

January 2019
Happy New Year!!
We are eager to start fresh with renewed energy to learn so many new things this month!! Here are a few things we are looking forward to...

Beat the cold
come and join our PTU sponsored Movie Night to beat the january blues! It will be a fun family night to enjoy a FREE movie on the big screen with popcorn and treat available. January 10th!!
safety
Mr. Hogan continues to help us make safety a focus for our school. We practice monthly safety drills and continue to work with local agencies to partner our safety efforts. This month the state safety analyst came to do his review. This gives us an outside perspective on how we are doing regarding safety. We will take his recommendations and continue to make safety our number one priority!!
stay in the loop
want to know more about what is going on in our school?? Like us on Facebook or join your child's class dojo and see all the fun things happening here at Athol Elementary!!

Best Regards,
Mrs. Thomas


Atholf ilementary



HUGE THANK YOUS GO OUT TO OUR OUTSTANDING FAMILIES \& COMMUNITY!!!
to all the parents who helped with candy grams.
WOW! What a job! The kids love it though and we appreciate you and your help.
to everyone who donated to the teacher's giving tree!
Everything is so appreciated by our teachers \& staff.
WHAT AN AMAZING GROUP OF PARENTS \& FAMILIES WE HAVE HERE AT ATHOL ELEMENTARY!
to Little Town Market and Mr. Tire for their wonderful donations to our playground fund! Please remember to support these local businesses while they take such pride in helping us.
He have lots of SWAG in stock. If you are interested, inquire at the school office, e-mail us or contact us on facebook.
We would love to see your Eagle Pride!
Jln January we will have our annual Movie Night. We will be showing The Secret Life of Pets 2 on Friday, January 10 at 6pm. Bring your favorite chair/blanket/pillow to be comfy during the movie.
Baked goods, popcorn \& water will be available for sale.
If you would like to donate a baked goodie, please bring it to the office on January 9 or 10 and THANK YOU!
Join us at our next meeting on January 13th at 6 PM in the school library. We have lots of fun stuff to plan in the Spring, and we would love your input! It's fun...come \& check us out!!!
Email: atholelementaryptu@gmail.com
Fb: athol elementary PTU
 Librapay Of enos

Rementeres to Read, Reade, Read ores the holiday.
This is always my favorite time of the gear to enjoy family and friends and of course to catch up on some reading. IJ an curpently reading The Reed Pencil by otndpea Saris.
"dibrempood Read 2 Ride"
information will be sent home in January.
Your child could capon a dirermoood Ticket just by reading.
If you hare any loot library booker, please take time to look for them orem winter break.

Hare a wonderful winter break!!!
Whirs. Berger

(Pictured Left to Right)
Wyatt Glidden - Mrs. Boots' Class
Brennan Eliseuson - Ms. Walker's Class Katie Fisher - Mr. Moe's Class
Cayden Toombs - Mrs. Cain's Class Lisa Christman - Mrs. Davis' Class

For all children in the Lakeland School District 0-5 years old

## When?

February 24, 2020 March 16, 2020

Screening will provide parents with information regarding their child's development in:
speech \& language
large \& small muscles concepts
vision and hearing
Sponsored by:
Lakeland School District North Idaho College Head Start Infant Toddler Program
Mountain States Early Head Start

## Where?

Twin Lakes Elementary 5326 W. Rice Road Rathdrum, ID 83858

## How?

Call (208) 687-1682 to schedule an appointment

For all children in the Lakeland School District (including those that are home-schooled and those in private-school setting) between the ages of 3 and 21 years
who may have individual needs that result from disabilities and may benefit from special services or related services, please contact Special Services at (208) 687-0431 for details on the referral process.

$\qquad$
$\qquad$ Thank you for helping! Every Box Top you collect is worth 10\$ for your school.


Bonus Box Tops should not be added to this collection sheet. They should be submitted separately.

## TOOLS 8 TDBITS

## Survey says: Graphs are fun!

Graphs are packed with Share this hint with your youngster to tell if he's viewing a star or a planet: Stars appear to twinkle, but planets usually don't. Can he spot a planet (or two)? Tip: Get a sky guide from the library or use a free app so he learns the names of stars, constellations, and planets.

## Odd and even addresses

On many streets, houses or shops on one side have odd numbers, and those on the other side have even numbers. Look for streets like this when you and your child are out. She could read the numbers and figure out whether they're odd or even. Hint: A number is odd if the digit in the ones place is odd and even if the digit in the ones place is even.


## Book picks

(1) Cute little animals decide the best way to divide into equal teams in Equal Shmequal (Virginia Kroll).
(7. The average snowflake has 180 billion water molecules! Fascinating facts like that are sprinkled throughout Curious About Snow (Gina Shaw).

## Just for fun

Q: Who was the first animal in space?

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information. Your child can practice reading them and then make his own with these ideas.

## Be a detective

Encourage your youngster to learn facts from graphs. Perhaps he'll notice a graph in the doctor's office showing how much sleep kids need. Help him find his age group to see how long he should sleep. Or maybe he'll spot a graph in school about a fundraiser. How many rolls of wrapping paper did his grade sell—and which grade sold the most?

## Tell a story

Have your child make a graph based on a book. For instance, he could create a bar graph comparing the elements in a fairy tale (castles, dragons, knights). Invite him to use his graph to tell you a story. ("Once upon a time, 3 knights
lived in 1 castle. There were 6 dragons, so each knight got 2.")

## Graph your day

Keeping track of everyday activities is easy with a picture graph. Your youngster might draw an apple to stand for a meal or snack, a book to represent reading, and a hand for each time he washes his hands. At the end of the day, ask questions about his graph. ("How many times did you eat?" "How many more times did you wash your hands than read?")

## Mirror science

Mirror, mirror, on the wall, how do you reflect it all? Here's how your youngster can explore the science behind this fascinating everyday object.

Let your child form a right angle (like an L) with two mirrors, then lay down several crayons so their tips point toward the angle. The
 reflections create a colorful pattern!

When light hits a mirror, everything in front of the mirror is reflected back. When two or more mirrors are placed at an angle to each other, they reflect light back and forth, creating multiple reflections - this is how a kaleidoscope works.

Idea: Encourage your youngster to experiment with other objects (googly eyes, pipe cleaners, building blocks). What patterns and shapes can she make?

## A zero's job

Poor little zero...it's often treated like "nothing." But it's just as important as any other number! Your youngster will discover what zero does with these activities.

Add and subtract. Take turns making up real-life story problems with zero. Your child could say, "I went down the slide 8 times at recess. The teacher said it was time to go

inside, so I went down zero more times. How many times did I slide?" You say the number sentence for her problem: " $8+0=8$, so you went down the slide 8 times." Your problem might be, "I packed 12 grapes in my lunch. I ate 12 grapes. How many were left?" Your youngster should answer "Zero, because $12-12=0$."

Search. Get notebooks and pencils, set a timer for 5 minutes, and race to find zeros around the house. Write down the numbers and where you found them. Your child might spot page 102 in a book or 20 degrees on the thermometer. What would happen without zeros? (You'd have page 12 and 2 degrees.) She'll see that zero can show there are no tens in the tens place or no ones in the ones place.

Try this experiment where toys float on "icebergs." Your child will discover how an iceberg's mass can affect how long it floats.

You'll need: ruler, water, two identical small plastic containers, two identical lightweight toys


Here's how: Help your youngster use a ruler to measure 2 inches of water into one container and 4 inches of water into the other. Freeze 4-5 hours, until solid. Fill a sink with cold water, and have your child carefully flip over the containers and tap on the bottoms to remove the icebergs. Now he can float them in the water, put a toy on each one, and check back every few minutes.

What happens? The thinner iceberg melts faster, so the toy on that one winds up in the water first.

Why? The thinner iceberg has less mass-there is less ice to melt, so it melts before the thicker iceberg does.

# Reading Comneethon Tips for Reading Success 

$\qquad$
Read-aloud favorites

- Spend It! (Cinders McLeod)

Sonny Bunny has a big list of things to buy. But his allowance doesn't stretch very far-especially when he wants a bouncy castle that costs 100 carrots. With a little help from his mom, Sonny learns a lesson about money. This is the first book in the
 Moneybunny series.

## $\square$ The World Is Not a Rectangle:

A Portrait of Architect Zaha Hadid (Jeanette Winter)
Young Zaha Hadid loved designing clothes, furniture, and buildings. When she grew up, she wanted to be an architect, but her designs were so unusual that no one wanted to build them. This biography tells how Hadid's persistence helped her realize her dreams
$\square$ Moldylocks and the Three Beards (Noah Z. Jones)

The Three Beards aren't home when Moldylocks and her friend Princess drop by for a visit. So the girls enjoy some chili, test the chairs, and jump on the beds. What will happen when the Three Beards return? Book one in the Princess Pink series. (Also available in Spanish.)

## ■ Book of Bones: 10 Record-Breaking

Animals (Gabrielle Balkan)
This award-winning nonfiction book invites your child to explore animal skeletons. He'll get answers to questions like "Which creature has the most bones?" and "What has a skeleton but no bones?"


## The give and take of

 conversationA good conversation is a twoway street that includes speaking and listening-two skills your child needs to succeed in school. Use these ideas to help her practice.

## Take turns

Sit on the floor facing your youngster, and roll a ball back and forth as you carry on a conversation. The person with the ball is the speaker, and the other is the listener. Your child will learn to listen and wait for you to roll the ball before it's her turn to talk.

## Ask questions

Let your youngster see how questions keep a conversation going and show interest in what the other person said. Make a statement and ask a question. Example: "I like cookie dough ice cream. What's your favorite flavor?" Then your child answers your question and asks a related one: "Strawberry. What's your favorite topping?"

## Throw a book party

Celebrate reading with a party based on a book of your youngster's choice. You'll improve his comprehension You'll improve his comprehension
by giving him fun ways to connect with the story. Here's how.

- Play. Let your child plan an activity inspired by the story. For Harold and the Purple Crayon (Crockett Johnson), everyone might draw with purple crayons. Have


## Build on

Create a block tower to show your youngster that a conversation involves building on each other's ideas. Lay down a block, and start a discussion. ("Monopoly is a fun game.") Your child puts a block on yours and adds to what you said. ("It is fun, but it takes a long time.") Keep talking and adding to your tower until you run out of things to say. Now your youngster gets to start a new tower-and a new conversation. .
 your youngster imagine he's Harold-what might he draw that wasn't in the book?

- Eat. What party snacks would go well with Cloudy With a Chance of Meatballs (Judi Barrett), for example? Ask your child to think of foods mentioned in the story, like meatballs, dill pickles, and cherry tomatoes. If he lived in the town of Chewandswallow, what other foods would he want to rain down? $\downarrow$


## Winter at the library

Imagine a cold winter afternoon. You and your youngster are at the library. It's warm and cozy, and there are books everywhere!

Sound magical? Try these suggestions for making library visits special.

Explore different sections. Have your child name a topic that interests him, such as polar animals or engineering, and find related materials in various parts of the library. Your youngster might get a picture book about a seal family, a magazine with an article on
jellyfish, or a biography of an oceanographer.

## Enjoy family reading time. Walk

 around the library to select a perfect reading spot. Perhaps your child will pick a table by a window or a corner with beanbag chairs. You could each read your own book silently, or read aloud quietly to your child.Attend special events. Ask a librarian or check the library's website for a calendar of events.
Then, plan to attend one as a family. Maybe a children's author is coming to share her latest book or there's a family book club you could join. $\boldsymbol{P}$

With this activity, your youngster will "spell" words by doing a series of movements-one for each letter.

Ask your child to write the alphabet down the left side of a piece of paper, one letter per line. Together, think of a different action for each letter. Examples: $A=\underline{a c t}$ like a chicken, $H=\underline{h o p}$ on one foot, $\mathrm{T}=$ touch your toes.


Secretly choose a word from your youngster's spelling list or the dictionary. Spell it for her using the movements instead of the letters. For instance, spell hat by hopping on one foot, flapping your arms while squawking, and touching your toes. Can she figure out your word? Now she acts out a word for you to identify.

| $\mathbf{O} \mathbf{~ U ~ P ~ U ~ R ~ P ~ O ~ S ~ E ~}$ |
| :---: |
| To provide busy parents with practical ways |
| to promote their children's reading, writing, |
| and language skills. |
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## Parent to Parent

## Writing + board games = fun!

When my daughter Sonja needed to work on handwriting, we looked for ways to make it fun. Our favorite was adding writing to our weekly family game night.

Some nights, we play games that have writing built in, like Hangman or Scattergories Jr. Other times, we have to use a little creativity. For example, we write down our guesses in Clue Jr., our answers to questions in trivia games, and our requests for cards in Go Fish. We've also made Sonja our official score-
 keeper-she gets to write our names and the numbers for our scores.

This has been a great way to improve Sonja's handwriting, and it feels more like play than practice! $\boldsymbol{\varphi}$

## Q\&A Choose specific words

Q My son is learning to pick more specific words when he writes stories. How can I help him with this at home?

(a)Specific words create pictures in the reader's mind. For example, there are many ways to say run (jog, sprint, scamper, race). Each has a slightly different meaning, bringing to mind a different image.

After your son writes a rough draft, suggest that he use a highlighter to mark words to replace. If he can't decide, ask questions like "Which breed of dog is that?" or "What kind of house does the family live in?" He could replace dog with poodle or mutt, and house with townhouse or cottage.

Tip: If he can't think of a replacement, look in a thesaurus together. He can read his sentence aloud, substituting each new word to see which one sounds best.


Lakeland School District Elementary January Breakfast Menu Ihis institution is an equal opportunity provider.

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| do Locally Grown <br> Vegetarian <br> We support Local Farmers! |  | $1$ <br> No School New Years Day | No School Christmas Break | 3 <br> No School Christmas Break |
| Whole Grain <br> Frosted Pop-Tart <br> String Cheese <br> Assorted Cereal String Cheese <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Breakfast Pizza <br> Assorted Cereal Whole Grain Muffin <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Whole Grain French Toast Sticks w/Maple Syrup Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Chicken Biscuit Sandwich <br> Assorted Cereal Whole Grain Toast <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Baked Cinnamon Roll <br> Assorted Cereal Strawberry Banana Yogurt <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice |
| Fruit Smoothie Whole Grain Muffin <br> Assorted Cereal Whole Grain Muffin <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Pancake on a Stick w/Maple Syrup Assorted Cereal Whole Grain Toast <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Whole Grain <br> Frosted Pop-Tart <br> String Cheese <br> Assorted Cereal <br> String Cheese <br> Orange Wedges <br> Assorted Chilled Fruit 100\% Fruit Juice | Whole Grain Waffle w/Maple Syrup Scrambled Eggs <br> Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Biscuits \& Gravy <br> Assorted Cereal Strawberry Banana Yogurt <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice |
|  | Breakfast Pizza <br> Assorted Cereal Whole Grain Muffin <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Whole Grain French Toast Sticks w/Maple Syrup Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit $100 \%$ Fruit Juice | Chicken Biscuit Sandwich <br> Assorted Cereal Whole Grain Toast <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | $24$ <br> No School Professional Day |
| Fruit Smoothie Whole Grain Muffin <br> Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Pancake on a Stick w/Maple Syrup Assorted Cereal Whole Grain Toast <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Whole Grain Frosted Pop-Tart String Cheese Assorted Cereal String Cheese <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Whole Grain Waffle w/Maple Syrup Scrambled Eggs <br> Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice | Biscuits \& Gravy <br> Assorted Cereal Strawberry Banana Yogurt <br> Orange Wedges Assorted Chilled Fruit 100\% Fruit Juice |

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1\% white and skim chocolate. Paid Student \$1.50. Reduced \$0.30. Adult \$2.25

## Elementary Lunch Menu January 2020

## Student Lunch \$2.80 ** Reduced Price \$0.40 ** Adult \$4.00

Research suggests that the food we eat affects our mental well-being. To help students identify the foods that can make them feel their best, Chartwells has launched a new program.. Mood Boost! Throughout the next few weeks, You will get introduced to the "Moodies" and learn the foods that can help make you feel : Strong, Alert, Happy, Calm, Smart and Confident!

All of our offerings contain zero grams of artificial trans fat.

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| $3 \times-5$ |  | 1-Jan <br> No School New Years Day! | 2-Jan <br> No School Christmas Break |  3-Jan <br> No School  <br> Christmas Break  |
| Cheese Burger 6-Jan Boston Baked Beans Fruit and Vegetable Bar Assorted Milk | 7-Jan <br> French Toast Sticks <br> w/ Maple Syrup <br>  <br> Baked Apple Slices <br> Fruit and Vegetable Bar <br> Assorted Milk | $\quad$ 8-Jan Grilled Cheese Sandwich Tomato Soup Fruit and Vegetable Bar Assorted Milk |  9-Jan <br> Booklyn Style Pepperoni Pizza  <br> Roasted Cinnamon Pineapple  <br> Fruit and Vegetable Bar  <br> Assorted Milk  | 10-Jan Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk |
| Lucky Tray Day! Soft Beef Taco Sweet Potato Fries Fruit and Vegetable Bar Assorted Milk | Pancake Day! <br> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar Assorted Milk | Macaroni \& Cheese Savory Green Beans \& Dinner Roll Fruit and Vegetable Bar Assorted Milk | 16-Jan <br> Homemade Cheese Pizza <br> Seasoned Corn <br> Fruit and Vegetable Bar <br> Assorted Milk | BBQ Pulled Pork Sandwich Carolina Slaw Assorted Milk |
| No School Martin Luther King Day | 21-Jan Lucky Tray Day! Soft Beef Taco Seasoned carrots Fruit and Vegetable Bar Assorted Milk | Spaghetti \& Meatballs Savory Green Beans \& Dinner Roll Fruit and Vegetable Bar Assorted Milk | 23-Jan Chicago Style Hot Dog Baked French Fries Fruit and Vegetable Bar Assorted Milk | 24-Jan No School Professional Work Day |
| 27-Jan Sloppy Joes Baked Tater Tots Fruit and Vegetable Bar Assorted Milk |  28-Jan <br> BBQ Chicken  <br> Served w/  <br> Ancho Chile  <br> Mashed Potatoes,  <br> Dinner roll \& cinnamon glazed  <br> carrots  <br> Fruit and Vegetable Bar  <br> Assorted Milk  | Cheese Filled Bread Stick Southwest Cheesy Chicken Tomato Soup Fruit and Vegetable Bar Assorted Milk | 30-Jan <br> Parfait: Vanilla Yogurt, Homemade Granola \& Fruit Fruit and Vegetable Bar Assorted Milk | 31-Jan Chicken Burger Seasoned Corn Fruit and Vegetable Bar Assorted Milk |

A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include $1 \%$ white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as

| Mondays Alt Entrées | Tuesdays Alt Entrées | Wednesdays Alt Entrées | Thursdays Alt Entrées | Fridays Alt Entrées |
| :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \text { Corn Dog } \\ & \text { Tuna Sub } \end{aligned}$ | Cheese Pizza <br> Deli Sandwich | Chicken Nuggets <br> Fun Lunch: Cereal \& Yogurt Fun Lunch | Beef Nachos with Cheese Sauce Chef Salad w/Fish Crackers | Hot Dog <br> Deli Sandwich |
| Daily Fruit and Vegetable Bar Offerings |  |  |  |  |
| Tossed Salad Fresh Baby Carrots Power Peas <br> Fresh Fruit Chilled Fruit | Romaine \& Spinach Salad <br> Broccoli Florets <br> Roasted Garbanzo Beans <br> Fresh Fruit Chilled Fruit | Tossed Salad Fresh Baby Carrots Corn Salad with Ranch <br> Fresh Fruit Chilled Fruit | Romaine \& Spinach Salad <br> Broccoli Florets <br> Fresh Fruit Chilled Fruit | Tossed Salad <br> Fresh Baby Carrots Cucumber Apple Salad <br> Fresh Fruit Chilled Fruit |



Eating foods like Blueberries, Beans, Brown Rice, Oranges \& Spinach Give your brain a Boost!



