

Fall Newsletter

Pulaski Road School Parent Information Bulletin Policies and Procedures



October 2018

Pulaski Road School 623 Ninth Avenue, East Northport, NY 11731

Main Office: Tel: 631-262-6850 Fax: 631-262-6855
Nurse's Office: Tel: 631-262-6853 Fax: 631-262-8527

Dates to Remember

October

- 4- Board of Educ. Mtg.
7pm WJB Bldg.
- 5 - Emergency Management Drill
- 8 - SCHOOLS CLOSED
- 12—Picture Day
- 12—Fall Festival
- 15-19—Book Fair
- 22-26 DW RAP Week
- 24—PTA Mtg. 7:30 pm
- 25—Bd. Of Ed. Mtg. 7:30pm
WJB
- 31—Halloween Parade 1:30

November

- 2-9 PTA Food and Coat Drive
- 6— SCHOOLS CLOSED for students
- 8—Bd of Ed Mtg. 7 pm WJB
- 12— SCHOOLS CLOSED—Veteran's Day (Observed)
- 14—DW ENL Luncheon
- 14— PTA Meeting 7:30 pm
- 16—Picture Re-Take Day
- 20—Pie Pick Up
- 22-23 SCHOOLS CLOSED—Thanksgiving Recess
- 26—P/T Conferences—Early Release 11:55 am dismissal
- 27— P/T Evening Conferences 6- 8 pm
- 28-29—Holiday Boutique
- 28— Bd of Ed Mtg. 8 pm WJB

December

- 4— P/T Conferences—Early Release 11:55 am dismissal
- 10-P/T Conferences—1/2 Day 10:45 am dismissal
- 12-Variety Show Parent Mtg.
- 13— Bd of Ed Mtg. 7 pm WJB
- 24-Jan 1—HOLIDAY RECESS
Schools Closed

PRINCIPAL'S CORNER by JEFFREY HAUBRICH

Arrival and Dismissal Safety

As many of you know, one of our high-school students was seriously injured after being struck by a car just prior to the start of school. Our collective thoughts are with him as works to recover from his injuries. At Pulaski and throughout the district, we continue to work diligently to ensure the safety of our students during arrival and dismissal times. Please keep the following in mind so that our arrival and dismissal periods are as safe and efficient as possible.

Keep passenger cars out of the bus circle during arrival and dismissal.

Do not park in the drop-off lane (parking spots on the school-side of the visitor lot).

Pull up as far as possible when dropping off.

Do not use the drop-off lane if you feel your child needs your help putting on hat, jacket, backpack, etc. (please park).

Wait for the vehicles ahead of you to pull out (don't try to drive around them).

Wait until you are able to pull up to the curb in the drop-

off lane before letting your child out. Children should always exit the car directly onto the sidewalk.

If you arrive after 8:05, please walk your child into the school.

Closely supervise your children if they stay to play on school grounds after dismissal.

Please keep bus circle clear (even after our primary buses have departed).

Thank you for your help and cooperation. If you have thoughts to help improve the safety or efficiency of our arrival or dismissal procedures, please let me know.

TELEPHONE NUMBERS

Pulaski Office 262-6850 Fax 262-6855
Pulaski Nurse 262-6853 Fax 262-8527

MORNING ARRIVAL

The school day begins at 8:05 a.m., with the ➡ buses scheduled to arrive at approximately 7:50. Members of the staff supervise the children until 8:05, at which time students proceed to their classrooms. Therefore, if your child is a walker or is driven by car to school, please make sure that he/she does not arrive until 7:50. This policy will ensure adequate supervision of all children.

Upon arrival to school, students should enter through the main entrance. They will then be directed to the appropriate waiting area.

ATTENDANCE

New York State Law requires that all students between the ages of 6 and 16 be in attendance at school on a daily basis. Regular attendance inevitably result in the child's missing the introduction or development of a necessary skill. Therefore, our expectation is that a child be in school every day that he/she is physically able.

ABSENCE

It is the responsibility of the parent or guardian to notify the school when a child is ill or will be absent from school. **Parents are requested to call the Attendance Office (262-6853) prior to 9:00am on the day of absence. In this way, the school will know that provisions have been made for the child, and a call to the home will not be necessary.**

Absences due to family business or vacation are considered illegal and are so recorded on the child's official attendance card. No new work can be provided for the child as an assignment during such absences.

Students returning to school after an absence must bring a note signed by their parent explaining the reason for the absence. This note should be given to the classroom teacher on the day the child returns.

EARLY DISMISSAL

Parents should send a note with their child or come to the Main Office if there is any reason that a student needs to leave school early. Parents, or a designated adult, must sign the student out of school when leaving before dismissal. **Early dismissals must occur at or before 1:45 pm.** After that time, students will need to wait until their regular dismissal time. Those who arrive to sign out a child after 1:45 pm will be asked to wait and pick up their child at the normal dismissal time and location. We understand that sometimes a change in dismissal plans may take place during the school day. These changes must be received by the main office at least 90 minutes prior to dismissal. This procedure is designed for the safety and protection of our children.

Whenever possible, parents should schedule appointments for their child during non-school hours to avoid interrupting his/her academic program.

If a child is returned to school before the end of the day, parent and child must sign in with the school monitor in the front lobby before the student re-enters the classroom.

AFTERNOON DISMISSAL

It is our responsibility to ensure the safe egress of our students from the building at all times of the day, including dismissal. Parents of kindergarten, first and second graders should meet their children at dismissal in the All Purpose Room. Please pick up your children at the teacher's designated table. Parents are not to congregate in the hallway near the All Purpose Room as this creates a problem with exiting from the building. Parents of third, fourth and fifth graders are requested to wait along the covered walkway in the front of the building. Please do not block the walkway. Parents and students must exit through the main entrance. If you are changing the dismissal process for your child, we request a note from the parent stating the change. If this change affects SCOPE, you must contact SCOPE directly at the number provided by this group. Unless there is an unexpected emergency, there will be no changes made to dismissal AFTER 1:45 pm. If your child is scheduled to attend SCOPE and you elect to pick your child up at the end of the day instead, you can meet SCOPE in the APR after 2:30 pm.

LATENESS

Children who arrive late to school -- after 8:05 a.m. must report **with their parent** to the school monitor in the front lobby. A note from the parent is necessary in order for the student to obtain an excused tardy.

MAKE-UP WORK/HOMEWORK

Parents requesting assignments for legally absent children should make the request early in the day (prior to 10:00am) if they plan to pick up the material after school. Such requests should only be made if the child will be absent for two or more days.

BEHAVIOR

Pulaski Road School is a special place of

learning for children. We strive to cultivate an atmosphere of care and concern in which children are helpful, courteous and considerate. We expect children to show respect for themselves, for each other and for every adult in our school community.

BUS TRANSPORTATION

Requests for changes in transportation due to babysitting needs must be submitted in writing to the Transportation Department on an ANNUAL BASIS. Please be sure to submit your request to the Transportation Department in the William J. Brosnan Building by April 1 each year, or as soon as babysitting arrangements have been made.

Please encourage your child to be a "bus-rider" and avoid driving him/her to school. We stress bus safety at school, with at least three bus drills conducted during the school year. Students are expected to behave in a safe and respectful manner while waiting at the bus stop and when riding on the school bus. We would appreciate home reinforcement of bus safety and courtesy. Children jeopardizing their safety and/or the safety and well being of others due to misconduct risk the suspension of their bus privilege.

Parents should note that the bus drivers are instructed to pick up and drop off children only at scheduled stops.

Kindergarten children will be riding the regular "big buses" on their way to and from school. These children will be given priority seating in the front of the bus. Older students are asked to provide assistance, when necessary in identifying scheduled bus stops.

Bus drivers will only discharge a Kindergarten student to his or her parent/guardian or another adult designated in writing to the school. If the parent/guardian is not present or visible at the bus stop, the kindergartener will be returned to school. The parent/guardian will then be responsible for picking up the child and bringing him/her home.

Questions or concerns about bus transportation should be directed to the Principal or the District Transportation Office 262-6865.

CAR TRANSPORTATION

To ensure the safety of our students and to facilitate the flow of buses and vans, parents driving children to school in the morning should drop them off in the first parking lot to the left as you enter the gates. You may park only on the east side of the parking lot in the morning and walk your child into the front foyer by the yellow benches. You may choose to drop your child off in the morning by pulling up parallel to the curb in the parking lot and leave your child by the crosswalk. At dismissal time adults should park their cars in the first lot to the left as you enter the gates. Please do not block other cars from entering or exiting. At no time should you enter or park in the school circle.

CHILD CARE PROGRAM: "SCOPE CARES FOR KIDS"

The "SCOPE Cares For Kids" Child Care Program is available for District children in grades K-5. The goal of the program is to provide quality after-school care in a supervised setting that is safe, nurturing and fun. The program operates on school days from immediately after dismissal until 6:00 p.m.

For further information and registration, contact SCOPE at 360-0800.

EMERGENCY CONTACT INFORMATION

Updated emergency information is essential for communication in the event of illness or accident. Your child will receive his/her emergency contact form on the first day of school. Please update completely and have your child return it to his/her teacher on the following day.

In addition, please notify the office of any changes to your emergency information as soon as your contact information has changed.

FIELD TRIPS

Field trips can add a new dimension to a child's learning as they complement or enhance the instructional program. Such experiences are encouraged when the activity is appropriate and enriching, and when the cost is reasonable. Whenever possible, field trips are

planned so that District buses can be used with no transportation charge to parents. Permission slips--signed by a parent or guardian--are required for all field trips. This applies even to local trips to other schools in the District. Parents are frequently asked to serve as chaperones on field trips. If you are interested in participating in this type of learning experience, let your child's teacher know early in the school year.

FOOD DISTRIBUTION PROCEDURE

In an ongoing effort to ensure the health and safety of all our students, parents will not be permitted to send in food for children other than their own; this includes food sent in for birthdays and other classroom celebrations. Birthday and holiday celebrations will remain in place, but food will no longer be the focus of these events. Teachers will work with class parents to identify fun and engaging activities to make each celebration special.

BREAKFAST & LUNCH PROGRAMS

The district has adopted an exciting way of providing a simple and efficient way to increase the level of service and accuracy in our school lunch program. This new system "mySchoolBucks" Point of Sale System tracks account information and food selections made by each child. Funds made be deposited into your child's account either online or by check made payable to the Northport-East Northport School District. For further information, please visit <http://web.northport.k12.ny.us>.

To avoid disruptions to the lunch periods, we request that you not deliver food to your child at this time. No outside food will be permitted (ie, Wendy's, McDonalds, Pizza).

You can also find the menu for the month on this webpage.

MEDICAL INFORMATION

Students in kindergarten, second and fourth grades, as well as students new to the district, are required by New York State to have a complete physical examination. This may be done by the family physician or school physician. All physicals must be performed within one year prior to the start of the first day of school.

Screening tests of hearing and vision are performed annually by the School Nurse. As per New York State Educa-

tion Law, all 5th Graders will receive a school screening for scoliosis (curvature of the spine). Parents are informed if such testing reveals any possible concern and are encouraged to pursue appropriate follow-up with their family physician.

Parents are encouraged to call the School Nurse any time to discuss matters affecting the health and well-being of their children. Ailments such as diabetes, epilepsy, asthma, and allergies are some of the conditions which should be noted on health records and discussed with the School Nurse.

Parents are specifically requested to report to the School Nurse all cases of communicable disease.

Student illness occurring during the school day will be evaluated by the Nurse. The child will either be sent home or allowed to rest in the Health Office.

When it is necessary for a student to take medicine during school hours, the Nurse may cooperate with the family physician and the parents if the following requirements are met:

- A) the medicines must be retained by the Nurse in the school Health Office;
- B. The district's Medication Administration Form (available online) must be completed by both the physician and parent/guardian, and submitted to the nurse with the appropriate medication. This form is required for all medication, including over-the-counter medications. Please contact Mrs. Tirone, the school nurse, regarding the use of sunscreen in school.

All students who require EMERGENCY MEDICATION for ALLERGIES, ASTHMA or SEIZURE DISORDERS should submit the completed medication administration form and their medication to the nurse by the first day of school.

Teachers are not permitted to hold or administer medication to students, and students are not allowed to carry medication to administer to themselves.

MESSAGES

To avoid interruption of instructional time, only messages of an emergency nature will be delivered to students in the classroom.

It is usually impossible for teachers to come to the telephone to receive a call, unless prior arrangements have been made. Parents who have concern of an

immediate nature should leave their telephone number and the teacher will return the call as soon as possible.

Any "forgotten" item brought to school by parents (lunch, homework, books, instruments, etc.) should be left with the school monitor. We will make sure that your child receives it.

PROGRESS REPORTS AND PARENT-TEACHER CONFERENCES

Students will receive three Progress Reports during the year. Two parent-teacher conferences are scheduled during the school year—one in November/December and one in the March—and a report card is sent home in June. The conferences provide parents and teachers with an opportunity to share information and concerns and to review the child's progress in all areas of instruction as well as his/her relationship with others.

Please do not wait for the conference time if you have a problem or concern relating to your child. Contact your child's teacher and arrange for an appointment to discuss the issue together.

PARKING

When visiting the school at any hour, please park in the school parking lot on the left as you enter the gate. Before 8:10 a.m. do not park on the west side of the lot. At no time is parking allowed in the school driveway or in any marked fire zone.

PTA

The Pulaski PTA seeks to promote the well-being of our students by encouraging parent involvement, facilitating communication, supporting programs, and sponsoring activities. Evening meetings are planned to accommodate parent work schedules. Please see the district calendar for dates and times of monthly meetings. This year's PTA Co-Presidents are Shannon Hecht and Mairead Reardon.

RECESS

Lunch recess is an important part of the children's day, for it provides them with an opportunity for healthful activity in the fresh air. Our expectation is that all students in attendance will participate in outdoor recess. Parents, therefore, should use discretion in selecting appropriate outer wear (i.e. secure shoes—not flip flops—and jackets in cool weather). Teacher aides provide general supervision on the playground. When the weather is severely inclement, all children will remain

indoors for recess.

SCHOOL CLOSING

Should hazardous conditions necessitate our school's closing earlier than scheduled, it is important that the children know what to do, or where to go, in the event you are not home. In homes with working parents, arrangements should be made to have a neighbor take in the child or to have the child go to the house of a friend. Backup arrangements should also be planned. It is most important that these emergency arrangements are clearly understood by your child.

In the event of a school closing or an early dismissal due to hazardous conditions, an automated telephone message will be sent to all phone numbers (home, work, cell) and email addresses that we have on record. Please be sure to keep this information up-to-date by notifying us of any telephone/email address changes. You can do so by sending a note to your child's teacher or calling the main office.

When school is closed because of bad weather, extra-curricular activities and meetings held at the school are also cancelled.

SCHOOL DISCIPLINE

A district and school discipline handbook—an elementary conduct code—has been developed by faculty, staff, parents, and students. It will be reviewed with the students in September and again in January. This handbook is available on our website at <http://web.northport.k12.ny.us>.

SPECIAL PROGRAMS

In addition to the core K-5 academic program, each child will receive instruction from Special Area faculty in Art, Library, Music, and Physical Education. Further, the Board of Education has provided each elementary school with other full/part-time specialists (e.g., counselor, computer, speech, etc.) who will work with class groups, individual students, and parent groups. For those children in need of remedial/corrective help (e.g., math, reading, writing, speech, etc.), Academic Intervention Services are provided.

TEACHER AIDES

Teacher aides perform a wide variety of

tasks at Pulaski Road School which enable classroom and special area teachers to give more attention to students. By doing clerical tasks, supervising the lunchroom, playground and buses, and by helping students study, the aides and not only free teachers to work more individually with children, but provide additional opportunities for us to guide children in constructive activities.

TELEPHONE

Children are permitted the use of the Main Office telephone only for messages or requests deemed essential by the teacher. We discourage calls for forgotten lunches, gym clothes, social matters, and by frequent users.

TESTING

The process of evaluating the growth and diagnosing the needs of children is a complex one. The daily and ongoing observations of teachers and parents constitute the major element in this process. However, we also use more formalized instruments—standardized testing—to provide information about our students' development. A comprehensive testing program, beginning in Kindergarten and continuing through fifth grade, supplies us with information needed for educational guidance and program planning. New York State also requires school districts to give certain achievement tests. Our 3rd, 4th and 5th Graders are administered a statewide English Language Arts test in April and a statewide Math test in May. Our 4th Graders also participate in a Science test in May. Other diagnostic testing may be administered if a student is having learning difficulties. These tests can be initiated by parents, guardians, or school personnel. However, parental consent is mandatory before they will be administered. When such diagnostic tests are completed, the staff and parents meet to review results and discuss possible recommendations.

TEXTBOOKS

The care of textbooks, workbooks and library books are the student's responsibility. A charge will be issued for lost or damaged books.

VISITORS

Parents are always welcome at Pulaski Road School, and we certainly hope you will visit during the school year. Please note, however, that the doors are locked during the day and a buzzer/intercom system is in place. To gain entry into the building, you must press the buzzer to the left of the main door and state your business to the monitor or secretary. District policy requires that all visitors--including parents--report directly to the school monitor in the lobby and present photo ID before proceeding anywhere in the building while school is in session. This policy is

designed for the protection and safety of all of our children.

WALKER/BIKER SAFETY

Parents whose children walk or bicycle to and from school, are requested to inform their children of the route they wish them to travel and urge them to observe pedestrian and traffic safety precautions. We urge every parent to advise their child against talking to strangers at any time.

TITLE I SCHOOL

Pulaski is a Title I School, which means

that we receive additional funding due to the fact that a high percentage of our students are from low-income families. We use these funds for instructional materials, resources to support educational programs, and for our teachers' professional development. Programs and resources obtained through Title I funding have consistently benefited our children from low-income families. These resources also improve the overall quality of our educational programs, and this benefits all our students in the end.

NON DISCRIMINATORY NOTICE

The Northport-East Northport Union Free School District, in compliance with federal and state mandates, does not unlawfully discriminate on the basis of sex, race, color, creed, national origin, disability, marital status, veteran status, age, or sexual orientation. Compliance insures that discrimination does not occur in any policies or practices of admission, program, activity, placement, vocational opportunity, or employment. Questions or grievances concerning this matter should be directed to the Section 504 District Compliance Officer, Ms. Christina Pulaski (631)262-6616, or the Title IX District Compliance Officer, Ms. Cynthia Fitzgerald (631)262-6627. Questions or grievances may also be made in writing to those named above at P.O. Box 210, Northport, NY 11768



NORTHPORT-EAST NORTHPORT UNION FREE SCHOOL DISTRICT

OFFICE OF THE SUPERINTENDENT FOR BUSINESS

158 Laurel Avenue, PO Box 210, Northport, NY 11768

Phone: 631-262-6632 Fax: 631-262-6892

September 2018

Dear Parent, Guardian, and School Staff:

For many years, the Northport-East Northport School District has taken a very conservative approach with the application of pesticides. Consistent with this approach, New York State Education Law Section 409-H requires all public and non-public elementary and secondary schools to provide written notification to all persons in parental relation, faculty, and staff regarding the potential use of pesticides throughout the school year.

The district is required to maintain a list of persons in parental relation, faculty, and staff who wish to receive 48-hour prior written notification of certain pesticide applications. In the event of an emergency application necessary to protect against an imminent threat to human health, a good faith effort will be made to supply written notification to those on the 48-hour prior notification list.

In the unlikely event that we do need to apply pesticides and you would like to receive 48-hour prior notification, please complete the form below and return it to Mr. John Lackner, the Northport-East Northport School District pesticide representative at 158 Laurel Avenue, Northport, NY 11768. (Please Note: If you requested Pesticide Notification previously and you want to be notified again, you must complete the form below.) Please write PESTICIDE NOTIFICATION on the envelope.

Please note that the following pesticide applications are not subject to prior notification requirements:

- A school remains unoccupied for continuous 72-hours following an application
- Anti-microbial products
- Non-volatile rodenticide in tamper resistant bait stations in areas inaccessible to children
- Non-volatile insecticidal baits in tamper resistant bait stations in areas inaccessible to children
- Silica gels and other nonvolatile ready-to-use pastes, foams, or gels in areas inaccessible to children
- Boric acid and disodium octaborate tetrahydrate
- The application of EPA designated biopesticides
- The application of EPA designated exempt materials under 40CRF152.25
- The use of aerosol products with a directed spray in containers of 18 fluid ounces or less when used to protect individuals from an imminent threat from stinging and biting insects including venomous spiders, bees, wasps, and hornets.

Please feel free to contact Mr. John Lackner at 262-6863 for further information on the above. Thank you for your attention to this matter.

Sincerely yours,

Robert Howard

Robert Howard
Assistant Superintendent for Business

Please Print

Northport-East Northport Union Free School District
Request for Pesticide Application Notification for the 2018/2019 School Year

Name: _____ Phone: _____

Address: _____

E-Mail Address: _____ Fax # _____ Name of School Building: _____

For 48-hour prior notification, return this form to Mr. John Lackner, 158 Laurel Avenue, Northport, New York 11768



BEST BITES

Cut the salt

Many jarred and canned foods—like pasta sauce, soup, and gravy—are high in sodium. Consider making your own versions when possible. Instead of salt, add herbs and spices for flavor. *Tip:* Let your child find a new sauce, soup, or gravy recipe she wants to try, and make it together.

What did you do in PE today?

When you talk to your youngster about his day at school, ask about PE class. You'll show him that physical activity is important. Which activities does he like best? Turn his favorites, such as hula-hooping, into a family activity night. He can be the "teacher" and show everyone how to keep the hoops spinning longer.



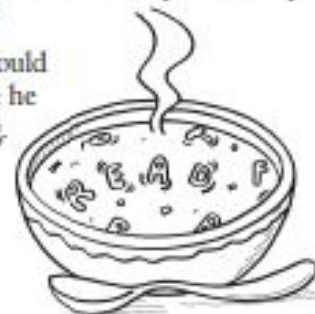
DID YOU KNOW?

Some fruits and vegetables—including apples, bananas, tomatoes, potatoes, and avocados—give off a gas that makes other produce ripen faster. Prevent spoilage by keeping them separate. Or use this to your advantage! Ripen a green banana by sealing it in a brown paper bag with an apple.

Just for fun

Q: Why did Sam want alphabet soup for lunch?

A: So he could read while he was eating.



Build character with family meals

Family meals let you share healthy foods and bond with your youngster. They also offer the chance to instill character traits like independence, politeness, and responsibility. Try these ideas.

Develop kitchen skills

Teaching your child basic cooking skills is a great way to boost his confidence and independence. Depending on his age, he could squeeze juice from a lemon, measure and mix ingredients, crack eggs, or follow a simple recipe. While the two of you work, talk about healthy cooking methods like steaming vegetables or baking chicken instead of frying it.

Eat politely

The family dinner table is the perfect place for your youngster to practice manners and graciousness. As you pass dishes around, model saying "Thank you" and "You're welcome" so he will do the same. Also, talk about how to be polite if he's not sure he likes something, perhaps by



taking a small amount and trying a bite or two. *Tip:* Be sure to remind him to thank the cook.

Use teamwork to clean up

Your child can learn about cooperation and responsibility by pitching in after a meal. Give each person a job like carrying dirty dishes to the sink or wiping off the table and counters. You might also show your youngster how to put leftovers into containers, label with the contents and date, and store in the refrigerator or freezer. ●

Fun autumn outings

Get your youngster moving with active outings perfect for the season. Here are suggestions.

● **Pumpkin farm.** Your child could run through a corn maze or navigate an obstacle course at a local pumpkin patch. Let her pick the perfect pumpkin to take home—then carve it, and roast the seeds for a healthy snack.

● **Fall festival.** Look in the newspaper or online for events like a harvest festival with fun runs, relay races, or other activities for kids. If there's live music, encourage your youngster to dance to the beat! ●



Looking for grocery "treasure"

The next time you go grocery shopping, bring your youngster along for a "treasure hunt" to find healthy foods. You'll teach her to make good choices in every aisle.

Produce section. Ask your child to look for a fruit grown in your state. Or let her seek out vegetables of a particular color (say, orange or purple). Another idea is to search for an exotic fruit she's never tried, perhaps jackfruit or guava.



Meat department. Challenge your youngster to compare ground meats like beef, turkey, and chicken. She can put the one with the least fat and sodium into your cart. Also, have her look for cuts of steak or pork that include the word "round" or "loin"—explain that these are typically leaner.

Dairy case. Have your child name her favorite flavor of yogurt, perhaps blueberry or vanilla. Then, help her read nutrition labels to look for the one that's labeled "nonfat" and has fewer than 10 grams of sugar and at least 5 grams of protein. Or she could search for cheese labeled "part skim" or "made with 2% milk."

O&A

Why whole grains?

Q: I know whole grains are healthy. But how can I explain to my daughter why they're good for her and get her to eat them?

A: Here's a fun way to present this: Tell your child that a whole grain is like a superhero with a cape! Whole grains contain the entire grain kernel, while processing removes the nutrient-rich bran (the "cape," or outer part) and germ from refined grains.

You can also explain that whole grains give her more energy to run faster and play with her friends. They help her think better at school, too.

To get your child used to eating more whole grains, try mixing brown and white rice or whole-wheat and regular pasta—half and half. Then gradually increase the whole grains. Once she gets used to the flavor, she probably won't even miss refined grains.



ACTIVITY CORNER

Fairy tale workouts

Your child can get exercise while acting out scenes from his favorite fairy tales. Share these activities.

The Gingerbread Man

Have your youngster draw a gingerbread man on brown construction paper and cut it out. Then, one player hides it while the others run around to find it. The first person to spot the "cookie" gets to hide it next.

Jack and the Beanstalk

At the playground, let your child climb up a ladder or rock wall. He's Jack climbing the beanstalk high into the sky to see what's at the top!

Hansel and Gretel

Suggest that your youngster collect a dozen pebbles and pretend they're bread-crumbs. He can skip along a path, scattering them behind him one at a time. When he has dropped them all, he could skip back, bending down to pick them up.



IN THE KITCHEN

Not your average breakfast

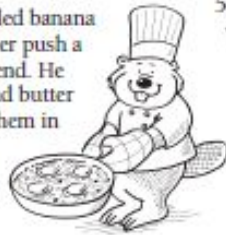
Take a break from scrambled eggs and cereal with these unusual breakfast recipes that you and your child can make together.

Banana pops: Cut a peeled banana in half. Let your youngster push a craft stick into each cut end. He can spread 1 tbsp. almond butter over each half, and roll them in $\frac{1}{2}$ cup crushed granola.

Shakshuka: Add 2 cups marinara sauce and a pinch each of coriander

and cumin to a frying pan. Simmer on medium-high heat until it comes to a boil. Crack 4 eggs into the sauce, each one in a separate spot. Cover, and cook 5–8 minutes on low heat. Serve with pita wedges.

PB&J in a bowl: In a blender, mix $\frac{1}{2}$ cup nonfat milk, $\frac{1}{2}$ cup frozen pineapple, $\frac{1}{2}$ cup frozen mixed berries, and 2 tbsp. peanut butter. Pour into a bowl, and top with halved fresh strawberries or grapes.



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
800-394-3032 • rfecustomer@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.

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