the time to determine a plan of action to help your child get refocused so he/she can be successful academically.

Please continue to volunteer as much as possible because our students love the extra attention they receive!

Yours in Education,

Miriam Breece, Principal

Kim McBroom Assistant Principal

Continuous School Improvement (CSI)

In order for Devers to become fully accredited under AdvanED certification, we must prove that we are engaging in continuous school improvement. As parents, you play a vital role in Devers' mission – Providing an Exemplary Education that inspires and Prepares All Students for Success in a Dynamic, Global Environment. Devers' efforts are focused on highest student achievement. Your children are what we are all about and they are the core of everything we do.

We believe the key to mission success and highest student achievement is continuous improvement. It's a concept that is central to what we do and forces us to look at what we are doing; examine how we are doing it; evaluate the results; and refine what we do so the needs of all our students are met.

Another key to our mission's success is the community – the community of our teachers and staff; parents; and other stakeholders working together to ensure students receive the best possible education and opportunities we can provide. Parents are that all-important connection between home and school. By supporting and reinforcing your child's learning at home and in school, you contribute to our mission of promoting highest student achievement for all students.

Improving student performance and achievement doesn't happen by chance. It requires planning, action, and ongoing evaluation. Devers' Community Strategic Plan (CSP) contains the direction for our school. It is the road map for the improvement of student performance and achievement. You may view our plan on our website.

Dates to Remember

- ☺ Jan 18th—Martin Luther King Day—(School Closed)
- ☺ Jan 25th-26th—RIF Fairy-tale Festival
- ☺ Jan 29th—3 Hour Early Dismissal at 11:45 a.m. (No Pre-K classes today)
- ☺ Feb 5th—Report Cards sent home today
- ☺ Feb 8th-17th—Book Fair
- ☺ Feb 9th—3rd & 4th Grade Awards at 1:30 p.m.
- ☺ Feb 12—Teacher Workday/ Student Holiday (No School for all students)
- ☺ Feb 15th—President's Day (School Closed)
- ☺ Feb 16th—Second Grade Study Trip
- ☺ Feb 26th— Kindergarten Performance at 1:45 p.m.

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Discipline

Parents,

At Devers, we continue to promote good behavior from all students. Therefore, I ask that you review the school and playground rules with your child (ren).

School Rules

Always walk
Keep hands and feet to yourself
Use quiet voices
Respect others and their property

Playground Rules

Wear closed toe play shoes
Use equipment properly
Use good sportsmanship
Play safe

PTO

Greetings From the PTO!

Happy New Year! The PTO would like to thank everyone for the tremendous support of the Devers Food Drive and Giving Tree. Thanks to our wonderful families and staff, the holiday season was made even brighter. Thank you!

We would like to encourage all who are interested in joining the PTO or volunteering to do so. The PTO is always happy to have more members. We have several exciting events on the agenda, so join us! The support of the parents helps keep us going!

If you would like to join the PTO, volunteer, or simply have an idea you would like to share, please contact the PTO President at 910-907-0204.

It's a New Year! Let's make it great!!!
The Devers PTO

Grey Seal Puppets

Devers Elementary students enjoyed a performance by the Grey Seal Puppets. The PTO and Arts Council sponsored the event.

CHILD & YOUTH BEHAVIORAL PROGRAM

Supporting Military Children & Youth
And Those Supporting Them

Devers Elementary is happy to have an on-site CYB-MFLC (Child-Youth Behavioral-Military Family Life Consultant). The MFLC is available to provide situational short-term problem-solving support, addressing issues such as daily life and behavioral concerns, deployment and reunion adjustments, etc., at no cost. The MFLC is dedicated to augmenting existing military support services.

MFLC services are private and confidential with the exception of duty-to-warn situations. The life consultant can be reached directly at (910) 907-0204.

From the Devers' Information Center

The Devers' Book Swap Shop: Students are invited to bring one or two gently used books to trade at the Devers' Swap Shop. The Swap Shop is for children's books. We will not be trading magazines, coloring books or comics.

Family Reading Counts time before and after school: The Information Center is open every day before school starting at 8:00 am and every Monday until 3:30 p.m. for parents to bring in their child to read together or take a Reading Counts quiz.

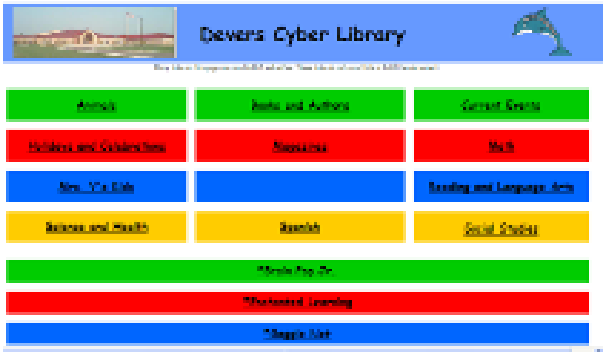
Read-to-Me Club for First Grade Students with a Parent: The purpose of the club is to build a love of books and reading, to encourage adults and children to enjoy picture books together, and to provide read aloud books to club members. We meet after school for one hour on the last Tuesday of every month. New members are always welcome! The next two meeting dates are Tuesday January 29, 2010 and Tuesday February 23, 2010. Students who do not have a parent arrive by 2:35 p.m. will be sent home their usual way. Parents—please arrive by 2:25 p.m.!

Folktale Festival January 25 and January 26: Folktales will be featured with all classes in January in honor of the birthday of the Brothers Grimm and culminate with our 2 day folktale festival. All classes will visit the festival in the Information Center. Students will be invited to play a variety of folktale games, make a variety of folktale activities and do folktale activities on the computer. All students will get a free book through the RIF program. Parent volunteers are needed to help with the festival. Please stop by the IC or call (910 907-0461) if you could help some on either day.

PTO Book Fair will be held in the Information Center February 9-17, 2010 from 8:30 a.m. to 2:30p.m. We will be open until 5:00 p.m. on Thursday February 11, 2010. Parents are welcome at any time.

Parents are welcome anytime to check out books! We are also in need of new parent volunteers, so please stop by if you have an hour or two you could volunteer weekly to help us out.

Goodbye IC Tech! She is working on her degree in Elementary Education and became a full time college student this January.



Visit our Cyber Library With your children from your home computer on the Devers home page at http://www.am.dodea.edu/bragg/devers/

Reading Is Fundamental in 2010

HAPPY NEW YEAR! The old saying is that whatever you spent lots of time doing on New Year's Day is what you will find yourself doing all year long. Well, I hope you all spent time reading lots of books, magazines, and newspapers on that day and will continue to develop a habit and a love of reading for the year 2010.

One of the best ways to show your children that reading is important is to LET THEM SEE YOU READING! They need to know that you value reading. Show them that you enjoy reading good books, magazines, and newspapers and don't hesitate to share with them a little about the books or articles that you are reading. When you model for them, they will more likely take an interest in reading good books themselves.

There will be two more RIF book distributions for Devers' students this school year. Each student will receive a free book in January and another in March. The Media Coordinator, the READ 180 Clubs and I are already planning the January celebration. The books will be distributed during a "Fairy Tale Festival" in the Information Center. Our RIF Parent Volunteer will soon be contacting parents to assist with this distribution. If you would like to help, please call and speak to the RIF Coordinator or the RIF Parent Volunteer at Devers (910-907-0204).

~Remember . . . READ TO SUCCEED IN 2010~ -RIF Coordinator

Helping Children Become Better Readers

Research shows:

- Reading achievement is positively related to the amount of time students spend reading.
- Students develop vocabulary and concept knowledge through extensive reading.
- The best way to strengthen reading skills and foster the reading habit is to see that students get reading practice with books that are carefully selected and matched to their reading level and interests.
- Motivation is essential for maintaining students' sustained attention to reading.
- To build comprehension skills, students should read widely, respond to questions, and talk about what they've read.
- Helping struggling readers requires a supportive literacy environment as part of a carefully planned intervention program.
- Families and communities have an important role in helping students become successful readers.
- Assessment and evaluation are necessary to monitor student progress and adjust instruction.

Math Matters

Learning about numbers and their facts is very important to our children and their success in the adult world. Knowing our basic facts and computation skills are the beginning blocks of our math learning. We need that support to build our understanding of math and how numbers work together

As we grow in our math skills, we realize most of the math in the real world does not occur as numbers by themselves but as problems to solve. For example, in trying to buy a bottle of shampoo we had to compare the cost and find out if the "buy one-get one-half off" was as good a deal as the "store brand cheaper version". Problem solving and **using** math facts makes this process of teaching our children to problem solve even more important.

Devers has adopted an age-appropriate method of problem solving. Some components of these steps have been used at each grade level.

Step 1. **Understand** the number facts and what the question is asking.

Step 2. **Plan** what should be done. (Draw a picture, make a list, find a pattern, add, subtract, multiply, & divide.)

Step 3. **Solve** the problem by working out the plan.

Step 4. **Look Back** by rereading the problem and making sure the answer fits the question. Work the problem another way to see if you get the same answer. Explain what you did in words so others can understand what you did.

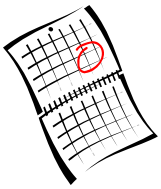
Use these steps with your child to help solve math problems, you will find they work for life problems too.

Notes from the Music Class

Greetings from the Devers music room! All of our students are enjoying playing the instruments such as: the keyboards, xylophones, and rhythm sticks. They have also been learning about rhythms, notes on the staff, and how to combine the two to create music. Our kindergarteners will be doing a Patriotic Performance Friday, February 26, in the Devers Elementary gym. A letter containing more information will be sent home at a later date, but mark your calendars now! The students are all very excited, we all hope to see you at the concert.

Plan For Success!

Encourage your child to develop both academic and social language



1. **Follow a Routine**
   - Have a place for homework, away from the TV
   - Plan time to play after work is finished
   - Get enough sleep
   - Make time to read every day

2. **Be Interested**
   - Discuss their day at school
   - Talk about their friends
   - Listen to your child
   - Talk about the books he/she reads

3. **Help With Homework**
   - Offer to help
   - Translate into your first language
   - Ask your child questions about the homework
   - Read with your child every night

4. **Encourage Other Activities**
   - Find an after school sport
   - Join a school club
   - Be active in community and youth groups
   - Visit the public library - Ask about activities for kids!

Foreign Language in The Elementary Schools

Hola amigos, time is really flying! We hope you had a wonderful and fun filled Winter Break and that the New Year brings you lots of good things.

Kindergarteners will be learning about the following themes, responding to *¿Cómo estás?* and *La familia*.

First graders we will learning how to say the sounds of the vowels in Spanish. We will also talk about the seasons.

Second graders will study the geography of some of the Latin American countries. They will also learn how to say and use some adjectives when describing nouns.

Third graders will continue reading about the aliens Martina and Martino and their adventures here on planet Earth. Martino and Martino are invited to a birthday party. They will also learn about the topic of nutrition and some words used in school.

Notes from the Gym!

The Gym Rats here at Devers will be finishing up our cup stacking unit in the New Year. It has been great fun, and has really helped us with our hand-eye coordination and right/left brain connections.

Cup stacking will stimulate brain growth and will help in math and language arts performance. If you want to take this to a higher level, www.speedstacks.com will be a great resource for getting your own speed stacking cups.

Starting on January 19th and running until February 12th, the Devers Gym Rats are going to be working on our gymnastics mat skills. This involves a lot of really fun rolling, tumbling, balances and stretches. Mat skills is one of the students favorite Physical Education units, so when your student comes home, ask them to show you the new balances they have learned this week.

Please come and visit your child's Physical Education class, so we can show off some of the great standards based fun we are having.

ART CORNER

Happy New Year from the art room! We are working on weaving in 2nd, 3rd, and 4th grades. The 2nd and 3rd grade students are weaving patterns with yarn on cardboard looms. Our 4th grade students are weaving patterns on circle looms and discussing radial balance. Kindergarten and 1st grade students will begin their painting unit. We will be discussing the artist Jasper Johns. We will make a painting in the same style as the artist using numbers 1-20 and letters A-Z. I look forward to a great new year in the art room!

Guidance Spot

New Years greetings from the Guidance Department! With Terra Nova testing just around the corner, the week of March 8-12, 2010, we will be focusing on test taking skills in our guidance classes. The following 'Top Ten Resolutions' may help all of us prepare for successful HIGH MARKS!

Have a good attitude.

Be a friend to self and other.

Play fair.

Do your homework.

Have fun.

Set reasonable goals.

Respect your elders.

Eat healthy.

Come to school and be on time.

Do your best! *****

The Parent to Parent meetings are on going for the new year with the following schedule:

January.6 – Resiliency and Deployment

February.3 – Preparing your Child for Reading Success

March 3 – GLU: Growing, Learning, Understanding

April 14 – School Transitions (PCS'ing parents) and/or Transitioning to Irwin

May 5 – Preparing Your Child for Kindergarten and/or Preventing Summer Slide

If you miss any of the above meetings and are interested in the topic and/or are in need of resources, please contact us. Operation Hero, a YMCA sponsored after school group, will begin on Monday, January 11 and run through March 18, 2010. This program meets every Monday from 2:45-5:30 and Wednesday, 1:45-4:15. Contact Guidance for more information.

Finally, tip of the month: "Children require at least 10 to 12 hours of sleep per night. Tuck those kiddies in early enough to be ready for a full and exciting day of school."

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 **New Years Day**	2
3	4 **School Begins**	5	6	7	8	9
10	11	12	13	14	15	16
17	18 **MLK Day School Closed**	19	20	21	22	23
24	25 **RIF Fairy-tale Festival**	26 **RIF Fairy-tale Festival**	27	28	29 **3 Hr Early Dismissal at 11:45**	30
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February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 **Report Cards are Sent Home**	6
7	8 **Book Fair**	9 **Book Fair 3rd & 4th Grade Awards**	10 **Book Fair**	11 **Book Fair**	12 **Book Fair Teacher Work-day (No School)**	13
14	15 **Presidents Day (School Closed)**	16 **Book Fair Second Grade Study Trip**	17 **Book Fair**	18	19	20
21	22	23	24	25	26 **Kindergarten Performance at 1:45 p.m.**	27
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Menus for January 2010

Fort Bragg Schools PK-9th Grade

Families Making the Connection

It takes a village. Helping students to eat healthy has the greatest impact when everyone is involved—teachers, cafeteria staff and families. Offering healthy meals and snacks at home gives children the chance to practice the good nutrition they learn about in school.

It takes some guidance. Wondering what "good nutrition" really means? **MyPyramid for Kids** is a great place to start. Go to www.mypyramid.gov to learn about the pyramid's food groups. Once there, you'll also discover how to choose smart foods from each group.

It takes encouragement. Be a cheerleader for good nutrition at your child's school. School meals are a nutrient-rich option for your child. Encourage your child's healthy eating habits by supporting school meals!

MyPyramid For Kids
Eat Right. Exercise. Have Fun.
MyPyramid.gov

January

- Family Fit Life-style Month
- Oatmeal Month
- Wheat Bread Month
- Egg Month
- Meat Month
- Soup Month

'Food for Thought' Factoids

School Meals: The Healthy, Low-Cost Choice

- School meals are the healthy choice because…
  - They meet the Dietary Guidelines for Americans. There are specific nutrition standards for protein, vitamins A and C, iron and calcium. There also are limits on fat, salt and sugar.
  - Foods with little nutritional value cannot be sold. This includes foods and beverages like hard candy and carbonated soft drinks.
- School meals are the low-cost choice because…
  - Child Nutrition Programs are reimbursed for part of the cost of school meals.
  - Child Nutrition Programs are able to accept and use commodity foods. Commodity foods are foods that the government offers to schools at a reduced price.
  - Schools make no profit off of the meals sold.

Friday, January 1

Schools will offer Salad Every Day.
Chef Salad
Monday, Wednesday, & Friday–
Tuesday—Chicken Salad;
Thursday—Tuna Salad
Students Breakfast cost: Full pay: PK-9th $1.00 - Reduced .30 ;
Lunch PK-9th grade $2.00; Reduced .40

Monday, January 4

Breakfast Pizza
Or
Cereal
Sliced Peaches
Choice of Cold Milk

Lunch
Pepperoni Pizza
Or
Sloppy Joe
CHOOSE TWO
Green Beans
Steamed Broccoli
Golden Corn
Orange Wedges
Choice of Cold Milk

Tuesday, January 5

Scramble Eggs w/ Grits
Or
Cereal
Applesauce
Choice of Cold Milk
Lunch
Vegetable Meat Soup w/ Grilled Cheese Sandwich/ Cracker
Or
Corndog
CHOOSE TWO
Baked Apples
Corn on Cob
Broccoli & Carrot Sticks
Sliced Peaches
Choice of Cold Milk

Wednesday, January 6

Pancake N' Sausage
Or
Cereal
Orange Wedges
Choice of Cold Milk

Lunch
Cheeseburger
Or
Chicken Tenders w/ Dip and Roll
CHOOSE TWO
Baked Oven Fries
Glaze Carrots
Lettuce w/ Pickle Chips
Fresh Whole Apple
Choice of Cold Milk

Thursday, January 7

Grilled Cheese Sandwich
Or
Cereal
Potato Rounds
Choice of Cold Milk

Lunch
Bar-B-Que Chicken w/ Roll
Or
Hotdog w/ Chili
CHOOSE TWO
Creamed Potatoes
Steamed Broccoli
Congealed Fruit Salad
Coleslaw

Friday, January 8

Cranberry Muffin w/ Oatmeal
Or
Cereal
Peaches w/ Diced Apples
Choice of Cold Milk

Lunch
Fish Sticks w/ Cornbread
Or
Macaroni & Cheese w/ Diced Ham and Roll
CHOOSE TWO
Garden Peas
Baked Apples
Orange Wedges
Carrot Coleslaw

Fit Foundations

Dining In—Make It A New Year's Resolution

More often than not, busy families are dining out and eating on-the-go. Unfortunately, when we dine out, we usually:

- Eat larger portions, which means more calories,
- Eat fewer fruits and veggies,
- Eat fewer whole grains,
- Eat fewer low-fat dairy products,
- Spend more money on our meals, and
- Do not eat meals as a family.

In hard economic times, the value of dining in is greater than ever. Make it a New Year's resolution to dine in more often. Try these time-saving tips to get your family started:

- Set aside 30 minutes to plan a list of quick, easy and healthy meals your family can eat over the next week or two.
- Select recipes with few ingredients.
- Prepare "one-pot" meals, like soups, stews, burritos or wraps and stir-fry dishes.
- Make more of the main dish so that some of it can be saved for leftovers.
- Get children involved in making simple sides, like salad. Let them set the table, pour the beverages and clean up.

Developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

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www.ncdhhs.gov • www.nutritionnc.com

Source: *Eating Smart at Home* from EFNEP's Families Eating Smart and Moving More

Monday, January 11

Breakfast Pizza
Or
Cereal
Applesauce
Choice of Cold Milk

LUNCH
Cheese Pizza
Or
Chicken Sandwich
CHOOSE TWO
Steamed Corn
Green Beans
Sliced Peaches
Tossed Salad
CHOICE OF COLD MILK

Tuesday, January 12

Grilled Cheese Sandwich
Or
Cereal
Sliced Peaches
Choice of Cold Milk

LUNCH
Turkey Noodle Soup w/ Ham
Biscuit
Or
Cheeseburger
CHOOSE TWO
Baked Apples
Oven Baked Fries
Orange Wedges
Sliced Peaches
CHOICE OF COLD MILK

Wednesday, January 13

Pancake N' Sausage
Or
Cereal
Fresh Whole Apple
CHOICE OF COLD MILK

LUNCH
Baked Chicken w/ Roll
Or
Corndog
CHOOSE TWO
Creamed Potatoes
Lima Beans
Congealed Fruit Salad
Fresh Whole Apple
CHOICE OF COLD MILK

Thursday, January 14

Blueberry Muffin w/ Oatmeal
Or
Cereal
Pears w/ Diced Apples
CHOICE OF COLD MILK

LUNCH
Turkey Pot Pie w/ Roll
Or
Hotdog w/ Chili
CHOOSE TWO
Parsley Potatoes
Garden Sweet Peas
Applesauce
Orange Wedges
CHOICE OF COLD MILK
Dessert: Yellow Cake w/

Friday, January 15

Scramble Eggs w/ Cheese and Grits
Or
Cereal
Fresh Banana
CHOICE OF COLD MILK

LUNCH
Fishwich
Or
Chili Con Carne w/ Crackers
CHOOSE TWO
Potato Rounds
Baked Apples
Green Beans
Peaches w/ Sliced Banana, & Diced Apples

Monday, January 18

MARTIN LUTHER KING JR HOLIDAY

Tuesday, January 19

Pancake N' Sausage
Or
Cereal
Applesauce
CHOICE OF COLD MILK

LUNCH
Chicken Tenders w/ Dip and Roll
Or
Baked Potato w/ Meat and Cheese Sauce
CHOOSE TWO
Steamed Broccoli
Glazed Carrots
Fresh Whole Apple
Orange Wedges

Wednesday, January 20

Scramble Eggs w/ Cheese and Grits
Or
Cereal
Orange Wedges
CHOICE OF COLD MILK

LUNCH
Spaghetti w/ French Bread
Or
Nachos w/ Cheese Sauce
CHOOSE TWO
Sweet Garden Peas
Tossed Salad
Steamed Corn
Sliced Peaches

Thursday, January 21

Grilled Cheese Sandwich
Or
Cereal
Sliced Peaches
CHOICE OF COLD MILK

LUNCH
Bar-B-Que Chicken w/ Roll
Or
Hotdog w/ Chili
CHOOSE TWO
Glazed Sweet Potatoes
Pinto Beans
Blueberries
Congealed Fruit Salad

Friday, January 22

Cranberry Muffin w/ Oatmeal
Or
Cereal
Orange Juice
CHOICE OF COLD MILK

LUNCH
Fishwich
Or
Taco Salad
CHOOSE TWO
Corn On Cob
Green Beans
Lettuce w/ Diced Tomatoes
Orange Wedges

Monday, January 25

Pancake N' Sausage
Or
Cereal
Applesauce
CHOICE OF COLD MILK

LUNCH
Pepperoni Pizza
Or
Sloppy Joe
CHOOSE TWO
Steamed Corn
Black eyed Peas
Tossed Salad
Orange Wedges
CHOICE OF COLD MILK

Tuesday, January 26

Scramble Eggs w/ Cheese and Grits
Or
Cereal
Sliced Peaches
CHOICE OF COLD MILK
LUNCH
Turkey Rice Soup w/ Grilled Cheese Sandwich
Or
Corndog
CHOOSE TWO
Baked Beans
Sweet Potato Soufflé
Baked Apples
Congealed Fruit Salad
CHOICE OF COLD MILK

Wednesday, January 27

Breakfast Pizza
Or
Cereal
Orange Wedges
CHOICE OF COLD MILK
LUNCH
Spaghetti w/ French Bread
Or
Hotdog w/Chili
CHOOSE TWO
Garden Peas
Corn On Cob
Garden Sweet Peas
Tossed Salad
Coleslaw
Sliced Peaches
CHOICE OF COLD MILK

Thursday, January 28

Breakfast Bagel
Or
Cereal
Peaches w/ Diced Apples
CHOICE OF COLD MILK

LUNCH
Oven Baked Chicken w/ Roll
Or
Cheeseburger
CHOOSE TWO
Parsley Potatoes
Lima Beans
Congealed Fruit Salad
Lettuce w/ Pickle Chips
CHOICE OF COLD MILK

Friday, January 29

Blueberry Muffin w/ Oatmeal
Or
Cereal
Orange Juice
CHOCIE OF COLD MILK

LUNCH

EARLY DISMISSAL DAY

TURKEY DELI W/ HAM AND CHEESE ON WHOLE WHEAT
CARROT STICKS
FRESH WHOLE APPLE
SCHOOL MADE OATMEAL COOKIE
CHOICE OF COLD MILK

Families Making the Connection

It takes a village. Helping students to eat healthy has the greatest impact when everyone is involved—teachers, cafeteria staff and families. Offering healthy meals and snacks at home gives children the chance to practice the good nutrition they learn about in school.

It takes some guidance. Wondering what "good nutrition" really means? **MyPyramid for Kids** is a great place to start. Go to www.mypyramid.gov to learn about the pyramid's food groups. Once there, you'll also discover how to choose smart foods from each group.

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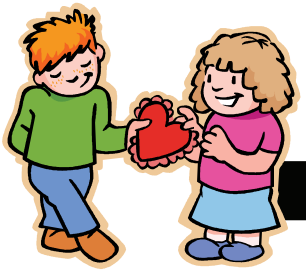
February

- American Heart Month
- Children's Dental Health Month
- Cherry Month
- Grapefruit Month
- Hot Breakfast Month
- North Carolina Sweet Potato Month
- Potato Lovers' Month
- Almond Day (16th)

Food for Thought Factoids adapted from the excerpt *Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness* at http://www.cdc.gov/features/heartmonth/.

Schools will offer Salad Everyday. Chef Salad—Monday, Wednesday, and Friday. Tuna Salad on Thursday, and Chicken or Turkey Salad on Tuesday.
PK-9th Full Paid Breakfast $1.00—Reduced .30
PK –9th Full Paid Lunch $2.00-Reduced .40



Menus for February 2010

Fort Bragg Schools PK– 9th

'Food for Thought' Factoids

It's American Heart Month

A healthy diet and lifestyle are your best defenses against heart disease. Try these ideas:

- Keep an eye on your portion sizes.
- Pick lean meats, poultry and fish. Trim away any fat and skin. Prepare without added fat, if possible.
- Go for fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Select beverages and foods without added sugars.
- Choose and prepare foods with little or no salt.
- If you drink alcohol, drink in moderation (one drink per day for women and two drinks per day for men).
- Be physically active. Go to http://www.cdc.gov/physicalactivity/index.html for tips on how to move more!

Monday, February 1	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
Breakfast Bagel Or Cereal Orange Wedges CHOICE OF COLD MILK	POPTART STRAWBERRY OR CEREAL Sliced Peaches **CHOICE OF COLD MILK**	Scramble Eggs w/ Grits Or Cereal Orange Juice **CHOICE OF COLD MILK**	Pancake N' Sausage Or Cereal Applesauce **CHOICE OF COLD MILK**	**Trix Strawberry Banana Yogurt w/ Toast** **Or** **Cereal** CHOICE OF COLD MILK
LUNCH Chicken Tenders w/ Roll Or Baked Potatoes w/ Meat & Cheese Sauce w/ Orange Roll **CHOOSE TWO** **Steamed Broccoli** **Corn on Cob** **Blueberries** **Orange Wedges** **CHOICE OF COLD MILK**	**LUNCH** Hotdog w/ Chili Or Chicken Fajita w/ Alfred Sauce **CHOOSE TWO** Squash Casserole Green Beans Sliced Peaches Coleslaw Fresh Whole Apple **CHOICE OF COLD MILK**	**LUNCH** **Chicken Quesadilla** **Or** **Turkey Deli Sandwich** **CHOOSE TWO** **Orange Glaze** **Sweet Potatoes** **Lima Beans** **Orange Wedges** **Lettuce w/ Pickle Chips** CHOICE OF COLD MILK	**LUNCH** Baked Chicken w/ Roll Or Cheeseburger **CHOOSE TWO** Creamed Potatoes Garden Peas Congealed Fruit Salad Diced Peaches w/ Diced Apples **CHOICE OF COLD MILK**	LUNCH **Fish Wich** **Or** **Nachos w/ chips and sauce** CHOOSE TWO **Baked Apples** **Steamed Corn** **Orange Wedges** **Coleslaw** CHOICE OF COLD MILK

Fit Foundations

Almonds—Health in a Handful

Almonds are packed with nutrients. They are rich in vitamin E, magnesium, protein, potassium and fiber.

Almonds a heart healthy choice! They are a great source of healthy fats. In fact, nearly 70 percent of the fat in almonds is **monounsaturated**. That's the "good" kind of fat that tends to lower "bad" cholesterol and raise "good" cholesterol.

Take advantage of the health benefits of almonds with just a handful each day. Just 1 ounce (1/4 cup), or 23 almonds, may promote good health when you eat smart overall.

Almonds are easy to keep on hand. Almonds can be stored for up to two years if kept under cool and dry conditions. Protect the flavor of almonds by keeping them away from strong odors.

Roast your own almonds. Simply spread almonds out onto an ungreased baking pan. Place the pan in a 350º F oven. Bake for 10 minutes, or until golden brown. Make sure to stir the almonds once or twice during roasting to ensure even browning. Note that the almonds will continue to roast slightly after removing them from the oven. Mmmm…warm, freshly roasted almonds!

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www.ncdhhs.gov • www.nutritionnc.com

Sources: www.almondsarein.com and www.portfolioeatingplan.com

Monday, February 8

Chicken biscuit
Or
Cereal
Sliced Peaches
CHOICE OF COLD MILK

LUNCH
Chicken Sandwich
Or
Chili Con Carne w/ Crackers
CHOOSE TWO
Garden Peas
Steamed Corn
Applesauce
Orange Wedges

CHOICE OF COLD MILK

Tuesday, February 9

Scramble Eggs w/Cheese & Grits
Or
Cereal
Orange Wedges
CHOICE OF COLD MILK

LUNCH
Turkey Pastry w/ Corn Muffin
Or
Hotdog w/ Chili
CHOOSE TWO
Sweet Potato Glaze
Baked Apples
Fresh Whole Apple
Coleslaw
CHOICE OF COLD MILK

Wednesday, February 10

Pancake n' Sausage
Or
Cereal
Blueberries
CHOICE OF COLD MILK

LUNCH
Pepperoni Pizza
Or
Sloppy Joe
CHOOSE TWO
Glazed Carrots
Steamed Corn
Tossed Salad
Orange Wedges

CHOICE OF COLD MILK

Thursday, February 11

Grilled Cheese Sandwich
Or
Cereal
Orange Wedges
CHOICE OF COLD MILK

LUNCH
Spaghetti w/ French Bread
Or
Cheeseburger
CHOOSE TWO
Garden Peas
Baked Apples
Blueberries
Sliced Peaches w/ Diced Apples
CHOICE OF COLD MILK

Friday, February 12

Non –Student Day
Professional Development
(Possible Storm Make-Up Day)

Monday, February 15

PRESIDENT'S DAY
HOLIDAY
NON-STUDENT/NON-TEACHER DAY

Tuesday, February 16

Breakfast Bagel
Or
Cereal
Applesauce
CHOICE OF COLD MILK

LUNCH
Chicken Sandwich
Or
Nachos w/ Cheese Sauce
CHOOSE TWO
GREEN BEANS
GLAZED CARROTS
LETTUCE W/ PICKLE CHIPS
SLICED PEACHES

CHOICE OF COLD MILK

Wednesday, February 17

Scramble Eggs w/ Cheese and Grits
Or
Cereal
Orange Wedges
CHOICE OF COLD MILK

LUNCH
Cheese Pizza
Or
Chili Con Carne w/ Crackers
CHOOSE TWO
Garden Peas
Sweet Potato Fluff
Tossed Salad
Orange Wedges
CHOICE OF COLD MILK

Thursday, February 18

Breakfast Pizza
Or
Cereal
Sliced Peaches
CHOICE OF COLD MILK

LUNCH
Oven Baked Chicken w Roll
Or
Hotdog w/ Chili
CHOOSE TWO
Cheese Potato Casserole
Steamed Cabbage
Baked Beans
Sliced Peaches
Congealed Fruit Salad
CHOICE OF COLD MILK

Friday, February 19

Pancake N' Sausage
Or
Cereal
Orange Juice
CHOICE OF COLD MILK
LUNCH
Fishwich
Or
Chicken Fajita w/ Alfred Sauce
CHOOSE TWO
Parsley Potatoes
Green Beans
Coleslaw
Orange Wedges
Dessert: Yellow Cake w/ Chocolate Icing
CHOICE OF COLD MILK

Monday, February 22

Grilled Cheese Sandwich
Or
Cereal
Sliced Peaches
CHOICE OF COLD MILK

LUNCH
Chicken Tenders w/ Roll
Or
Sloppy Joe
CHOOSE TWO
Garden Peas
Baked Apples
Orange Wedges
Carrots and Celery Sticks

CHOICE OF COLD MILK

Tuesday, February 23

Blueberry Muffin w/ Oatmeal
Or
Cereal
Applesauce
CHOICE OF COLD MILK

LUNCH
Turkey Pastry w/ Roll
Or
Cheeseburger
CHOOSE TWO
Sweet Potato Fluff
Green Beans
Sliced Peaches
Fresh Whole Apple

CHOICE OF COLD MILK

Wednesday, February 24

Scramble Eggs w/ cheese & Grits
Or
Cereal
Orange Wedges
CHOICE OF COLD MILK

LUNCH
Pepperoni Pizza
Or
Turkey Pot Pie w/ Roll
CHOOSE TWO
Baked Apples
Lima Beans
Orange Wedges
Blueberries
CHOICE OF COLD MILK

Thursday, February 25

Breakfast Bagel
Or
Cereal
Sliced Peaches w/ Diced Apples
CHOICE OF COLD MILK

LUNCH
Bar-B-Que Chicken w/ Roll
Or
Hotdog w/ Chili
CHOOSE TWO
Creamed Potatoes
Steamed Cabbage
Congealed Fruit Salad
Coleslaw
CHOICE OF COLD MILK

Friday, February 26

Chicken Biscuit
Or
Cereal
Blueberries
CHOICE OF COLD MILK

LUNCH
Tuna Casserole
Or
Taco's (2)
CHOOSE TWO
Pinto Beans
Glazed Carrots
Tossed Salad
Diced Tomatoes
Orange Wedges
CHOICE OF COLD MILK

Monthly Activity Calendar

www.MyStationPE.Com

January – MOVE Your Great Young Minds!

Day	Things You Should Really Be Doing To Stay Healthy, Fit & Well (and you might even learn something)!	Done ✓
1	**"The British Are Coming"** – We know it is New Year's! Today is also the birthday of Paul Revere. So go ride something – a bike, a sled, a snowboard….. Shout, "The British are coming!" Hey it's New Year's…you can probably get away with anything!	
2	**Blow & Go Relays** – The drinking straw was patented on this day in 1888. Get a ping-pong ball and see how far you can blow it with a drinking straw. Create a relay race with a couple of friends.	
3	**Big Dipper State** – Alaska was admitted to the United States as the 49th state in 1959. Do 49 repetitions of your favorite exercise. It is also **Fruitcake Toss Day**. How far can you fling a cupcake, throw a fruitcake, or heave a pastry?	
4	**An Apple A Day** – Today is Sir Isaac Newton's birthday. He is the dude who explained the laws of gravity. Rumor has it he formulated his theory sitting under a tree (thinking of GymRats) and an apple fell on his head. Eat apples for Isaac.	
5	**Birds of a Feather** – Today is National Bird Day. Think of different ways birds move (waddle, swoop, flutter, glide, flap, soar, dive, strut, flitter, etc.), and invent a bird dance using all the movements. Read *Jonathan Livingston Seagull*.	
6	**Snow Ball Scramble** –Need 10 snow/paper balls, 10 water bottles and a stopwatch. Create a starting line. Scatter balls 5-10 yds. apart (mark their location with water bottles). Gather one ball and return to starting line, repeat with all balls. Best time?	
7	**Jacks** –This is old school, but there is no school like the old school. Boys be quiet – this game will help you develop eye-hand coordination. Go to http://www.streetplay.com/thegames/jacks/ Save your allowance and get some – you won't be sorry.	
8	**All Shook Up!** – Elvis Presley was born on this day in 1935. Make some paper crowns and a cardboard guitar. Ask you parents to help you find some Elvis music. Play your guitar and shake your hips for at least eight Elvis songs.	
9	**Spin The Bottle** – Not the Kissing Bottle…YUCK! Spin the Fitness Bottle. Gather some friends. Spin a water bottle (no soda!). When the bottle stops spinning, the person it points to picks an exercise, leads the group and then spins again.	
10	**Balloon Body Volley –** Blow up at least 3 balloons. Make sure you have plenty of space and that the cat is out of the way. Use your hands, feet, elbows, head, and bottom – anything you can to keep all 3 balls in the air as long as you can.	
11	**Got Milk?** – Once upon a time milk was delivered in bottles (yup no kidding – ask your parents). The first time was on this day in 1888. So, drink some low-fat milk and take a picture of yourself with one of those silly milk mustaches (save the milk jug)!	
12	**Had Milk?** – Good! Now that you have finished the milk. Rinse out the plastic jug and get an adult to cut out the bottom. Now you have a scoop for throwing and catching. Best outside. Use snowballs, sock balls, tennis balls, the cat's hairballs…….	
13	**Fitness Flags** – Okay this is serious. Time to advocate for health and wellness. Gather some buddies. Each of you makes your own fitness flag. Use old sheets and sticks. Now parade through the neighborhood and proclaim your pledge to be healthy.	
14	**Ice Tray Relay** – You'll need friends, ice cubes, 4 bowls & 2 spoons. Divide into 2 teams. Each team gets a bowl of ice & a spoon – put an empty bowl 20 yds. away. In relay race format, use the spoon to carry the one cube at a time to the empty bowl.	
15	**I Have a Dream** – Martin Luther King Jr. was born on this date. He was only 39 years old when he was assassinated. If he were alive today, would the world be different? Send us your reasons why to info@stationpe.com. We'll post your thoughts.	
16	**What's The Weight?** – Today starts *National Healthy Weight Week*. Celebrate by making a promise to eat better or pledging to be more active. Go to http://www.kidshealth.org/kid/exercise/weight/poll_weight.html for more information.	
17	**Dice-er-cise** – Get two dice. Write down 12 exercises and number them 1 through 12. Roll the dice once – and determine the exercise. Roll the dice again and determine how many repetitions. Good luck – this sounds like a lot of work!	
18	**You're Cuckoo!** – Celebrate Laurel and Hardy movies (ask your grandparents!) http://www.laurel-and-hardy.com/ (check out their hats). Their theme song was the *Cuckoo Dance*. Make a hat and create your up your own cuckoo dance.	
19	**National Popcorn Day** – Celebrate by pretending you are a kernel of popcorn. Jump up and down faster and faster as the heat gets hotter. Find some friends and stick together. Now make some real popcorn (low fat, no butter, easy salt!).	
20	**Bean Bag Horseshoes** – Inside or out. Get or make 6 beanbags (rolled up socks will do). You'll need two different colors. Grab a friend. If outside use sticks for the stakes. If inside use a couple plastic bowls. Invent a horseshoe game.	
21	**Hug Bugs** – Today is *National Hugging Day*. Get the family or friends together. Set a hugging speed world record. How fast can everyone hug each other? Now repeat the challenge hopping from hug to hug. Now jump from hug to hug.	
22	**GymRat Grill** – We hired you to be the manager of our new restaurant, the *GymRat Grill*. We want to serve only healthy foods, but need you to create the menu. Plan something for breakfast, lunch and dinner. Send us your menus and we will post them.	
23	**Rhumpus Bumpus** – Make up moves to these nonsense words: Slinkey Dinky. Scootchy Dootchy. Dizzle Trizzel. Swap Plap. Beduddle Feduddle. Kdinkle Spidinkle. Waglle Radaggle. Can you think of anything else? I'm sure we left something out!	
24	**Snow-da Bottle Bowling** – Collect 10 water bottles. Set them up outside like bowling pins. If you have snow, make a snow bowling ball. If no snow, use a tennis ball. Bowl away. Teach the dog to fetch or invite a friend to play.	
25	**Snack Attack** – Go to the Healthy Kids Network and learn how to prepare a variety of healthy snacks. http://kidshealth.org/kid/recipes/	
26	**Scarf It** – Yeah Mom makes you wear a scarf. Quit whining. Now you can ball it up in a bundle, heave it in the air, and figure out different ways to catch it. Catch it on your head? With one foot? Behind the back? On the elbow? How else?	
27	**Towel Toss** – You need a friend, brother, sister, parent, aunt or uncle. Get a towel and a tennis ball. Go outside. Each of you grabs one end of the towel. Put the ball in the towel and launch that sucker as high as you can. Oh yeah, try to catch it!	
28	**It's In The Cards** – Get a deck of cards. Write down your 4 favorite exercises. Assign each a suit: hearts, spades, diamonds, & clubs. Mix up the cards and pick one. The suit tells you the exercise, the number tells you how many (J=11; Q=12, K=13).	
29	**Race Track** – Create a race track of any size. If inside, make sure your parents okay the track. Time yourself hopping, jumping, galloping, bear walking, crab walking, scotching on your butt around the track. Can you think of any other ways to travel?	
30	**Snow Bank Mini Golf** – Assuming the snow is pretty packed down, make a mini golf course. Dig out holes, create obstacles, use sticks for the hole flags. Get a golf ball (orange or yellow preferably), and a putter. Have at it!	
31	**Bubble Wrap Appreciation Day** – No kidding! Go Google if you don't believe us! Get some bubble wrap and put it on the floor. Now do your best River Dance impersonation (http://www.riverdance.com)	

1-10 ✓'s All- Pro GymRat **11-20 ✓'s All-World GymRat** **21-31 ✓'s All-Galaxy GymRat**

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Monthly Activity Calendar

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February – Move Your Great Young Minds!

Day	Activity	☑
1	February is Black History Month. Tell somebody about a famous African American athlete. Check out: www.factmonster.com/spot/afroambios.html	
2	Go the entire day without drinking a soda. Drink 8 glasses of water instead. Make sure a bathroom is nearby, and avoid long road trips.	
3	Find something to dribble - a basketball, a soccer ball, a paper ball. Set up an obstacle course and dribble around through it. Shoot, score & celebrate.	
4	Create a STOMP dance. Bang, clatter, and pang. Sell ear plugs to neighbors as a fundraiser! Threaten to dance all weekend if they don't purchase.	
5	Squat for leg strength. Try 10 - 20 parallel squats. Can you do them before each meal you eat today?	
6	Make up a game using a rolled up sock and a laundry basket. Just make sure the lamp is out of the way!	
7	Okay Frog Legs. Just how far can you jump? Try running jumps, 2-footed jumps, whirly jumps, one footed leaps….but please land on your feet and not your bottom!	
8	Are you getting ready to catch the Olympic Spirit? Get a stopwatch. Start timing. Get moving! Do anything—jog in place, jump rope, skate, bike, whatever. How long does it take you to begin sweating? Ahh, you smell like a true Olympian!	
9	I spy adults exercising. How many grown-ups did you observe exercising today? Be on the look-out all day long! (Maybe also count those who should be exercising!).	
10	The 2006 Winter Olympics open today. This is one of the few times we'll tell you to watch TV. Check your local listings for times and channels.	
11	Ready to be on the U.S. Luge Team? Start getting ready today at 4pm Eastern Time. And do some pushups and sit-ups during each commercial.	
12	Olympians watch what they eat and fuel their bodies for peak performance. Get an adult to help you count the fat grams you are eating today. If you need a calculator then we might have to make some adjustments!	
13	Try a new fruit or vegetable today. Go on…..be brave! By the way, what is a persimmon?	
14	A new Olympic Sport - Snow Shoe Long Jump. How far can you jump? Try 10 times. No Snow? Put on the biggest pair of shoes you can find (check your parent's closet). Long jump in the front lawn.	
15	Today is the day. It is that 5-a-Day thing. Eat 5 servings of fruits and/or vegetables. NO! NO! NO – French fries do not count! www.dole5aday.com	
16	Learn more about this year's Olympics at www.olympic.org	
17	Watch Women's Ice Hockey today. Wow - those are tough athletes! You can start your training by doing 20 push-ups everyday.	
18	Do some yoga or stretch for 10 minutes before you go to bed. Olympians focus on all aspects of fitness. Flexibility is one. Can you name the rest?	
19	Ask your parents or another grown-up to tell you about what they did for exercise when they were kids. Watch to make sure their noses don't grow.	
20	It's Presidents' Day. List the first 20 presidents on paper and say their names while you do jumping jacks.	
21	Do you think the men in the 1500m Speed Skating finals could go that fast if they smoked? Talk with a friend about living tobacco free. Why is this important? Pinky swear you will always live tobacco free.	
22	It's still winter. Pick a winter sport that interests you and investigate its history.	
23	How are your New Year's Resolutions coming? Remember those!? Revisit your list and get back on track.	
24	Another new Olympic Sport… Aerobic Snow Angels—how many can you make in 60 seconds? What no snow? Make Lawn Angels in the front yard. Tell nosy neighbors that you are itching your back.	
25	Tell somebody about a famous female athlete. http://cgi.cnnsi.com/siforwomen/top_100/1/ is a great place to start.	
26	We know, it went too fast. Watch the closing ceremony. Aren't the music video highlights the best?!	
27	Keep the Olympic flame lit in your heart! Create a scrapbook of the 2006 winter games. Then, when you're old and gray, take it out and remember the good ol' days!	
28	Draw a picture of yourself being healthy and active now. Draw another picture of how you will look in 20 years as an adult if you continue to practice healthy habits.	

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