



GREETINGS!

Our Advent Program performance of “Waiting for the Light” starring our students from 4 Pre through 6th Grade was held on Tuesday, Dec. 10th. We would like to give a huge, heartfelt **THANK YOU** to Mr. Joe Houdek, Mrs. Klassen, our student musicians, our Live Nativity Characters, to all of our classroom teachers and especially the students for reminding us of the true meaning of Christmas.

Gr. 3-4 Girls On The Run ~ Thanks to Jill Steffens for once again being our liaison so we can have a Girls On The Run team this year. Please email Jill at joeandjillsteffens@yahoo.com or check our HS website under Parent Information/Flyers for more information.

Breakfast with Santa ~ Thank you to all who volunteered for the breakfast this year. Your hard work showed on the smiling faces of all who attended. If you couldn't make it this year, please put down Saturday, Dec. 5th on your calendar for next year to kick off your Christmas season with wonderful community, great food, a Live Nativity, and of course, Santa and Mrs. Claus!

Scrip News ~ There will be NO scrip the weeks of Dec. 23rd and Dec. 30th. Scrip will resume Mon. Jan. 6th. If you already have reloadable cards, you may continue to reload during this time.

Good News Book Fair ~ Thank you to Kristin Adams for your time and talent providing this PTA event for our students and their families. With the support of HS parents, the fair was a success, earning over \$500.00 to be used to purchase new books for the school. Thank you to all the volunteers who helped to make this event a success.

\$1000 Tuition or Cash Raffle ~ Please consider helping our 8th graders raise funds for their class trip. The parish festival has always been a great resource for students and their parents to raise money for their end of year class trip. Due to the absence of the festival this past year they are hoping to utilize the proceeds from this raffle to support their trip. Ticket price is \$20 and the drawing will be held Sat., Feb. 1st at the Winter Carnival. Tickets will be sent home with families and also sold after masses beginning January 18. Also, each family who sells **one** ticket will be entered in a separate drawing for a \$100 credit to be used at Holy Spirit for either tuition or hot lunch.

Financial Aid through Smart Aid ~ Families wishing to apply for scholarships for the 2020-21 school year will need to complete the **SMART AID** application. You will find the instructions on our website and by clicking on the link above. Please use CODE:HSpiritGR for Holy Spirit students. The first deadline was Dec. 1st, however, funds will continue to be disbursed as they become available.

Middle School Semester EXAMS ~ Exams are fast approaching. The schedule below is for your general information. Child care is open on the half-days, so if you need to arrange child care, please contact the office in advance.

Tues., January 14 – 1st & 2nd Hr. Exams: 11:45 Dismissal Grades 6-8

Weds., January 15 – 3rd & 4th Hr. Exams: 11:45 Dismissal Grades 6-8

Thurs., January 16 – 5th & 6th Hr. Exams: 11:45 Dismissal Grades 6-8

Friday, January 17 – 7th Hr. Exam: 11:45 Dismissal Grades 6-8

Important Dates:

Mon., Jan. 6th
~ Classes Resume

Thurs., Jan 9th
~ Winter Carnival Color Day-
\$1/family
~ MS Band Concert @ WC 7pm

Fri., Jan. 10th
~ Mass 8:45

Tues., Jan., 14th
~ Gr 6-8 1st & 2nd Hr Exam,
~ Gr. 6-8 11:45 dismissal

Wed., Jan. 15th
~ Gr. 2 Reconciliation 6:30pm
~ Gr 6-8 3rd & 4th Hr Exams
~ Gr 6-8 11:45 dismissal

Thurs., Jan. 16th
~ Gr 6-8 5th & 6th Hr Exams
~ Gr 6-8 11:45 dismissal

Fri., Jan. 17th – End of 2nd Quarter
~ Mass 8:45
~ Gr 6-8 7th Hr. Exam
~ Gr 6-8 11:45 dismissal

Sun., Jan. 19th
~ Roller Skating 5:30-7:30pm

Mon., Jan. 20th
~ No School, MLK, Jr. Holiday

Tues., Jan. 21st
~ Spelling Bee 12:30 in Gym

Wed., Jan. 22nd
~ Titan Toddler Time 10:15

Fri., Jan. 24th
~ Mass 8:45
~ Newsletter/Calendar

Sun., Jan. 26th – Feb. 1st
~ Catholic Schools Week
~ See Activity Schedule Attached

Tues., Jan. 28th
~ 2nd Qtr. Report Cards Online
~ PTA Meeting 7pm Library

Sat., Feb. 1st
~ Winter Carnival 6-8pm
~ MS Game Night 8:30-10pm

Haiti Clean Water Filter Advent Project ~ Thank you for your generosity in helping our friends in Haiti to have clean water and healthier lives. There was great excitement in the hallways and sounds of clinking coins. The students raised **\$4377.99**; enough for **146** water filters. God bless you for your kindness!

HS HAPPENINGS

Knights of Columbus Hoop Shoot Contest - All boys and girls ages 9 to 14 are invited to participate in the local level of competition for the 2020 K of C Free Throw Contest on Sat. Jan. 11th from 2-4pm here in our Holy Spirit gym. Flyers were sent home today.

Catholic Schools Week –January 26th through February 1st - The activities are listed on the back of the January calendar. Additional details will be forthcoming in January email reminders.

Our 6th Annual Winter Carnival Will Be Held On Saturday, February 1, 2020 from 6:00-8:00 PM. Dinner will be served from 6:00 to 7:30 PM in the Activity Center. There will be a photo booth, bounce houses, and games for ALL AGES, plus many raffles!

Please consider making a donation to this family friendly Holy Spirit community event. We are in need of cash or gift cards for our raffle (*don't forget all the options for SCRIP*). Some of the gift cards needed include: AMC Theater, B.C. Pizza, Celebration Cinema, Dick's, iTunes, Mr. Burger, Panera Bread, Peppino's, Schuler Books, Tanger Outlet, Target, TGI Friday's, Ulta, Tropical Smoothie, and Wendy's. Please contact Melissa Radlinski at melissaradlinski@hotmail.com or [217-6333](tel:217-6333) if you have questions. Donations may be dropped off at the school office in an envelope marked Winter Carnival Donation. Thank you!

The Middle School Game Night for 6th through 8th Grade will be held immediately following the Winter Carnival on Saturday, February 1, 2020 from 8:30-10:00 PM. Bring your school appropriate board and/or card games and watch for more information to follow on the Cornhole Tournament, which will be taking place that night!

Awesome Authors Club!

Congratulations to the following HS published authors for November!

Y5: Landon P., Madison W.

KK: Blake G.

1S: Lyla D., Elyse B., Brooklyn G., Luke G., Patrick S., Declan B., Emma V.

2F: Erik H., Alicia B., Jaxson R., Keira G., June A., Nora L., Maisie M., Sofia M.

3K: Avery N., Lucas A., Lucy V., Lily P., Alex G., Carson A.

4D: Parker P., Chase J., Kenzie C., Torey M.

5K/C: Cailyn J., Megan B., Judy H., Yann D.

Congratulations to Parker P., our Featured Author of the Month!
Be sure to read her story featured in this newsletter.



In Sympathy

Please remember in prayer, the **Berndt Family** on the loss of their Grandfather/Great Grandfather, the **Hollister Family** on the passing of their Cousin, **Mrs. DiGiovanna** on the loss of her Father-in-Law, the **Olewinski Family** on the death of their Grandfather, and the **Leikert Family** on the passing of their Great Grandfather. May their memories live on in their hearts and bring them comfort.



Holy Spirit Preschool

2020-2021 Registration News!

Parishioners who may be interested in our preschool programs for next fall should call the school office to be put on a prospective list if you have not yet done so. Our Early Childhood Information Night will be held on Monday, February 3rd. **For additional information, please contact Paula Ryan at 735-6031 or email pryan@hsparish.org.** We look forward to welcoming new three and four-year old preschool students!

January Birthdays

Loan D.
Matthew V.
Titus S.
Kieran R.
Lucia S.
Ms. Vig

Seraphina M.
Evelyn W.
Jack P.
Sadie K.
Samantha K.
Ms. Soules



Braxton K.
Lucy W.
Jack H.
Alex G.
Grace M.
Mr. Wisniewski

Trace T.
Bryce D.
Adam D.
Warren D.
Brendan R.
Mrs. Erica Russo

Religious Education News

First Reconciliation – The celebration of First Reconciliation will be held on Wednesday, January 15, 2020 at 6:30 in the Church. We will have a group celebration with individual reconciliation for the children and their parents. Numerous priests will be available to hear confessions. This is a great opportunity for parents to be a role model for their children by receiving the sacrament that evening. After the ceremony there will be a reception in the Multipurpose Room. We will be sending home another Act of Contrition and How-To sheet. Please practice with your child over Christmas break so that they are prepared. Many children still do not make the Sign of the Cross correctly. Please work on that too. See you on January 15th at 6:30 sharp.

First Eucharist – First Eucharist information booklets will be sent home with second graders this month. Please read it thoroughly as it contains many important dates and a registration sheet. Please fill out the registration sheet and return it to the Religious Ed. office. If your child was NOT baptized at Holy Spirit, a baptism certificate MUST be included with the registration. Seating for First Communion is assigned by the order in which the registration form is received. There is an informational meeting for parents on Wednesday, January 29th in the Church Multipurpose Room. This meeting is for those parents who have NOT attended one before. Finally, we are looking for ministers for reading, commentating, and communion; ushers, altar servers, and a cross bearer. If you or a relative are trained in these ministries and are willing to help, please email me with their names and email addresses at reledoffice@hsparish.org.

Confirmation – Registration forms were due by Thanksgiving. If you have not yet turned in your child's registration form, please do so ASAP. A baptism certificate MUST be included with the form if your child was NOT baptized or did NOT receive First Eucharist at Holy Spirit. Don't forget a sponsor letter must be sent to the Rel. Ed. Office if your sponsor is NOT a member of Holy Spirit. All candidates must complete 5 service hours. These hours are due in January. A signed service hour/reflection sheet MUST be filled out for each organization/event. Confirmation will be celebrated at the Cathedral on Wednesday, May 6th, 2020. Candidates and sponsors must be there by 6:30pm. The Mass will begin at 7:00pm.

Publishing Center Contest

To qualify for the end of year ice cream reward, grades Y5-3 must submit two stories, with at least one story submitted by the end of January. If you are not sure how many you have submitted, send a note to the Publishing Center or check with us when we are there and we will let you know. Grades 4-8 just need to publish one story this year to qualify.

Just a reminder – all grades must write at least one story alone (without a partner).

Holy Spirit Mission Statement

Our mission at Holy Spirit School is to learn, live, and share the message and teachings of Jesus Christ.

BIRTHDAY BOOK CLUB

If your child would like to be a member of our Birthday Book Club, all you need to do is donate a new book to our school library. In appreciation for your generosity, your child will receive a color day pass!



WINTERY WEATHER



As our weather turns “wintery” ~ please help your child/ren remember to bring boots to school for outdoor recess. Students who wear boots may play on the blacktop area...otherwise **students without boots will remain on the sidewalk** so that the salt, slush, etc...is not tracked onto the carpet in the classrooms. Students who are fully dressed for winter (i.e. – snow pants, boots, hats, gloves, etc) may choose to play on the playground equipment, the upper/lower fields, and/or go sledding when offered.

ILLNESS

If a child is ill, he/she should remain at home. The Health Department suggests that a child who is well enough to be in school is well enough to participate in all school activities, including outdoor recess and physical education. If a child is ill and remains at home during the school day, the student may not attend extra-curricular activities on that day (Education Commission Policy #6146.2.)

If a child becomes ill during the school day, a parent, relative, or a person designated on the child’s enrollment form will be notified to come and get him/her.

What follows is a summary of the Health Department publication entitled, “When to Keep Your Child Home.” The school also uses these guidelines to determine if a child should be sent home from school as well.

FEVER	Do not allow child to return to school until “<u>unassisted</u>” fever-free for 24 hours.
COLD, COUGH	“Heavy cough” and hacking cough... keep home in bed even though no fever.
SORE THROAT	Sore throat, but no other symptoms...go to school... BUT check the throat for spots - and check for a fever. If either is present, keep the child home and call the doctor.
RASH	Do not send a child with a rash to school until your doctor has said that it is safe to do so.
HEADACHE	Usually need not be kept home. (If you wish your child to take medication for headache, you will need to bring the medication to the office in a labeled container, with a completed Medication Administration Release Form. (see school web-site at www.holyspiritschoolgr.org under “Parent Information” – “Forms”.)
EARACHE	Consult your doctor without delay.
TOOTHACHE	Consult your dentist.
VOMITING	Please keep the child home. They may return 24 hrs after their stomach has calmed. Consult your doctor if it persists.
MEDICATIONS	<u>ALL</u> medications, including cough drops, must be kept in the office and dosed by the office staff. A permission slip must also be on file for all medications.



BOOK FAIR: Our first Good News Book Fair was a success! Thank you to all of the volunteers that helped during the event and thank you, parents, for your generous support of the PTA Book Fair. The money we earned will be used to buy books for the school. We are also grateful for the books that were purchased for teacher classroom gifts. See you next December for another book fair!

We welcome any feedback regarding this new vendor for the book fair. Please email Joylynn Kelly at joylynn6476@yahoo.com with any comments or suggestions. Thank you.

PTA Christmas Collection: The Christmas collection has wrapped up and we would like to extend a heartfelt THANK YOU to the families of Holy Spirit for your generous donations! Each teacher will be gifted with an even distribution of this collection. In addition, the PTA provides a gift to the teachers, administrators, and support staff. Thank you for your continued support of the PTA! We wish you many blessings this Christmas season.

THE NEXT PTA MEETING IS TUESDAY, JANUARY 28th IN THE LIBRARY. HOPE TO SEE YOU THERE!

Featured Author of the Month

Congratulations to Parker P., in Grade 4, for being the Featured Author of the Month. Parker has won a lunch of her choice, and her story is featured below.

THE ONE ADVENTURE OF DERPICORN AND FRED

This book is dedicated to my sister Skylar

Deliciousbean, today on “StoryTime with Derpicorn”. Mr. Narrator Dude is going to tell you the DEFINITELY TRUE STORY about that one time when Fred and I slayed a dragon. Take it away, Mr. Narrator Dude!

Once Upon a Time in a small village named Katawatapakatia (ka-ta-wa-ta-pa-ka-tia), lived 2 brave and like, really handso- you know you aren’t very handsome. BE QUIET! Gee – I’m going to skip over this part.

One day the 2 adventurers were playing video games. Then Fred’s mom said, “You two should go outside and like, climb that big mountain called Prootatookatoopdeedoo (Proo-ta-took-a-toop-dee-doo).” “Fine.” said Derpicorn. “Well,” said Fred, “I’ve always wanted to climb it.” “Fine!” said Derpicorn. “But first we’ll need a snack.” said Fred.

As the young adventurers started up the mountain, Derpicorn sang, “Why oh why did we agree to climb this mountain? We were so dumb! Oh, don’t be so glum, we’re already like 5 steps up the mountain.”

“I.JUST.WANT.A.SNAAAAAAACKKKK,” said Derpicorn. “ME.TOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!!” said Fred. “Good thing we brought snacks.” “Can I have the goldfish please?” “There are 2 bags of goldfish so we can both have some.”

As they reached the top of the mountain of fiery flames, they heard a loud “HOOOOOOOOOOOOOONNKKKKK!” “HUUUUUUUUUUUOO!” “D-d-do you th-think that’s h-hi-him?” stuttered Fred. “M-m-mayb-b-be,” said Derpicorn.

But then a tiny man came to them and said, “Don’t worry, you are brave adventurers.” “Oh, yeah,” thought Derpicorn.

So Derpicorn and Fred started toward the dragon’s cave. As they entered, Fred accidentally stepped on the dragon’s tail, waking the dragon. “Wait!” shouted Derpicorn. “I am an expert at this.”

Derpicorn crept forward, tiptoed up the dragon’s tail, onto his head, and down on his chin. He carefully tickled his chin and said “goochie goochie goo!”

The dragon got so mad that Derpicorn woke up from his dream and told me (Mr. Narrator Dude) to tell it to you.

THE END!!!!

About the Author

Parker has one dog, Yoshi. She plays piano. Her favorite color is purple. She likes to make crafts out of cardboard boxes. One that she made was put in a tree and used to pull things like snacks and books into the tree.



pkalahar@hsparish.org
pryan@hsparish.org
(616)-453-2772

2020 Catholic Schools Week

Saturday and Sunday, January 25th-26th

Celebrating our Parish

Students wear uniforms and participate in Weekend Masses as lectors, commentators, and speakers

Monday, January 27th

Celebrating our Community

Class Color Day ~ Determined by Each Class
All School Kahoot Tournament

Tuesday, January 28th

Celebrating our Students and Families

Holy Spirit Apparel Color Day
Super Friend Activity and Thank You's to Parents
Student Council 10:30 Mass at St. Andrew's Cathedral

Wednesday, January 29th

Celebrating our Nation

9:00 Mass with the Bishop and Students at St. Anthony's
All School Rosary for our Nation at 2:30 in Church

Thursday, January 30th

Celebrating Vocations

Be Christ Shirt with Uniform Bottoms
10:00 Mass at Covenant Living, Grades 1-4
Student Council vs. Teachers Volleyball Game

Friday, January 31st

Celebrating Staff & Volunteers

Walking With the Spirit Shirt and Crazy Sock Day
Altitude Trampoline Park

Grade	Pick Up Time	Altitude Time	Bus Load Time
Y5's-K	9:45	10:00-11:00	11:00
1-3	10:15	10:30-12:00	12:00
4-5	11:15	11:30-1:30	1:30
6-8	11:45	12:00-2:00	2:00

Saturday, February 1st

Celebrating Families

Holy Spirit School Winter Carnival 6:00-8:00
Middle School Game Night 8:30-10:00

Thank you for choosing Holy Spirit School!

Our mission at Holy Spirit School is to learn, live, and share the message and teachings of Jesus Christ.



Holy Spirit School Calendar, January, 2020

Lunch Supervision, Grades 4-5 / For updated information go to
www.holyspiritschoolgr.org

			1 Feast of Mary, Mother of God <u>Lk 2:16-21</u> Happy New Year!	2 <u>No School</u> Child Care Open	3 <u>No School</u> Child Care Open	4
5 Feast of the Epiphany Mt 2:1-12	6 Classes Resume	7 Choir 3:20	8	9 Color Day for Winter Carnival \$1 per family Band Concert at WC 7:00	10 Mass 8:45	11 Knights of Columbus Hoop Shoot Contest
12 Baptism of the Lord Mt 3:3-17	13	14 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Choir 3:20	15 Gr. 2 6:30 <u>Reconciliation</u> Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Board Meeting 6:30	16 Gr. 6-8 only 11:45 Dismissal Exams	17 <u>Mass 8:45</u> End of 2 nd <u>Quarter</u> Gr. 6-8 only 11:45 Dismissal Exams	18
19 Sunday Gospel <u>Jn 1:29-34</u> Tarry Hall Roller Skating 5:30-7:30	20 Martin Luther King <u>Holiday</u> <u>No School</u> Child Care Open	21 Spelling Bee <u>12:30</u> <u>Choir 3:20</u> Student Council 3:30	22 Titan Toddler Time <u>10:15</u> Gr. 5-6 Mass in Chapel 11:30	23	24 <u>Mass 8:45</u> Newsletter/ Calendar	25
26 Catholic Schools Week Gospel <u>Mt 4:12-23</u> Children's Choir 10:00 Mass	27 Class Color Day Determined by Each Class	28 Holy Spirit Apparel <u>Color Day</u> Student Council~ Mass at St. Andrew's Report Cards <u>Online</u> PTA Meeting 7:00 Library	29 Mass 9:00 with the Bishop at St. Anthony's All School <u>Rosary 2:30</u> Gr. 2 Parent Eucharist Meeting 6:45	30 Be Christ Shirt with Uniform <u>Bottoms</u> Grades 1-4 10:00 Mass at Covenant Living	31 Walking With the Spirit Shirt <u>Color Day</u> Altitude <u>Field Trip</u> Y5 & both K classes attend 8:15-11:15	February 1 Winter Carnival <u>6:00-8:00</u> Middle School Game Night 8:30-10:00

TITAN TODDLER TIME



JOIN US
FOR MONTHLY
PLAY & LEARN
ACTIVITIES



You and your children (ages 5 & under) are invited to attend Holy Spirit School to explore learning in a faith-filled fun environment.

Each play & learn activity is led by Holy Spirit staff members. Enter through the west doors facing church and check in at the school office.

JANUARY 22, Wednesday, 10:15-10:45 ~
Exercising Our Faith in the Gym

MARCH 12, Thursday, 10:15-10:45 ~
Celebrating Saint Patrick in the Kindergarten Classroom

APRIL 16, Thursday, 10:15-10:45 ~
Growing in New Life at Easter in the Child Development Center

Questions? Contact the school office at 616-453-2772.

Please encourage your friends and neighbors to join in the fun!

Nutrition Nuggets™

Food and Fitness for a Healthy Child

BEST BITES



I'm full

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room (or yard) to the other. Or they could take turns being the leader and play Follow the Kangaroo.



DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

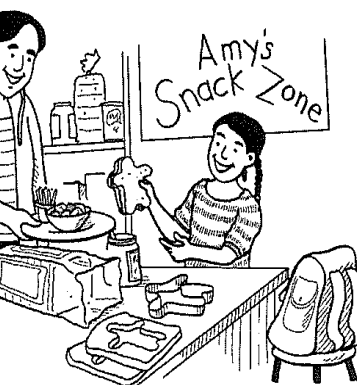
When your child bursts through the door after school or activities, she'll probably want something to eat. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (carrot, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, and vegetables (sliced mushrooms, chopped onions), then bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading fruit (grapes, melon chunks) and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. 🍌

Feeling good about sports

Participating in sports can build your youngster up... or drag him down. Make athletics a positive experience for him with these strategies:

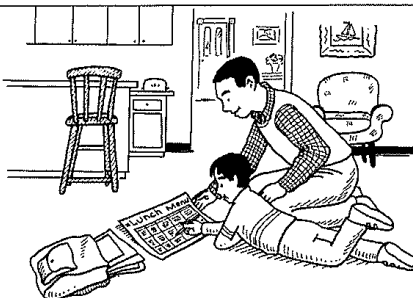
- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage your child to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making and the effort he is putting forth ("I love how you tried to get the rebound"). 🏀



Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of updated national nutrition standards. Plus, if he gets lunch at school, you can knock "pack lunch" off your to-do list! Consider these two suggestions.

1. Go over the school menu together. He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items. ("The chicken burrito sounds really good!") If you're excited about the choices, he will share your excitement.



has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he's allergic to, possible reactions, and what to do if he accidentally eats one of them. ●

2. Discuss what he ate. What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also make recommendations for new foods to serve.

Note: If your youngster

Q&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?

A: The short answer is "yes." While juice has nutrients, it also has a lot of sugar.

Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar—the same as in a can of cola—and a glass of grape juice can have 15 teaspoons of sugar.

Encourage your children to eat fruit rather

than drink juice. They will consume fiber along with more nutrients.

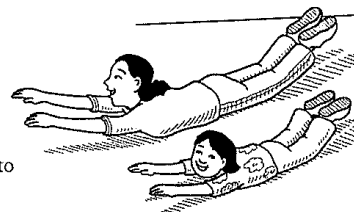
If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled "fruit drink" or "fruit cocktail." The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ●



ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn't exercise—it's just plain fun! Here are ideas for putting more physical activity into your youngster's day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. "Fly" 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ●

IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add healthy toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Chicken: Cubed, cooked chicken (use last night's leftovers), microwaved frozen

vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Lean ground beef (browned and drained), canned kidney beans (drained and rinsed), shredded cheddar cheese, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it's a great choice for children with celiac disease or wheat allergies. ●



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
800-394-5052 • 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

MIDDLE SCHOOL GAME NIGHT

**For 6th through 8th Grade
Following the Winter Carnival
Saturday, February 1, 2020 from 8:30 pm to 10:00 pm**



**Bring your school appropriate
board games and/or card games!**



Back again – The Cornhole Tournament!

You must sign up prior to the event.
Look for the sign-up sheets in your
classrooms. Brackets will be made
before the event based on the number
of teams that sign up. Gift card prizes
for each member of the winning team!



Holy Spirit Parish Winter Carnival

When: Saturday, February 1, 2020

Where: Holy Spirit School

Time: 6:00 pm to 8:00 pm

A Family Friendly Event Featuring:

Dinner: Served from 6:00 - 7:30 PM in the Activity Center

\$5.00 Basket Dinner Includes:

Choice of Hot Dog, Pizza or Sloppy Joe, Chips & Cookie

A La Carte Items Available:

Pizza or Hot Dog - \$2.00 each, Popcorn - \$1.00

Complimentary Drinks Include:

Water & Lemonade

\$10.00 Passport Includes:

Unlimited Games for ALL AGES,
Photo Booth, and Bounce House!!

Raffles: \$5.00 each or 5/\$20.00

Prizes include: Great Wolf Lodge package, Electronics,
Gift Card Baskets and much more!

Volunteers Needed!

Please consider helping out in the following areas:

Ticket sales, kids' games, and kitchen/food

This opportunity can be used for service hours!

Please contact Tammy Szymanski at 616-723-2672 or ibttammy@aol.com with any questions about volunteering.