



All Saints Catholic School
SAINTLY NOTES
March 30, 2016

Apr 01	Mass, All School, 8:00am
Apr 03	Teaching Mass for 2 nd grade, 1:00pm at Meadowcreek
Apr 07	Mass, 8:00am, Grades 2-4, Liturgy of the Word, 9:30am, PreK-1 st
Apr 08	HSA Bake Sale 7:15-7:45am
	Mass, Gr. 5-8, 8:00am
	SpeedZone! 8 th Graders Only! 6:00pm
Apr 11	Deadline for Academic Outfitters Scholarship Application
Apr 13	Report Cards Emailed
Apr 15	Mass, All School, 8:00am
	Early Dismissal, NOON,
	ISEE Pretest for <i>current</i> 7 th graders, 1:00pm
	Saints Alive, Gr.5-8, at Osage, 7:00pm
Apr 16	Dad's Club Blue Ribbon and Baseball at the Roughriders, 7:05pm
Apr 17	Mother/Son Event, 2-4pm at PINSTACK, See attached flyer

This Week in Sainly Notes:

1. This and That...
2. Dr. McCorkle's Weekly Edition
3. Monday Morning Prayer Group and Intentions
4. ArtFest 2016
5. Athletic Department News
6. Staff Spotlight
7. 2016-2017 Tuition Info
8. Beta Club News
9. Attachments

This and That...

School Advisory Council News

The Principal Search Committee is hard at work and looks forward to announcing our new principal in the coming weeks! To assist our new principal, the **Spring SAC Survey** will ask you to share your thoughts on what you love about ASCS and areas for improvement. Please watch for an email survey link in the next few days. The survey results will be shared with the new principal, current administration, and SAC. The SAC survey team removes all personal identifying information before presenting the survey results. Thank you for your support of our school!

Summer Solutions Skills Books

Once again we are offering the opportunity to order workbooks for your students to use over the summer. This year we are suggesting new books from a different company. You will order them online and they will deliver the books to the school. As in the past, you should order the book for the grade that your child is currently in. The price is \$12/book and the deadline to order with free shipping is May 8th. Please see the attached flyer for ordering information.

All Saints Catholic School

Weekly Edition



Week of March 28th



This Week's Highlights



ISEE Prep Pretest

There will be a 7th grade ISEE pretest on April 15th from 1:00 PM-4:00 PM. We will serve pizza before the test begins. If you would like for your 7th grader to take the pretest, you can go to jennifer@jenniferh.co and click register and pay. Taking this test does not commit you for the fall class.

Blue Ribbon Year of Accomplishment

Please join us at the Frisco Rough Riders game on April 16th to celebrate our Blue Ribbon win. This is a time to celebrate our accomplishments

Picture of the Week



and to build friendships. Tickets are \$25 and can be purchased through Josh at the Rough Riders ticket office. Josh can be reached at 972-334-1980. You have until April 5th to purchase tickets in the reserved All Saints area. After April 5th, your tickets will be with general seating. The classroom with the most ticket sales will win a pizza party with Deuce on April 7th.

Staff Spotlight

I hope you are enjoying the staff spotlights and reading about the teachers' lives outside of the classroom. The Spotlights are showcased right outside of the library. The staff also receives a nice gift from our mystery elf. It has been fun delivering these gifts from our elf!!



Monday Morning Prayer Group

Please pray for: Jerry Judd, the Jobes, Korkmas and Smith families, Jeni McGarry, Louise Sham, Hugh Smith, David Stanford, Carolyn Turner and Kincaid Zindel.

Please call in or email your prayer intentions to Liz in the office (lridling@allsaintsk8.org) so that we may all pray for your family and friends.

ARTFEST 2016



ARTFEST is coming April 29, 2016. It will be held on the school's soccer field from 12:30-2:30 p.m. The Art festival will be a day celebrating the ARTS. It will include a stage with student entertainers, a student Art sale, and 20 craft booths. This year's theme is a "Wacky Zoo". Eighth graders will be in full costume and teach the younger students the crafts. Seventh graders will be dressed as the zoo keepers

ARTFEST Student ART Sale: The Students Art Sale items will be priced between 25¢ and \$3.00, in increments of 25¢. All Art Sale items may be brought to the Art room beginning April 25th. Green Art sale price tags will be available on April 11th in the Art room and front office.

ARTFEST Student Entertainment: All student entertainers please contact Jim Oliver @ joliver@allsaintsk8.org. He will be organizing the entertainment schedule.

We need parent volunteers to provide boxes and balloons, shop for supplies and organize the student art sale. Anyone interested??????? ARTFEST will be here before we know it! We can't wait!

Athletic Department News

Sat April 2	All Day 2:00-3:30pm	JV Track Meet at John Paul II High School JV Soccer vs IC at Bishop Dunne High School
Sun April 3	12:00-1:30pm	Varsity Baseball vs St. Paul at Breckinridge #3 Varsity Soccer vs St. Monica at Bishop Lynch HS
	3:30-5:00pm	JV Softball vs St. Thomas 5 at St. Thomas Varsity Softball vs St. Rita at BL Ferguson field
	4:30-6:00pm	JV Soccer vs St. Bern/SMC at Bishop Lynch HS
Sat Apr 9	All Day 8:00-9:30am	JV Track Meet at Jesuit Varsity Soccer vs St. Pius at Bishop Dunne
Sun Apr 10	12-1:30pm	JV Softball vs PoP at PoP Varsity Baseball vs PoP at Breckenridge #3 Varsity Softball vs St. Monica at BL Ferguson fld
	3:30-5:00pm 6:00-7:30pm	Varsity Softball vs St. PX at BL Ferguson field JV Soccer vs St. Thomas at Bishop Lynch

Staff Spotlight

Mrs. Brittany Cristofoli

5th Gr. Science and Social Studies, GT Lit.



Family members: Husband: David, Daughter: Landry
What do you do really well? Singing...Not! I think I am a good listener and a good friend.

What pictures did you have on your bedroom walls as a kid? Posters of N'Sync

What is one of the most profound lessons you have learned? I never comprehended the amount of love that I would have for my daughter and the lessons she would teach me every single day.

If you could go on vacation anywhere in the world, where would you go and why? Europe. I love history and would love to spend a few weeks traveling to several of the countries and visiting museums, castles and other historic sites.

What was your favorite school lunch when you were in school? My mom always packed my lunch and I was always excited when she packed a Lunchable.

What was the name of your favorite teacher? My favorite teacher was my college professor, Dr. Messer at my university in Georgia. He was my mentor and had/has a huge impact on both teaching and personal life.

Mrs. Kristi Uhlemann

Pre K Teacher

Family members: My husband Bill, daughter Carmen, son Trip and Finch the dog

When you were a child, what did you want to grow up to be? Goofy at Walt Disney World

I'm happiest? Watching my kiddos play soccer and other sports

What is your favorite book? Rules for a Knight

I don't like...? Laundry

If you could go on vacation anywhere in the world where would you choose and why? Any beach, because playing baseball on the beach is just fun.

What are the words that describe you best? Per Carmen... Fun, loving, caring, AWESOME, sweet and helpful

When you were a child, what was your favorite TV show? Silver Spoons

When it is all said and done, what do you want to be remembered for? The best mom who lived a happy life and was good on the mic.

What is the most profound lesson you have learned? Don't sweat the small stuff

What do you do really well? Color

What is something you are grateful your parents taught you? Being on time shows respect.



2016-2017 TUITION DISCOUNT

The '16-'17 tuition must be paid in full by **Tuesday April 19** to receive the **\$100** discount on each tuition paid in full. Checks may be brought to the office, written to ASCS.

If you would like to use a credit card to pay the tuition you will need to open a FACTS account for a one-time payment before April 19. The credit card user will pay all credit card fees. Please contact Laura Olson for any questions regarding the tuition discount or credit card payments.

TUITION PAYMENTS CREDIT CARDS

Credit Cards will now be accepted for tuition payment for the 2016-2017 school year. The credit card user will be responsible for all credit card servicing fees. Credit card processing for tuition will be done through FACTS. If you do not have a FACTS account you will need to set up a FACTS account by May 1 for monthly payments. The log-in for FACTS is through the school website under the Admissions tab or you can call FACTS at 877-441-4637.

If you currently have a FACTS account and want to change it to the credit card option you can make the change on-line with your account, call FACTS or contact Laura Olson.

Beta Club News

The ASCS Beta Club is pleased to announce that our Beta-sponsored **Talent Show** is scheduled for Thursday, April 28 from 1:45 until 2:25. Auditions are open to fourth through eighth graders and will be held on April 13 and 14 in the cafeteria from 3:30 until 4:45. We are looking forward to spotlighting the wonderful talent in our school. Songs, skits, music, dance, gymnastics... Our acts need to be no more than 3 minutes in length. Prizes will be awarded for first, second and third places (OK, they are small prizes, but prizes are prizes just the same!)

Remember- tryouts are just around the corner, so start getting your act together!

After the predicted rain for this week, our car windows will be dirty. Beta Club has the answer! We will be **washing car windows** Friday afternoon (April 1) from 2:45 until 3:30 in the carpool lines. It will only take a few minutes to get your windows sparkling clean. There is no charge for this, but donations are gladly accepted and appreciated. Be looking for the Beta Club on Friday afternoon. We'll be the ones with big smiles on our faces and paper towels and window cleaner in our hands!

Attachments

- All Saints Summer Camps Enrollment
- Academic Outfitters Scholarship
- Summer Skills Books (*new supplier this year)
- Legends/ASCS Carwash
- Mother Son Event at Pinstack
- Cub Scout Father Son Campout
- Cardinal Belles Jr Clinic
- Blue Ribbon and Baseball
- SpeedZone, 8th grade only
- Senior (Citizens') Prom-MS Volunteers
- FC Dallas DPL Night
- Nutrition Nuggets

2016 Summer Camps at All Saints Catholic School Camp Enrollment Form

CHILDS NAME: _____
AGE: _____ Allergies: _____ (use a separate sheet if needed)

PARENTS NAME: _____ EMAIL: _____
ADDRESS: _____

PARENTS Phone (h) _____ (c) _____ (w) _____

Authorization for child to be released to:
person (1) _____ DL# _____
person (2) _____ DL# _____

Mark the camp(s) you are enrolling in and include your payment to secure your child's spot. Form is due April 15th. Please return to Andrea LaGreca.

Eagles Soaring Camps Payment Made to All Saints Catholic School. Camp times are 10am to

Campers ages 5 – 12yrs An additional fee is applied for field trips.

*** International Camp Week: June 6th – 10th**

Enjoy all the different cultures from around the world! Hands on fun cooking and tasting different foods, arts, crafts and more. Field trip to Amazing Jakes.

Cost: \$210 _____

*** Carnival Camp Week: June 13th – 17th**

Carnival Fun with games, tricks, and water play. Campers will put on their own carnival. Field trip to Adventure Landing.

Cost: \$210 _____

*** Looney Toonie Week: June 20th – 24th**

Campers will build their own Looney Toonie city and become characters for their city. Studio Movie Grill. TBA.

Cost: \$210 _____

*** Pet Palooza Week: June 27th – 30th**

Campers will create their own pet and train it and take care of it. Campers will be crafty with pets of all types. There will a pet day where campers may bring their pets from home. Field Trip to Lego Land

Cost: \$210 _____

Preschool Campers Ages 3&4: Each week a field trip will be brought on campus for preschoolers.

***Constuction Camp: June 6th – 10th**

Hands on fun with arts and crafts creating different things. Campers will create their own snacks.

Cost: \$210 _____

***Circus Camp: June 13th – 17th**

Campers will explore circus animals, play balloon games, water play and more!

Cost: \$210 _____

***Adventure Land Camp: June 20th – 24th**

Each day is a different adventure with a fun characters. Campers will have hands on fun exploring with Dora the Explorer, Dr. Seuss, Elmo, Elsa and prince and princesses.

Cost: \$210 _____

***Pet Palooza Camp: June 27th – 30th**

Campers will explore different types of animals. Hands on fun with arts and crafts. There will be a pet day if one wishes to show their pet from home.

Cost: \$210 _____

For any questions, please feel free to contact Andrea LaGreca at 469-387-5083 or email alagreca@allsaintsk8.org.

WE LOOK FORWARD TO A FUN SUMMER!



Academic Outfitters

ACADEMIC OUTFITTERS IS PLEASED TO ANNOUNCE OUR 2016 SCHOLARSHIP CONTEST!

As a national leader in school apparel solutions, Academic Outfitters' vision is to partner with schools and families to advance their missions. We honor the sacrifices and commitments which our schools and families put forth for their children, and we consider it a blessing and privilege to come alongside you as a partner in building their future.

SCHOLARSHIP CONTEST DETAILS:

There will be 1 first place winner.

First Place Winner will receive a \$500 scholarship dispersed to the student's school as credit toward their 2016-2017 tuition. If the winner is a charter school student, the money will be given directly to the school in honor of the student's name.

SCHOLARSHIP CONTEST SUBMISSIONS:

Assignment:

Creatively express your ideas and dreams about faith, hope and love, what they mean to you personally, and the lasting impact they create in your family, community, nation and world.

Submissions:

Students may choose to do one of the following:

- Write an Essay - up to 500 words
- Write a Short Story
- Write a Poem - up to 200 words
- Compose a Song - we need 2 copies of CDs; no longer than 5 minutes
- Paint a Picture
- Take a Photograph
- Create a Collage
- Create a Blog or Website
- Create a Short Video - we need 2 copies of DVDs; no longer than 5 minutes

In order to participate, applicants must be rising K-12 students, display a financial need or merit, and enrolled in one of our partnered schools. All participants will be judged only according to their grade level.

One entry per student. The order form must be completely filled out in order to qualify for the EO Scholarship. Student entries will not be returned. Academic Outfitters has the right to use any and all entries on our website, in displays, in marketing materials and in any medium of publicity.

Plagiarism and copying are not allowed. Send your entries or drop them off to your local Academic Outfitters. You can find your local store's address at www.AcademicOutfitters.com

SUBMISSIONS DEADLINE: April 11, 2016

All entries must be post-marked or delivered to your local store by April 11, 2016. The winner will be announced May 20, 2016 on our Facebook page. The winner will also be notified with a phone call from your local Academic Outfitters store owner.

Please contact us via e-mail or snail mail with any questions. Jamey@EducationalOutfitters.com

Faith, Hope and Love

2016 Scholarship Entry Form



Students, please complete the following:

Name: _____ **Current Grade:** _____

Home Address: _____
Street City/State Zip

Email: _____

Home Phone: _____ **Parent Cell Phone:** _____

Personally describe any particular need or merit: _____

Schools, please complete the following:

Name: _____ **Current Grade:** _____

School Address: _____
Street City/State Zip

Personally describe any particular need or merit: _____

Please send entries and this entry form to your local Academic Outfitters store. The store addresses can be found at www.AcademicOutfitters.com. Entries must be post-marked or delivered to the store by April 11, 2016.

We will have 1 First Place, \$500 Winner. On May 20, 2016, the scholarship winner will be announced. The winner and their school will also be notified by phone.

Student Entries will not be returned. Educational Outfitters Franchising has the right to use any and all entries/submissions on our website, marketing materials, in displays, and in any form of publicity. One entry per student.

By signing below, Student, Parent, and School state the entry is an original work of the Student. If any element is taken from the work of another person, the other person must be acknowledged and the original work from which it was taken must be included with the entry. The entry form must be completely filled out in order to qualify for the EO Scholarship.

ENTRY TITLE: _____

Please circle the category of entry:

Essay (up to 500 words); Photo; Painting; Collage; Poetry (up to 200 words); Short Story;

Music (2 copies on CDs, no longer than 5 minutes);

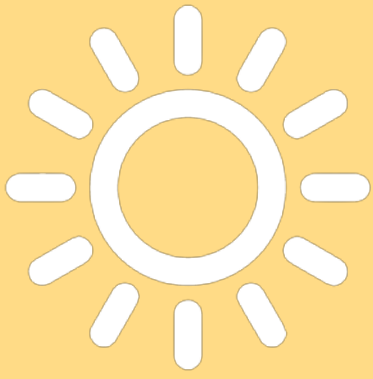
Video (no longer than 5 minutes in length, 2 copies on DVD); Website or Blog

Entrant: _____
SIGNATURE PRINTED NAME DATE

Parent: _____
SIGNATURE PRINTED NAME DATE

Teacher: _____
SIGNATURE PRINTED NAME DATE

Principal: _____
SIGNATURE PRINTED NAME DATE



Summer Solutions.

Minutes a Day-Mastery for a Lifetime!

From the Creators of:



Books are \$12.00 each.

Orders will be shipped to the school for free when ordered by:



Ordering is Easy!

Go to www.SummerSolutions.net

Enter your school code:

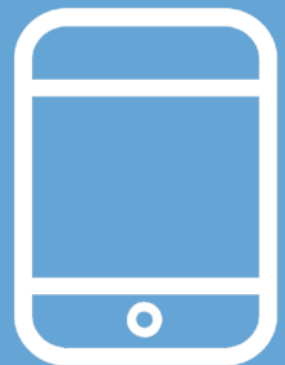
Choose the level that matches your child's current grade level.



Win an iPad Mini!

Order by May 10th and be entered in a drawing for one of three iPad minis.

One winner will be chosen in March, April, and May.
<http://summersolutions.com/blog/ipad> for details.





Use Fundraising Code

2003



Shine with Legends and Support

**ALL SAINTS
CATHOLIC SCHOOL**



**HONOR VIRTUTIS
ET VERITATIS**

628 Coit Road, Plano, TX



ANNUAL **MOTHER / SON EVENT** **— ALL SAINTS CATHOLIC SCHOOL —**

SAVE THE DATE

**WHEN: SUNDAY, APRIL 17TH
FROM 2-4 PM**

WHERE: PINSTACK

**MOMS AND SONS, JOIN US FOR
OUR ANNUAL MOTHER AND SON
EVENT AT PINSTACK! WE WILL
BOWL, HAVE LUNCH AND
APPETIZERS, GAMES AND MORE!**

INVITE TO FOLLOW. \$30 PER PERSON

**FOR QUESTIONS PLEASE EMAIL
JAN KEPHART OR PALLAVI BARRETT
JANKART@COMCAST.NET
PBARRETT@WKRPMGT.COM**



PACK 86 CUB SCOUTS CAMPOUT DAD'S & SON(S)

Dates:

Saturday, April 23rd-24th

KEY CONTACTS FOR QUESTIONS:

Jeffrey Labauve: Camp Lead

jeffreylabauve@yahoo.com

Additional Contacts:

John Barrett/Pallavi Barrett

JohnBarrett360@gmail.com or reddybarrett@yahoo.com

214.417.7495

James Talkington

jamestalkington@yahoo.com

Kinder, 1st grade and 2nd Grade Dens-

Please join us April 23rd (Saturday-Sunday) for a Father/Son Cub Scout Camping Trip at Lake Ray Roberts Isle du Bois Branch. Here is some information to get you all prepped. Please feel free to call or email with questions. Above, please find contact information. We have already scoped out the campgrounds and have made reservations. Here is some information that will be helpful.

Where: Lake Ray Roberts Isle du Bois Branch

We are in the area with electric/water hook ups. Each site will have a picnic table, a fire ring, and bbq pit.

Check in is at 2 PM. The sites are first come/first serve meaning that if we want contiguous sites we need to be there at check-in (rentals on the same property)

Cost and Details: An email will go out to Cub Scout members with details on cost, meals and itinerary.

Thanks, Your Scout Team

CARDINAL BELLES JUNIOR CLINIC

Taught by the 2015 TAPPS State Champion Cardinal Belles

SATURDAY, APRIL 23, 2016
9 AM - 12 PM



For girls ages 5 - 14 years old. Participants will:

- Learn dance and kick technique and a fun routine
- Receive a commemorative Junior Belle Clinic T-shirt
- Perform the Junior Clinic routine in the 2016 Cardinal Belle Spring Show on April 30 at 7 PM



COST: \$40 PER DANCER

Register and Pay Online at:
johnpaulihs.org/johnpaul/drill-team

REGISTRATION DEADLINE IS APRIL 8, 2016



Questions? Call 469.229.5153

Held at John Paul II High School | 900 Coit Road | Plano, TX 75075

concept7
photography
www.concept7photo.com

Blue Ribbon & Baseball

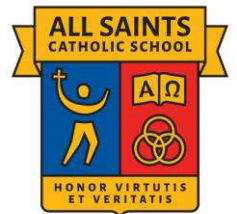
ases Night *at the* Ballpark

COME CELEBRATE THE
ASCS BLUE RIBBON
YEAR OF ACCOMPLISHMENT

FRISCO ROUGH RIDERS
VS. ARKANSAS NATURALS

APRIL 16TH
7:05 P.M.

THE DEADLINE TO
PURCHASE TICKETS IS
APRIL 5TH, AND
SEATING IS LIMITED.
TICKETS ARE \$25 EACH
(INCLUDES MEAL).
CALL JOSH AT THE
ROUGH RIDER TICKET
OFFICE, 972-334-1980.



BONUS:
THE CLASS
WITH THE MOST
TICKET SALES
WILL WIN A
PIZZA PARTY
WITH DEUCE
FROM ROUGH
RIDERS ON
APRIL 7TH.

Sponsored by the Dad's Club



SPEEDZONE

April 8 - 6:00pm

8th Grade Only

Sign-up at www.asymdallas.org

\$35

- Unlimited Go-Karts
- 1 Session on the Top Eliminator Dragster
- Unlimited Arcade Games
- Unlimited Mini Golf

Adult volunteers needed! Contact Matt to help. mwoyak@allsaintsdallas.org



Senior Prom *2016*

Annual Senior Citizen Dinner and Casino Night!

Sunday, April 10
6:15 to 8:00pm

Youth & Adult Volunteers Needed

Grades 6 and up!

Help serve food, deal blackjack, or perform your musical talent!

Help with set-up is also needed from 1pm to 4pm.

Visit www.asymdallas.org/seniorprom to sign up

FC DALLAS

CHARTER MEMBER OF MAJOR LEAGUE SOCCER



MAURO DIAZ



CHRIS WONDOLOWSKI



FABIAN CASTILLO

DALLAS PAROCHIAL LEAGUE NIGHT



VS.



**SATURDAY, APRIL 9
8PM KICKOFF**



TOYOTA STADIUM

TICKETS START AT \$17

GET YOUR DPL DISCOUNT BY GOING TO:
<http://goo.gl/LPROqa>

COME WATCH THE BEST HOME TEAM IN
MAJOR LEAGUE SOCCER WITH THE DALLAS
PAROCHIAL LEAGUE!

FREE PARKING AVAILABLE!

CONTACT NIC KLITGAARD FOR DETAILS!

469-365-0023

NKLITGAARD@FCDALLAS.COM

<http://goo.gl/LPROqa>



DTID
FCDALLAS.COM

Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2016

All Saints Catholic School
Abby Tett, RN and Marie Miles, RN - Health Clinic



BEST BITES

Fitness forecast

This time of year, the weather can change from day to day—cold to warm, snowy to clear. Have your child look at the weather forecast to see which days will be best for playing outside this week. Then, she could mark the calendar with ideas. (“Monday: Go to the playground.” “Tuesday: Have a long-jump contest in the basement.”)



DID YOU KNOW?

Healthy eating is linked to success in school. In fact, students who eat nutritiously have better attendance, fewer visits to the school nurse, and higher test scores. To help your youngster eat a healthier diet, stock your refrigerator and pantry with nutritious foods, and try not to buy junk food.

Use open gyms

Open gym times offer a great opportunity for your child to shoot hoops, play volleyball, or run around with his friends and family. Check to see if your youngster’s school gym, or a nearby middle or high school gym, is open to families after school hours. Or look into open gym hours at your local community center. *Note:* Parental supervision may be required.

Just for fun

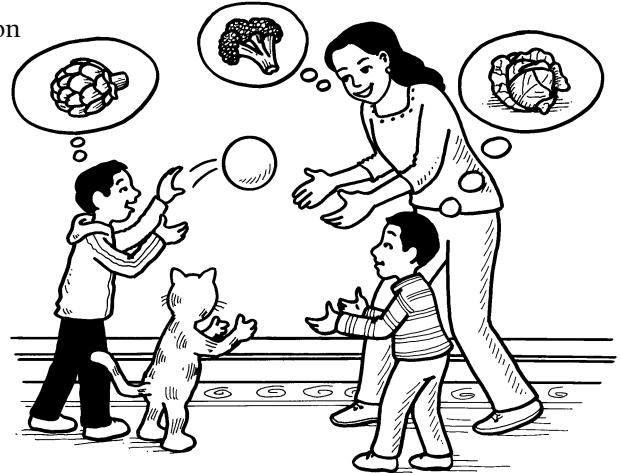
Q: What does a snail say when it’s riding on a turtle’s back?

A: “Whee!”



Let’s play nutrition!

March is National Nutrition Month. Celebrate by building nutrition knowledge with these fun activities. When your child knows more about healthy foods, he’ll be more likely to choose them for meals and snacks.



Name a food

Quick, think of a healthy food! In this fast-paced game, take turns coming up with a nutritious food—in ABC order—for breakfast, lunch, or dinner. The first player holds a ball and says, “I love _____ (artichokes) for breakfast.” He tosses the ball to the next person, who says, “I love _____ (broccoli) for lunch.” Keep going, and see how many you can name. Then, choose a few of the foods to eat this week.

Decorate your posters, and display them for everyday reminders of ways to stay healthy.

Know the group

Focus on food groups with this twist on bingo. Each player makes a 5 x 5 bingo card with these headings: Fruits, Vegetables, Grains, Protein, and Dairy. Next, he writes a matching food in each column and also writes the words on separate slips of paper. Give all the slips to a “caller,” who mixes them up and reads them out, one by one (toss out any duplicates). If he calls an item on your board, mark it. The first one with five across, down, or diagonally yells “Bingo” to win. ♡

Design posters

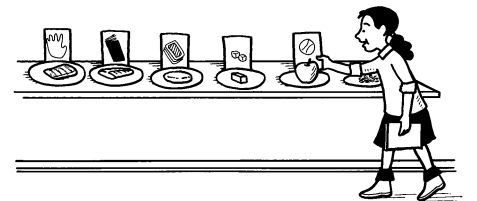
Showcase good nutrition with homemade posters. First, brainstorm healthy eating tips, and come up with fun slogans to use. You could suggest “Start your engines with breakfast!” and your youngster might say, “Milk is the best!”

Picturing portions

Overeating often comes down to portion sizes: They’re just too big. Share this handy list to help your youngster eyeball healthy portion sizes:

- 1 serving of meat or chicken = palm of your hand
- 1 serving of fish = checkbook
- 1 hamburger (no bun) or meatloaf slice = deck of cards
- 1 oz. cheese = your thumb
- ½ cup cooked rice = cupcake wrapper

- 2 tbsp. peanut butter = Ping-Pong ball
- ¼ cup nuts = golf ball
- 1 serving of cooked pasta = ½ baseball
- 1 baked potato = computer mouse ♡



H₂O to the rescue

One of the healthiest and most inexpensive sources of good nutrition is as close as your kitchen sink. Encourage your youngster to drink water all day long with these ideas.

Keep a log. Hang a small whiteboard on your refrigerator. Write each family member's name down the left side. Every time someone drinks a glass of water, she draws a glass next to her name. *Note:* Have your child announce the results each evening—she'll practice reading graphs and interpreting data.



Add flavor. Make your own “fruit punch” by squeezing an orange into a glass of water and floating an orange slice on top. Or drop in a strawberry one day and a cucumber slice the next. *Try this:* Each day, fill a pitcher with water and add fruit. Your youngster will be excited to see what today's water flavor is!

Q&A No meat? What now?

Q: *I can't believe it—my 10-year-old daughter has decided to be a vegetarian. We're all meat eaters, and I don't know how to cook for her or make sure she gets the protein she needs. Help!*

A: Don't despair. There are easy—and nutritious—ways to adjust family meals to accommodate your child's choice.



Try serving meat and poultry on the side. For a stir-fry, you could cook vegetables in one skillet and chicken in another. Or put the meatballs in a separate bowl when you're having spaghetti. Then, your child might substitute other proteins like beans, eggs, veggie burgers, or soy “nuggets.” She could also get protein from whole grains, nuts, and milk.

And here's something good to know: A balanced vegetarian diet can be every bit as healthy as a meat eater's diet. In fact, vegetarians typically eat less saturated fat and more fruits, vegetables, and fiber—and they're less likely to be overweight. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630



Be a role model. Let your child see you drinking water. Take it along when you go out together, and keep a glass of water beside you when you work, pay bills, or read. *Tip:* Try not to drink soda around her—research shows that children of soda drinkers are much more likely to drink it regularly. ♥

ACTIVITY CORNER

Enjoy nature walks

Walking outside is a wonderful way to combine physical activity, family bonding, and learning about nature. Try these suggestions.



Make my name

Have your youngster collect items from the ground that he could use to spell his name. He may find leaves, pine needles, pebbles, sticks, or feathers. Then, he can arrange them into the letters of his name on a sidewalk or on grass. Or he might glue them onto paper and hang up his “nature name.”

Take a photo safari

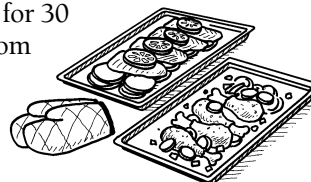
Let your child use a digital camera or your phone to snap pictures. He could focus on landscapes, trees, birds, insects, or animals. Make prints of his photos, and suggest that he turn them into a collage or a book. *Idea:* Have him label the pictures using a field guide from the library or websites to identify objects or animals he doesn't know. ♥

IN THE KITCHEN

Sheet-pan meals

For easy weeknight dinners, consider sheet-pan entrees. Here are two recipes.

Fish & potatoes. Slice 2 russet potatoes, and toss with 1 tbsp. olive oil, ¼ tsp. salt, and ¼ tsp. pepper. Cover a sheet pan with parchment paper, and arrange the potatoes in overlapping slices. Roast at 425° for 30 minutes. Remove from the oven, and top with 4 fish fillets (cod, salmon) and 4 lemon



slices. Roast 10–15 minutes more, until the fish flakes easily with a fork.

Citrus chicken. In a bowl, combine 3 lbs. chicken drumsticks or thighs with 4 sliced carrots and 1 chopped onion. Salt and pepper lightly. Spread on a baking sheet, and roast at 475° for about 30 minutes, until chicken is cooked through and vegetables are tender. Whisk together ⅔ cup orange juice, 3 tbsp. lime juice, 1 tsp. cumin, and ½ tsp. dried oregano, and pour over the dish. ♥