ENDEVERS

ginny.breece@am.dodea.edu 910-907-0204 http://www.am.dodea.edu/bragg/devers

Volume 2 — Issue 5

May / June 2010

From the Principal's Desk

Dear Devers Parents,

This is our last issue of the Endevers for the year it is hard to believe that we are close to the end. Please pay close attention to the calendar for the end of year activities. As we wind down and look forward to summer I would like to thank you for a rewarding year for staff and students. We have accomplished many things this year with the support of our PTO, parents and all the volunteers.

This issue is full of summer ideas to keep your children challenged. I would like to encourage you to involve your children in some type of reading program this summer. The adage "If you don't use it, you lose it," proves true for children that do not read during the summer. Without printed material and actually reading, the reading skills grow rusty and weak. Most libraries have summer reading incentive programs, so make sure your child is enrolled and participates.

We wish you all a very pleasant summer and look forward to having everyone back in August!

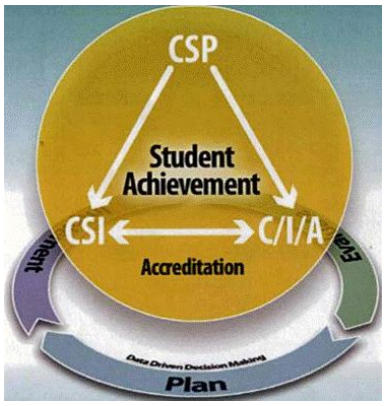
Yours in Education,

Miriam Breece, Principal

Dr. Kim McBroom, Assistant Principal

Dr. Kim McBroom, Assistant Principal

Continuous School Improvement (CSI)



Documenting and Using Results is one of the standards that our AdvancED accreditation guidelines indicate we must meet as a school. As a school we looked at our achievement data and evaluated it and then came up with a plan to address our deficiencies. Our data has shown us two areas: vocabulary and math problem solving that need attention. Teachers regularly assess students against our curriculum standards in order to adjust instruction and provide enrichment or remediation. They use the following interventions in their instruction.

Goal # 1: All students will increase word knowledge.

Essence of the Goal: Word knowledge is a student's ability to apply visual and auditory recognition, phonemic awareness and word meaning.

Goal # 2: All students will improve problem solving skills.

Essence of the Goal: Students will gather, organize, analyze, evaluate and reflect upon information to solve problems in math.

Dates to Remember

- ☺ May 4th—Family Reading Counts Event
- ☺ May 5th—Parent to Parent
- ☺ May 6th & 7th—Pre-K & K Registration. Pre-K Conferences/No Pre-K classes
- ☺ May 10th—14th—Book Fair
- ☺ May 12th—5th Grade Orientation trip to Irwin
- ☺ May 14th—Dolphin Activity Day
- ☺ May 18th—Third Grade Program & PTO Meeting
- ☺ May 27th—All Library Books are due
- ☺ May 31st—Memorial Day School is Closed
- ☺ June 2nd—Parent to Parent
- ☺ June 4th—3 Hour Early Dismissal
- ☺ June 8th—Pre-K Water Day
- ☺ June 9th—Last Day for Pre-K Students
- ☺ June 10th—3rd & 4th Grade Awards Ceremony & Celebration
- ☺ June 11th—Last Day of School for ALL Students

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Guidance Spot

It has been another great year at Devers and thanks to all who have supported the guidance program. But wait, we are still not finished and these important happenings will help us finish out the school year!

- Parent to Parent workshops coming up: **"Ducks in a Row – Preparing Your Child for Kindergarten"**, Wednesday, May 5th. On Wednesday, June 2nd **"Preventing the Summer Slide"**. More information will follow on these important parent meetings. Also, big thanks to our Parent to Parent team!
- Our 4th quarter and yearly awards for third and fourth grades will be on June 10th with more information to follow.
- 5th grade orientation will be at Irwin Intermediate School on May 12th from 9:00-10:45. Parents are welcome to attend.
- Just a reminder that an MFLC Counselor (Military & Family Life Consultant) is here on the Devers campus and is available to address issues ranging from school adjustment to daily life issues. The number to call is (910) 907-0204.
- Guidance lessons for May and June are Cliques, Deployments, and Summer Safety. The **guidance tip** for the coming summer months is **"buddy up"** – always have a friend with you when visiting the pool, playground, biking, etc., and don't forget to keep your parents informed regarding where you are and what you are doing!
- Please check with Devers guidance for lots of resources: Web sites; referral information; etc. If we don't know, we'll find out!

Please give a big hand to the 3rd & 4th quarter flag team and our Terrific Kids!

Volunteer Spotlight

Meet our first volunteer. She has been a volunteer here at Devers for 1 year. She is originally from Kansas and has been stationed at Ft. Bragg for almost 4 years. A pure enjoyment for helping the students is what prompts her to volunteer. Aside from volunteering, She enjoys spending time with her child, playing the Wii and running. She currently has one child at our school. One piece of advice she has for children is to READ. Thanks for all you do, Devers Elementary School appreciates you!

Meet our next volunteer. She's been a volunteer at Devers for the past six months. She is originally from Kenya in East Africa and has been stationed at Ft. Bragg for 8 months. A love for interacting with people and making a difference in their lives is what motivates her to volunteer. This love of life and helping others is what prompted her to earn a college degree in Public Relations. Aside from volunteering, she also enjoys cooking, reading, and exercising. She currently has two children in our school. Thanks for all you do, Devers Elementary School appreciates you!

Meet our final volunteer. This is her first year as a volunteer here at Devers. She is originally from Hope Mills, N.C. and has been stationed at Ft. Bragg for 2 years. A strong desire to be active in her child's education is why she volunteers. Aside from volunteering, she enjoys scrapbooking and helping care for babies. She currently has one child attending our school. Thanks for all you do, Devers Elementary School appreciates you!

PTO

Greetings from the PTO!

The 2009-2010 school year is drawing to a close, but there are still several events planned before the end of the year. There will be a Student Appreciation lunch, another Book Fair, and Teacher Appreciation. Also, Dolphin Activity Day is just around the corner, and we always welcome volunteers. If you would like to help with any event, please contact Devers.

We have had a wonderful year here at Devers, and it would not have been possible without our wonderful parents, staff, and students. From the Food Drive and Giving Tree, to the Candy-Grams and dances, we hope you have enjoyed this year as much as we have, and look forward to the next one!

Elections are just around the corner, so if you or someone you know would like to serve on the PTO board next year, please contact the office at Devers. We hope you enjoyed your year at Devers. We look forward to serving you again next year!!!

From the Devers' Information Center

Pictures from our March Reading Counts Family Event. 169 parents and children attended.

Our Next Reading Counts Family Event is Tuesday May 4. Please join us in the Information Center between dismissal time and 5:00 p.m. to read with your child and watch your child take a Reading Counts quiz. You may assist your child in selecting and reading a book, however, the child must take the RC quiz by themselves. Younger siblings are welcome and may look at books or watch a video. PTO will be selling ice cream sundaes in the school cafeteria. Look for a flyer 2 weeks before the event. All students first grade and above will receive a flyer to RSVP for the event.

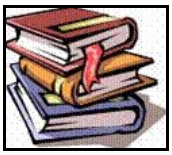
Family Reading Counts time before and after school: The Information Center is open every day before school starting at 8:00 am and every Monday until 3:30 p.m. for parents to bring in their child to read together or take a Reading Counts quiz.

Final Read-to-Me Club Meeting Tuesday May 18, 2010 Please remember your membership booklet!! Parents—please arrive by 2:25p.m. Students, whose parent has not arrived by 2:35 p.m., will be sent home their usual way.

Book Fair Buy One,Get on Free: May 10—May 14 All classes will visit the book fair during this week. We will also be open on Tuesday May 11 until 4:00 p,m.

Visit our Cyber Library from your home computer on the Devers home page at http://www.am.dodea.edu/bragg/devers/ . This is a great, safe portal to the Internet for students to use over the summer

End of the Year Book Return



All student and parent books are due Thursday May 27, 2010.. Students are asked to replace each lost item with 2 *gently* used children's paperback books or one of the following new hardback books: any Spiderwick book, any I Spy book, any Junie B. Jones book, any book by Eric Carle.

Extra adult volunteers are needed during the last 2 weeks of school to help get our Information Center in order. If you could donate a morning or afternoon, please drop in or call the Information Center at 907-0461.

Summer Reading Club June 7-July 31 Spring Lake Branch of the Cumberland Public Library. 101 Laketree Blvd. (Just 5 minutes from the Butner gate. Go left on Bragg Blvd, turn right at the Bank of America bank in Spring Lake, turn left onto Laketree Blvd. All students will bring home a flyer about all of the special activities at the Spring Lake Library. There is something for everyone birth thru Grade 5.
http://www.cumberland.lib.nc.us/Locations/spl/springlake.htm

Reading Is Fundamental

We hope your children are still enjoying the new books they chose in March during our two day celebration of Dr. Seuss's birthday and NEA's Read Across America. This year, students in grades pre-k thru 4th received lots of great new titles and our different book festivals and celebrations brought a lot of creativity and fun to the topic of reading at Devers School! Reading is a vital part of a child's literacy growth. Reading with your child/children at home is truly one of the best things you can do for them. So, take turns reading with your child/children daily. You will be surprised at what a difference it will make.

Thank you to the members of the READ 180 Clubs and parent volunteers who faithfully volunteered their time to assist with each RIF celebration! You really made this year a successful one with the RIF program. Also, thanks again to our PTO for supporting the RIF project.

The goal of reading is comprehension. To help your child improve reading comprehension, try to make reading a part of your daily routine. Here are some: **Summer Reading Tips**

- Visit a book store or the library often to buy or borrow books.
- Spend time every day reading a newspaper, magazine article, or book together.
- Ask questions, such as: What is the main idea of this book or article? How would you summarize this story? Who are the characters in this story? What was the problem and how did it get solved?

Remember, your own habits set the best example for your children. Show them how you take part daily in reading and writing so they will learn from you how to experience the thrill of reading during the summer break!

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

Summer Reading and Learning

Research about how much children lose ground over the summer is well documented. Harris Cooper of Duke University notes, "Overall, children experience an average summer learning loss across reading and mathematics of about one month" (1996). However, there are some things that parents can do to prevent this from occurring.

Have your child write once a week to a deployed parent, grandparents, relatives or friends. Take your child to the library often. Let them check out books that are on their reading level and that interest them. Don't forget about magazine and books on tape too. Reward your child for reading. Allow them to stay up a half hour longer as long as they're reading.

Another way to accelerate your child's reading is by providing him or her with lots of experiences. Fun and interesting experiences will give your child the background knowledge that they need to connect to books.

- Take field trips to the park, zoo, aquarium, museums, historical landmarks, sporting or cultural events.
- Watch television programs about interesting animals and nature or use the web to take a virtual field trip to far away places.
- Talk about the places you go or the things you see and do. Ask question.
- Follow up the experience with a book that relates to that particular place or topic.
- Encourage your child to create their own book on the topic and include illustrations and photos.
- Don't let your child lose ground over the summer. Instead encourage him or her to have a summer of fun and learning.

Math Matters

Math matters in the summer too. It is a great time to pick up a **math workbook** from the PX, Walmart, Target, Sams, or any bookstore for the grade your child has just finished. This will help make sure they do not lose the skills they have learned this year. It is a great review and keeps them occupied as they travel to Grandma's house, etc. One word of caution, it will only frustrate your child to purchase the grade ahead, as we parents are so tempted to do. Reviewing skills they have already learned is the goal.

Summer is also a good time to **measure** things. It can include using a ruler to measure the length of plants growing outside. Children need to measure with cups and spoons. What a fun time to have a picnic with food they helped cook. They can weigh those wonderful fresh vegetables or melons we enjoy during the summer. Help them keep up with how long they play outside or the time it takes to travel to the beach or mountains.

Let them count the money and change the family spends on vacation. Summer provides so many opportunities to improve those math skills because everyone knows that **Math Matters**.

Notes from the Music Class

Greetings, from the music room! All of our students have been having lots of fun singing spring songs, learning about instruments, and rhythms. Kindergarten, first, and second grade have been studying instruments and will be playing class games together to see who can remember the most instrument names!

Our third graders will be performing in a spring performance on Tuesday, May 18th so mark your calendars! The fourth graders will be performing in June. A note will be sent home soon, providing more information about both of these performances. Both of these grades have been working very hard and are very excited to perform and show off what they can do!

Make a Splash with Summer Reading

FREE Registration Begins in June!

Visit the Cumberland County Public Library in Fayetteville and Spring Lake for special summer reading programs. Look for story times and reading prizes.

Some of the events include:

- **Magician Jeff Jones:** at the Summer Reading Club Kickoff.
- **Story Time with Froggy:** Listen to some hopping good tales and meet our favorite amphibian.
- **Make a Splash with Music:** Music and stories with members of the Fayetteville Symphony Orchestra.
- **Sea Creature Origami:** Explore origami and create sea creatures with just a few folds of paper.
- **Joy the Clown:** Magical illusions, lively music, storytelling, and live animals.
- **Pop! Go the Bubbles:** Have bubble-popping fun with stories and music.
- **Water is Life:** Learn about the water cycle, conserving water, and keeping it clean.
- **I Love America:** Songs of liberty take an imaginary trip across this great land.
- **Seashells by the Seashore:** Seashell identification and make a beach craft.
- **Snakes Alive:** Adventure with friends from Clark Park Nature Center
- **Buckets of Fun:** Bring a bucket and a brush for water painting fun.
- **Tacky the Penguin:** Splashing good stories with our favorite waterfowl.
- **Water Dance:** Experience water through dance and music.

For more information, dates, and times: 822-1998, 497-3650 www.cumberland.lib.nc.us

Foreign Language in The Elementary Schools

The school year is coming to an end. The students have taken the end of the year assessments. We will be reviewing the skills we have learned throughout the year.

We would like to thank everybody for all the support and enthusiasm given to the Spanish Program in its fourth year.

There is a good site to practice Spanish this summer. You log into the Cumberland County Public School Library. The site is Mango's Language Training Tracks. You need your library membership card to access it. It has many other languages and it's an easy fun way to learn language skills that you can use immediately.

Hello from the Gym Rats

Hey, Hey, Hey!!!

We are having ourselves a good time down here in Devers Physical Education.

May and June are loaded up with exciting standards based activates. Right now our unit is step aerobics. What a great heart workout and coordination builder plus loads of fun too. The big event is our "Dolphin Activity Day" on May 14th. We will be reviewing some of our games for that day during the week of May 10th. . We would like you to please come out and volunteer for one of our activity stations. Lunch will be provided for volunteers. Please come out and watch your child have lots of fun during their school scheduled specials time.

There will be lots of fun games like the sack race, noodle toss, ping pong bounce, Devers 500, scooter races and much much more.

ART CORNER

You are invited to the **2010 Devers Art Exhibit**. Student artwork will be on exhibit throughout the entire school for the month of May and the first week of June. Please come and enjoy the beautiful pieces of art that the students have made throughout the school year. Thank you for your support!

Congratulations to the students pictured whose artwork was selected to represent Devers Elementary during the National African American History Month.

The artwork was displayed at the NAAHM luncheon as well as at WOMACK.

Thanks again for the outstanding artwork!

Promoting Academic Creativity in Gifted Students...

Thinking about, learning, and producing information in a variety of ways is called academic creativity. Creative thinking and learning involves activities such as evaluation; creation of original and elaborative projects; and redefinition. Getting gifted students to utilize academic creativity can be challenging at times.

The three questions below illustrate the difference between learning information provided by an adult or textbook and creative learning:

1. In what year did Columbus discover America? (The answer, 1492, requires recognizing and memorizing information.)
2. How are Columbus and an astronaut similar and different? (The answer requires more than memorization and understanding; it requires students to think about what they know.)
3. Suppose Columbus had landed in California. How would our lives and history have been different? (The answer requires many creative thinking skills including imagining, experimenting, discovering, elaborating, testing solutions, and communicating discoveries.) *Taken from the *Fostering Academic Creativity in Gifted Students*

Fostering academic creativity promotes risk-taking, departing from traditional ideas to generate unique products, and utilizing systematic problem-solving techniques. Despite the challenges, parents and teachers should foster academic creativity because it is vital to the gifted child's education process. ~ Your Gifted Resource Teacher

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Teacher Appreciation Week	4 Family Reading Counts Event 3rd Grade Study Trip	5 Parent to Parent **5th Grade Orientation Trip to Irwin**	6 Pre-K & K Registration & Conferences. No Pre-K Classes	7 Pre-K & K Registration & Conferences. No Pre-K Classes **Kindergarten Study Trip**	8
9	10 Book Fair	11 Book Fair	12 Book Fair	13 Book Fair	14 Book Fair **Dolphin Activity Day**	15
16	17	18 3rd Grade Program & PTO Meeting	19	20 Volunteer Tea	21	22
23	24	25 Read To Me Club	26	27 ALL Library Books are due today	28	29
30	31 Memorial Day—School Closed					

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	**2** Parent To Parent	3	**4** 3 Hour Early Dismissal	5
6	7	**8** Pre-K Water Day	**9** Last Day of School for Pre-K Students Only	**10** Awards Ceremony & End of Year Reception	**11** Last Day of School for All Students	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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

May

- Physical Fitness and Sports Month
- Family Wellness Month
- Bike Month
- Barbeque Month
- Beef Month
- Egg Month
- Salad Month
- Strawberry Month
- Asparagus Month

Menus for May 2010

FORT BRAGG Schools

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

Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Chicken Biscuit Or Cereal Sliced Strawberries Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Chili Con Carne w/ Crackers CHOOSE TWO Black Eyed Peas Corn on Cob Blueberries Orange Wedges CHOICE OF COLD MILK	Strawberry Pop Tarts Or Cereal Sliced Peaches Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Turkey Pastry w/ Corn Muffin Or Corndog CHOOSE TWO Sweet Potato Fluff Green Beans Sliced Peaches Broccoli Florets w/ Dip CHOICE OF COLD MILK	Breakfast bagel Or Cereal Applesauce Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Chicken Fajita w/ Alfred Sauce Or Pizza CHOOSE TWO Squash Casserole Northern Beans Fresh Strawberries Tossed Salad CHOICE OF COLD MILK	Pancake N Sausage Or Cereal Fresh Strawberries w/ Diced Apples Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Bar-B-Que Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Potato Salad Baked Beans Red Jell-O w/ Mixed Fruit Orange Wedges CHOICE OF COLD MILK	Breakfast Pizza Or Cereal Fresh Apple Wedges Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Tuna Salad w/ Crackers (2) Or Cheeseburger CHOOSE TWO Oven Baked Fries Pinto Beans Fresh Strawberries Fresh Whole Apples CHOICE OF COLD MILK Dessert: Cake w/ Chocolate Icing

Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Strawberry Pop Tarts Or Cereal Peaches w/ Strawberries Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Baked Potato w/ Trimmings Or Turkey Deli Sandwich CHOOSE TWO Garden Peas Steamed Broccoli w/ Cheese Sauce Lettuce w/ Pickle Chips Applesauce CHOICE OF COLD MILK	Scramble Eggs w/ Grits Or Cereal Applesauce Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Spaghetti w/ Meat Sauce Or Cheeseburger CHOOSE TWO Green Beans Steamed Squash Tossed Salad Fresh Strawberries CHOICE OF COLD MILK	Breakfast Pizza Or Cereal Sliced Peaches Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Pizza Or Sloppy Joe CHOOSE TWO Steamed Corn Northern Beans Fresh Whole Apple Orange Wedges CHOICE OF COLD MILK	Breakfast Bagel Or Cereal Orange Juice Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Oven Baked Chicken w/ Roll Or Lasagna w/ French Bread CHOOSE TWO Pinto Beans Creamed Potatoes Orange Jell-O w/ Sliced Pears Fresh Strawberries CHOICE OF COLD MILK	Cheese Toast Or Cereal Fresh Strawberries Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Fishwich Or Chicken Pot Pie w/ Roll CHOOSE TWO Baked Beans Oven Baked Fries Coleslaw Sliced Peaches CHOICE OF COLD MILK

Fit Foundations

National President's Challenge: Be Active Your Way in May!

Join the Challenge
The National President's Challenge gives Americans 6 years old and older the chance to move more in a fun way! Two-thirds of U.S. adults are overweight. Our children are three times more likely to be overweight now than in 1980. Let's turn that around!

Getting Involved
Participating is easy and free. Register and log your activity at www.presidentschallenge.org. It's that simple!

Also, you don't have to do it alone. Think about the following possibilities:

- **Get your school involved.** Register your school and compete with other schools. Achieve recognition for your school and each student.
- **Get your community or state involved.** Mayors or even governors can enter into a friendly competition. Competitions can encourage both leaders and citizens to be active.
- **Get your organization involved.** The Challenge is a great way to meet your organization's wellness goals.

Go to www.presidentschallenge.org for more information.

* Children and teens between 6 and 17 years old should be active for an hour per day. For those 18 years old or older, 30 minutes 5 days per week offers health benefits.

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: 2009 National President's Challenge Fact Sheet at www.presidentschallenge.org

Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Breakfast Bagel Or Cereal Applesauce Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Chicken Sandwich Or Nachos w/ Ground Beef CHOOSE TWO Corn On Cob Garden Peas Tossed Salad Applesauce CHOICE OF COLD MILK	Blueberry Muffin w/ Oatmeal Or Cereal Fresh Strawberries Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Spanish Rice w/ Northern Beans Or Cheeseburger CHOOSE TWO Green Beans Baked Apples Lettuce w/ Pickle Chips Fresh Strawberries CHOICE OF COLD MILK	Pancake N Sausage Or Cereal Sliced Peaches Toast w/ Jelly (1) CHOICE OF C OLD MILK LUNCH Pepperoni Pizza Or Chicken Pot Pie w/ Roll CHOOSE TWO Steamed Corn Glazed Carrots Orange Wedges Blueberries CHOICE OF COLD MILK	Breakfast Pizza Or Cereal Orange Juice Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Bar-B-Que Chicken w/ Roll Or Hotdog w/ Chili CHOOSE TWO Potato Salad Steamed Broccoli Red Jell-O w/ Peaches Fresh Whole Apple CHOICE OF COLD MILK	Scramble Eggs w/ Grits Or Cereal Sliced Peaches w/ Diced Apples CHOICE OF COLD MILK LUNCH Tuna Salad w/ Cracker (2) Or Taco Salad w/ Chips CHOOSE TWO Parsley Potatoes Baked Beans Diced Tomatoes Fresh Strawberries w/ Sliced Peaches CHOICE OF COLD MILK

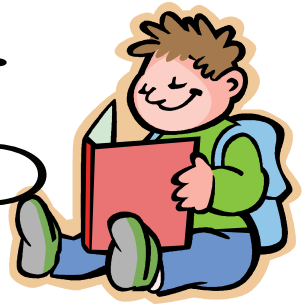
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
Strawberry Pop Tart Or Cereal Sliced Peaches Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Baked Potato w/ Trimmings Or Turkey Deli Sandwich CHOOSE TWO Garden Peas Steamed Broccoli w/ Cheese Lettuce w/ Pickle Chips Fresh Strawberries CHOICE OF COLD MILK	Scramble Eggs w/ Grits Or Cereal Sliced Strawberries Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Turkey Pastry w/ Corn Muffin Or Corndog CHOOSE TWO Sweet Potato Fluff Black-eyed Peas Sliced Peaches Tossed Salad CHOICE OF COLD MILK	Breakfast Bagel Or Cereal Fresh Strawberries w/ Diced Apples Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Turkey Fajita w/ Alfred Sauce Or Cheese Pizza CHOOSE TWO Squash Casserole Northern Beans Broccoli Florets w/ Dip Fresh Sliced Strawberry w/ Diced Apples CHOICE OF COLD MILK	Cheese Toast Or Cereal Fresh Apple Wedges Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Oven Baked Chicken w/ Roll Or Cheeseburger CHOOSE TWO Creamed Potatoes Baked Beans Red Jell-O w/ Mixed Fruit Applesauce CHOICE OF COLD MILK	Pancake N Sausage Or Cereal Orange Juice Toast w/ Jelly (1) CHOICE OF COLD MILK LUNCH Chicken Salad w/ Crackers (2) Or Fishwich CHOOSE TWO Oven Baked Fries Steamed Corn Orange Jell-O w/ Pears Fresh Strawberries CHOICE OF COLD MILK

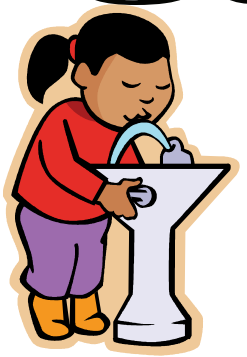
Monday, May 31
MEMORIAL DAY HOLIDAY

'Food for Thought' Factoids
Fun Fitness for Successful Kids

- **Physical education (PE).** Children learn new physical skills in PE. The best place for PE is at school. You also can take advantage of opportunities in the community, like swimming or dance lessons.
- **Exploratory play.** Play helps children mentally, physically, socially and emotionally. All you have to do is turn off the TV or the computer! Go explore the yard, the neighborhood, the playground or the park.
- **Organized activities.** Active play can be organized by adults or children. Try active indoor games, such as Simon Says or Twister®. There are dozens of games to play outdoors. Try hopscotch, leap frog, jump rope, catch or Frisbee®. You also can plan trips to the bowling alley, skating rink or swimming pool.
- **Competitive athletics.** Remember—only sign children up for sports that they want to play! Every child is different. Some children are better at or will enjoy a particular sport than others.

Menus for June 2010





FORT BRAGG Schools

Salads are served everyday—Chef—Monday, Wednesday and Friday Turkey or Chicken Salad on Tuesday– Tune Salad on Thursday Prices for Breakfast Pk-9th grade Full Pd $1.00 Reduced .30 PK-9th grade Lunch Full Paid $2.00—Reduced .40

Milk and Juice will end Friday 4th.

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

June

- Dairy Month
- Fresh Fruit and Vegetable Month
- Papaya Month
- Seafood Month
- Turkey Lover's Month
- Egg Day (3rd)
- Cheese Day (4th)
- Chocolate Pudding Day (26th)

Monday, June 7	Tuesday, June 1	Wednesday, June 2	Thursday, June 3	Friday, June 4
	BREAKFAST BAGEL OR CEREAL BLUEBERRIES TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH NACHO'S W/ MEAT OR CHICKEN SANDWICH CHOOSE TWO GREEN BEANS CORN ON COB LETTUCE W/ PICKLE CHIPS BLUEBERRIES	SCRAMBLE EGGS W/ GRITS OR CEREAL ORANGE WEDGES TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH SPAGHETTI W/ MEAT SAUCE AND FRENCH BREAD OR CHEESEBURGER CHOOSE TWO STEAMED SQUASH BABY LIMA BEANS TOSSED SALAD FRESH STRAWBERRIES	PANCAKE N SAUSAGE OR CEREAL FRESH STRAWBERRIES TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH BAR-B-QUE CHICKEN W/ ROLL OR HOTDOG W/ CHILI CHOOSE TWO CREAMED POTATOES BAKED BEANS RED JELL-O W/ PEACHES ORANGE WEDGES	CHICKEN BISCUIT OR CEREAL APPLESAUCE TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH TUNA SALAD W/ CRACKERS (2) PKS OR TACO'S (2) CHOOSE TWO STEAMED CORN NORTHERN BEANS FRESH STAWBERRIES W/ DICED APPLES APPLESAUCE CHOICE OF COLD MILK
PANCAKE N SAUSAGE OR CEREAL ORANGE WEDGES TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH BAKED POTATOES W/ TRIM-MINGS OR SLOPPY JOES CHOOSE TWO CORN ON COB GARDEN PEAS ORANGE JELLO W/ MIXED FRUIT FRESH APPLE WEDGES CHOCIE OF COLD MILK	SCRAMBLE EGG W/ GRITS OR CEREAL ORANGE WEDGES TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH LASAGNA W/ FRENCH BREAD OR HOTDOG W/ CHILI STEAMED BROCCOLI GREEN BEANS TOSSED SALAD SLICED PEACHES CHOCIE OF COLD MILK	BREAKFAST BAGEL OR CEREAL SLICED STRAWBERRIES TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH PEPPERONI PIZZA OR TURKEY FAJITA W/ ALFRED SAUCE CHOOSE TWO STEAMED CORN NORTHERN BEANS FRESH STAWBERRIES APPLESAUCE CHOCIE OF COLD MILK	MANAGER'S CHOICE OR CEREAL MANAGER'S CHOICE TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH MANAGER'S CHOICE CHOOSE TWO MANAGER'S CHOICE MANAGER'S CHOICE MANAGER'S CHOICE MANAGER'S CHOICE CHOICE OF COLD MILK	MANAGER'S CHOICE OR CEREAL MANAGER'S CHOICE TOAST W/ JELLY (1) CHOICE OF COLD MILK LUNCH BAG LUNCHES TURKEY DELI W/ CHEESE ON WHOLE WHEAT BREAD CARROT STICKS FRESH WHOLE APPLE CHOICE OF COLD MILK

*My*StationPE

Home Activity Calendar

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May 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1—Make some space on the living room floor. How many different ways can you roll without touching furniture or squishing the cat?	2—Do you like to swim? Summer is coming…talk to a grown-up about Water & Pool Safety. www.watersafetycongress.org/	3—Drag your parents to a garden store. Find something to plant. Dig in the dirt. Keep it alive.	4—Invent an outdoor game with a jump rope and a ball.	5—Be a parade! Grab some friends, find things that clank, rattle and boom. Decorate your bikes & your helmets. March & ride up the street.	6—Make a fruit basket. Decorate the basket and stuff it full of interesting fruits. Give it to somebody you love.	7— It's Saturday! Don't tell me you SAT around all day. Get out and shoot some hoops!
8—Have your parents lost their marbles?!? Maybe as kids they did! Ask your parents about games they played as children.	9—Just WEIGHT a minute! Fill a couple of water bottles with sand. Work-out your biceps, deltoids, and triceps.	10—Don't LETTUCE alone! Make a salad at home or order one in a restaurant. Remember to order the dressing on the side!	11—Remember last month you started doing push-ups everyday!? Keep on adding one push-up each day.	12— Visit MyPyramid.gov and learn about the new food guide pyramid.	13—Can you dribble two balls at once with your hands? How about your feet? Juggle two balls at once?	14—Take me out to the ball game. Ask a grown-up to take you to a baseball game. It can be the pros or the local high school team.
15—Eat a food from each of the 5-A-Day the Color Way food groups: white, orange, red, green, blue/purple.	16—Be an Exer-Scientist...For one day analyze how many people you see exercising. Make a chart that shows what they are doing.	17—Go the entire day without drinking a soda. Drink 8 glasses of water instead. Make sure a bathroom is nearby, & avoid long road trips.	18—Take a grown-up for a walk. Explain why it is important for them to get up & get moving.	19—Remember that plant you put in the ground on May 3rd? Get the weeds out from around it and give it some water.	20—Jump for joy! Now get a friend to jump with you. See how far you can jump, or how high. Remember, safety first!	21—Eat an apple today. A pear! A banana! Or, all three!
22—Do you have homework? Get it done early so you can get plenty of sleep.	23—Create a public service poster to let people know about eating balanced meals. Make copies and hang them up.	24—Plan ahead to exercise. Sit down with your family and plan an active event for the weekend.	25—Learn a new game at... PECentral.com Now teach a friend.	26—Do you have a little brother or sister or cousin? If so, teach them how to skip, gallop & hop!	27—Read a book just for fun!!! If you're not sure where to find one ask your school librarian.	28—Learn 3 new bones or muscles of the body. Where is your sartorius? No, it's not a dinosaur!
29—How many works rhyme with hop? Write them down an then say a rhyme while you play hopscotch.	30—Ask your family if you have a planned fire escape route. If not, make one and then practice it.	31– How many push-ups are you doing everyday? If you're up to 20 or more each day you're doing great! If you haven't started yet, start today!		Physical education links on the web: www.stationpe.com www.aahperd.org/naspe www.pecentral.org www.pe4life.org www.sparkpe.org www.sportime.com		

Monthly Activity Calendar

www.MyStationPE.Com

June – Move Your Great Young Minds!

Day	Activity
1	June is National Safety Month. Ask a grown-up to help you learn more about water safety, fire safety, bike safety and sun safety!
2	Start a summer wellness journal! Make activity and nutrition entries. Choose 3 exercises for your journal and do them every day. Examples are push-ups, crunches and jumping jacks.
3	Work to be your best. Tell a friend three things that you like about them.
4	Try a new kind of fresh fruit today. Write why you made that choice in your journal.
5	Keep your teeth healthy and clean. You can't eat without them! Make up a song to sing while you brush.
6	Choose to move! Find some friends to turn a rope while you jump. Make sure you give them a turn to jump too.
7	Help your family be healthier by telling them the benefits of exercise. Every BODY will thank you.
8	Turn off the TV! Your eyes and brain need a break. Find a safe place for tag instead of turning on the tube.
9	Drink water. Without water your brain can't be its best. Plus, water bottles are cool!!!
10	Try a new lean protein. Ask the person who shops for you if you can try veggie burgers on the barbeque! Look in the frozen food section.
11	Jump and run! On the playground, ball courts or track. Please, not in the halls!
12	It's National Juggling Day! Teach a friend how to juggle. Or, learn how to juggle! Start with scarves - if they're not available, try tennis balls. No, eggs are not a good idea – trust me.
13	Be a friend. If someone has made a mistake and is sorry – tell them that you forgive them.
14	Keep on keeping on! Remember that journal we started on the 1st? Are you still keeping it? If not, try again!
15	Try again. If you want to do something that's difficult be prepared to try and try again!
16	Set a good example. Share some fruit with all of your friends.
17	Love your neighborhood! Take a walk with a trash bag and pick up litter. Let an adult pick up broken glass.
18	Celebrate a man that helps you learn and grow. It's Father's Day. He always likes custom tee-shirts with your artwork on the front!
19	Choose to be honest! Don't spread unkind or untrue words.
20	Be active for a lifetime! Ask the oldest person in your family to play a game with you – mini golf is sometimes a good choice. They need to move too!
21	Choose a new veggie! Try a new flavor and color. Stay away from the smelly, soft and brown ones in the back of the fridge!
22	The Donut was invented on this day in 1847. Celebrate by burning 280 Calories. That's the average number of Calories in today's donuts.
23	Help others succeed. Ask a friend, brother or sister if she/he needs homework help.
24	Choose to cruise. Ride your bike & enjoy the sights & sounds of the world. But— watch where you're going too!
25	It's Eric Carle's Birthday! Celebrate by reading one of his books, like *The Very Hungry Caterpillar* or, *"Slowly, Slowly, Slowly," said the Sloth.* Then, get some kids to help you act out the book in a play for your family and friends.
26	Find a swing set and swing all day! Let a grown-up know where you are.
27	Remember that it's National Safety Month! Ask your family to set some summer safety rules. Visit: www.kidshealth.org for ideas.
28	Catch Fireflies! Make a Firefly Lantern by putting them in a clean jar with holes in the top for air. Let them go before you go to sleep – it's only right.
29	Choose low fat milk and cheese. Your heart will thank you later!
30	Choose to stick with it! Look at your journal and see what you did well and what you can improve.

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