



GREETINGS!

Christmas Program ~ Our performance, "Telling the Story of Christmas Through the Advent Wreath", was held on December 12th. The program was livestreamed and is on our website for you and your family to enjoy. A huge, heartfelt THANK YOU goes out to Joe and Kathleen Houdek, the musicians, Diane Schoof for putting costumes together, and especially the students for reminding us of the true meaning of Christmas!

Keep Christ in Christmas ~ The Knights of Columbus sponsored the Keep Christ in Christmas Poster Contest which 53 of our students participated in. Congratulations to this year's winners: Sophia P., Madison W., Elyse B., and Evelyn A., and to all of our artists!

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. Everyone enjoyed the delicious food, Live Nativity, crafts, fellowship, and of course, Santa and Mrs. Claus!

Scrip News ~ There will be NO physical gift card ordering or pick up the weeks of December 19th and December 26th. E-gift cards and reloads are still available anytime.

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. God bless you for your kindness!

Financial Aid through Smart Aid ~ Families wishing to apply for scholarships for the 2023-24 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 round deadline was Dec. 5th; however, aid will continue to be disbursed until funds are depleted.

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 17 – 1st & 2nd Hr. Exams: 11:45 Dismissal Gr. 6-8
Wed., January 18 – 3rd & 4th Hr. Exams: 11:45 Dismissal Gr. 6-8
Thurs., January 19 – 5th & 6th Hr. Exams: 11:45 Dismissal Gr. 6-8
Friday, January 20 – 7th Hr. Exam: 11:45 Dismissal Grades 6-8

Catholic Schools Week – January 29th through February 3rd ~ Details will be forthcoming in the January newsletter and email reminders.

Important Dates:

Tues., Jan. 3rd
~ Classes Resume

Sun., Jan. 15th
~ Roller Skating at Tarry Hall
5:30-7:30

Mon., Jan. 16th
~ No School – Martin Luther King, Jr. Holiday
~ CDC Open

Tues., Jan. 17th
~ Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Wed., Jan. 18th
~ Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Thurs., Jan 19th
~ Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Fri., Jan. 20th
~ Gr. 6-8 Exam
Gr. 6-8 only 11:45 dismissal
~ End of 2nd Quarter

Tues., Jan. 24th
~ Titan Toddler Time 10:15-10:45
~ PTA Meeting 7pm

Wed., Jan., 25th
~ Gr. 2 Reconciliation
6:30 pm

Fri., Jan. 27th
~ Newsletter/Calendar

Sun., Jan. 29th – Feb. 3rd
~ Catholic Schools Week

January Birthdays

Braxton K.
Bryce D.
Jack P.
Lucia S.
Mr. Wisniewski

Matthew V,
Avery N.
Hope P.
Samantha K.



Malina D,
Titus S.
Alex G.
Grace M.

Burkley J.
Charlotte S.
Warren D.
Kennedy P.

Religious Education News

First Reconciliation – The celebrations for First Reconciliation will be on Wednesday, January 25th at 6:30pm in the church. Fr. Mark is asking that one parent accompany the child. That parent will also receive the sacrament that night. Please practice the Act of Contrition and the steps with your child.

First Communion – The Mass for First Communion will be celebrated on Saturday, May 6th, at 10:00 am. The parent class will be on February 8th at 6:45 pm in the Multi-Purpose Room in the Church.

Confirmation – Confirmation registrations were due by Thanksgiving. If you have not sent in your child's registration, please do so. Remember, there should be no nicknames and the parents should be the ones listed on the baptismal certificate. Also, if your child was not baptized here at Holy Spirit, or did not receive First Communion here, we will need to see a baptismal certificate since this is a sacrament of initiation. You should send us a letter from the sponsor's parish indicating that he/she is an active practicing Catholic and eligible to be a sponsor. Only one sponsor per candidate, but multiple candidates may share a sponsor. Just let me know so I can seat them near both candidates. If your sponsor is active at Holy Spirit, you do not need to send in a letter. Confirmation is scheduled for Tuesday, May 3rd at 7:00pm. Candidates and sponsors need to be there by 6:30pm.

Child Development Center

Come join the fun---the Holy Spirit Child Development Center is now hiring! We are looking for caregivers (18 years of age and older) to begin working in January 2023. There are opportunities for various time slots, with 3pm-5/6pm being the most needed at this time. Training for new hires will begin in December 2022 (if available), or the beginning of January 2023. We are willing to work around school schedules. New hires must have some prior experience working with children and be willing to do some simple licensing required online training. This is a great opportunity to gain experience hours for various fields of study including, but not limited to, education, early childhood, social work, child life, child psychology, pediatric nursing, etc. We are also looking for Summer Day Care help (May-August). For further information, please contact the Holy Spirit Child Development Center Director, Melanie Francis: mfrancis@hsparish.org.

Scrip News

Reminder – there will be NO Scrip during Christmas break. The next processing date is Monday, January 2. The next LOCAL order will be placed on January 9. Not a member yet? Sign up at raiserright.com/. Use enrollment code: 3L35FA7B131. If you have any questions, please contact April Alt at scrip@hsparish.org. Local establishments include: Arsulowicz Eye Care, Beckwith Family Dental, Beaches and Braces, Dr. Laura Fogle, Dr. Joel Carroll, Dr. Bryton Mansfield, Standale Dental, Amway Grand Plaza, B.C. Pizza, Big Apple Bagel, Countryside Greenhouse, Field's Fabric, Fruit Basket, Lewandoski's Market, Mr. Burger, Peppermill Grill, Peppino's Pizza, Sobie Meats, The Local, Trendz Hair Salon, Uccello's, Walker Carwash and Walker Roadhouse



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 **\$5,344.00**; enough for **178** water filters. God bless you for your kindness!



PTA

HOLY SPIRIT
CATHOLIC SCHOOL

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.

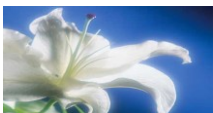
**THE NEXT PTA MEETING IS TUESDAY, JANUARY 24th at 7pm.
WE HOPE YOU CAN JOIN US!**

Awesome Authors Club!

*Congratulations to the following HS Published Authors for
November & December!*

- 1H:** Eden G., Graham G., Ocea H.
1S: Jackson F., Elias B., Ellie F., Ellenor S., Eva G., Abigail P., JJ J.,
Russell J., Warren D., Analise A., Theo B., Max K., Natalie G.,
Danica G.,
2J: Landon P., Matthew M., Charlotte T., Mary S., Wyatt S.,
Evelyn R., Zavyer H.
2M: Ella W., Charlie S., Quinn H., Annie N., Cora P., Charlotte K.,
Maddie H., Cece B.
3D: Michael G., Russell A., Lincoln S., Will R.
3K: Isabella A., Sophie J., Felix P., Kennidy C., Morgan B.,
4D: Brooklyn B., Christian H., David W., Alex B.
5R: Nora L.

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



In Sympathy

Please remember in prayer, the **Wheeler Family** on the passing of their Uncle, the **Berndt Family** on the death of their Great-Grandmother, and **Mrs. Andersen** on the loss of her cousin. May their memories live on in their hearts and bring them comfort.



Holy Spirit Preschool

2023-2024 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 6th. **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!**

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

Congratulations to **Oscar P.**, our newest Birthday Book Club member. He has donated a book to our school library in honor of his birthday. In return for his generosity, he 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

The current Health Department Guidelines are below. Please refer to this if in doubt as to whether your student should stay home.

FEVER	If student feels warm to touch, or has temp of 100.4 or higher, please keep home. Do not allow child to return to school until “ <u>unassisted</u> ” fever-free for 24 hours; or until cleared by your doctor.
COLD, COUGH	“Heavy cough,” hacking cough, new cough, or change in existing cough, please keep home.
SORE THROAT	If experiencing a sore throat, check throat for spots and a fever. If either is present, please keep home.
BODY ACHES	If experiencing sore muscles and body aches, please keep home.
CONGESTION/ RUNNY NOSE	If congested or experiencing runny nose, without good reason (allergies/asthma), please keep home.
EXTREME- FATIGUE	Please keep home to rest and check for additional symptoms.
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”.)
VOMITING/ NAUSEA/DIARRHEA	Please keep the child home for 24 hours after feeling better. Call doctor if it persists.
RASH	Do not send a child with a rash to school until your doctor has said that it is safe to do so.
MEDICATIONS	<u>ALL</u> medications, including cough drops, lip balm and hand cream, must be kept in the office and dosed by the office staff for the safety of those with allergies. A permission slip must also be on file for all medications.

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.)

Spanish Class News at Holy Spirit: December 2022

Kindergarten- We continue to learn/practice the color words in Spanish. Students also compared/contrasted Christmas in the US and Mexico! The children have been introduced to rojo (red), azul (blue), amarillo (yellow), naranja or anaranjado (orange), verde (green), rosado or rosa (pink) blanco (white), negro (black) and morado (purple). We are learning the song, Colorín, Colorado on the Rockalingua site that practices numbers 1-10 and colors.

First grade- Hopefully, you saw your child's "pizza" and they sang the song to you at this point! Students are listening to and comprehending the unit story about a different pizza and will act it out using cut-outs of the characters and objects. Their baggie of cut-outs will come home in January for your child to retell the story to you. We also heard the story, The Night of Las Posadas by Tomie DePaola in which students learned about how Las Posadas (A place to stay) is celebrated in the Mexican culture.

Second-Third grades- Students have been learning a song about Navidad/Año Nuevo (Christmas/New Year). We have learned about the tradition of the 12 grapes and Three King's Day. Students have been practicing the following vocabulary: el año nuevo (the New Year), los regalos (presents), el árbol de Navidad (Christmas tree), los dulces (candy), el día de los Reyes Magos (Three King's Day).

Fourth grade- Fourth graders did awesome with their caroling around school this last week before the break! They sang El Burrito de Belén/ El Burrito Sabanero, Noche de Paz and Feliz Navidad. It has been wonderful to hear their voices and share them with the school community for the holidays ❖❖

Fifth-Eighth grades- 5th -7th graders recently took a quiz over Unit 2: for grades 6-8, it will be reflected for Quarter 2 letter grades for Spanish. We've started learning about Christmas in Mexico and Día de las Velitas (Day of the little Candles) in Colombia (grade 5) and Christmas in the countries of Mexico, Colombia, Cuba and Spain (grades 6-7). Eighth graders are into Unit 3 with new vocabulary of abre (la puerta), nunca cierra and son las (ocho). Ask your student for the motions/translations of these core vocabulary words/phrases. We learned a new song called Reloj by Tish Hinojosa and learned about her through a reading in Spanish. We will continue with this unit after the break.

¡Feliz Navidad a todos! ¡Feliz Año Nuevo 2023!

Feel free to contact me at senoraloreal@gmail.com ❖❖

Señora Loreal Long: K-8 Spanish

One final word- if anyone is willing, I am looking for donations of red or green grapes for students in grades 2-8 for the New Year's tradition of the doce uvas (12 grapes). If you or a group of parents are able to donate for your child's class, please email me no later than 12/29. This would be for our class on Wed. 1/4. I would need 12 small grapes for each child in the class. Muchas gracias!

Featured Author of the Month

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

About Mrs. Duffy

This book is dedicated to Mrs. Duffy

#1 Mrs. Duffy

Hello, my name is Brooklyn B. I am in 4th grade in Mrs. Duffy's class. Mrs. Duffy is so much fun! She is the best teacher EVER! She teaches social studies and social studies is my favorite subject. Mrs. Duffy has a family of 3 and 1 cat named Gordon who pukes A LOT. Her daughter, Ada Jane, is a ginger and she is so cute. Mr. Duffy is a firefighter.

#2 DRAMA

Mrs. Duffy HATES drama. If you get her talking to you in the hallway, her blood starts to boil. I'll tell you about that later. She says after a talk in the hallway, "you are messing with the wrong teacher." If you ever make a bad decision you might get a smart choice slip or a detention. So you should never mess with Mrs. Duffy.

#3 Ada Jane

As I shared earlier in the book, Ada Jane is Mrs. Duffy's daughter. Mrs. Duffy shows us videos of Ada Jane. One time Mrs. Duffy showed us a video of alien Ada. It was so funny. In the video, Ada was talking in an alien filter. We get updates all the time. You are going to love being in Mrs. Duffy's class.

#4 Boiling Blood

As I said earlier in the book, Mrs. Duffy's blood boils when something like drama pops up. When Mrs. Duffy's blood is boiling, you don't want to mess with her or make her mad. You want to be the best you can in Mrs. Duffy's class. So try to stay out of the drama as best as you can.

#5 If you want a...

"If you want a grade you should have put your name on it," is the name of this game. When you don't put your name on your paper, Mrs. Duffy sings this song. And walks over to the recycle bin and rips up your paper. So you might want to put your name on your paper.

About the Author

Brooklyn has a little sister, she is 8 months old. She is the oldest child in her family. Brooklyn plays a lot of sports, including basketball and competitive cheer.



Holy Spirit School Calendar, January, 2023

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

1 Feast of Mary, Mother of God Happy New Year!	2 <u>No School</u> Child Care Closed	3 Classes <u>Resume</u> Choir 3:15-4:15	4	5 LEGO Robotics 6:30 Band Concert at WC 7:00	6 Mass 8:30	7 Choir 5:00 Mass
8 Gospel Mt 2:1-12	9	10 Choir 3:15-4:15	11	12 Little Flowers 3:15-4:30 LEGO Robotics 6:30	13 Mass 8:30	14
15 Gospel <u>Jn 1:29-34</u> Roller Skating at Tarry Hall 5:30-7:30	16 Martin Luther King Holiday <u>No School</u> Child Care Open	17 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Choir 3:15-4:15	18 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Board Meeting 6:30	19 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> LEGO Robotics 6:30	20 <u>Mass 8:30</u> Gr. 6-8 only 11:45 Dismissal <u>Exams</u> End of 2 nd Quarter	21
22 Gospel Mt 4:12-23	23	24 Titan Toddler Time <u>10:15-10:45</u> PTA Meeting 7:00 <u>in Room 203</u> Choir 3:15-4:15	25 Gr. 2 6:30 Reconciliation	26 LEGO Robotics 6:30	27 <u>Mass 8:30</u> Newsletter/ Calendar	28
29 Catholic Schools <u>Week</u> Wear Holy Spirit apparel or uniform to Mass this <u>weekend.</u> Gospel Mt 5:1-12	30 All Kindergarten <u>attend in AM</u> Catholic Schools Week Field Trip Y5-Gr. 8	31 Student Government Attends Mass at St. Andrew's Cathedral				

Diocese of Grand Rapids - Office of Catholic Schools

COMMON CALENDAR 2023 - 2024 School Year - Finalized 11/16/2022

August 2023				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

September 2023				
M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

October 2023				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

August 15	Back-to-School Celebration
August 16-22	Staff Inservice and Training Week

August 23	First Quarter Begins - Full Day of School
Sep 1- Sep 4	Labor Day holiday - No School
Sept 18 - Oct 13	Fall NWEA MAP Testing Window
September 23	Annual Diocesan Assembly & Catechetical Conference
October 4 - 10	Public School Count Days (Must be in session)
October 27	First Quarter ends
October 30	Second Quarter begins

November 2023				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December 2023				
M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January 2024				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

November 3	Diocesan PD Day - No School.
November 13 - 21	Fall Conference Window
Nov 22 - Nov 24	Thanksgiving Vacation - No School
Dec 25 - Jan 7	Christmas Vacation - No School
Jan 10 - Feb 7	Winter NWEA MAP Testing Window
January 15	Martin Luther King Jr. Holiday - No School
January 19	Second Quarter ends
January 22	Third Quarter begins

February 2024				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14 ^A	15	16
19	20	21	22	23
26	27	28	29	

March 2024				
M	T	W	Th	F
				{1}
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

April 2024				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

Jan 28 - Feb 3	Catholic Schools Week (Mass 1/30 at 10:00 am)
Jan 29 - Feb 9	Winter Conference Window
February 7 - 13	Public School Count Days (Must be in session)
February 14	Ash Wednesday
February 19 - 20	Mid-Winter Break - No School
February 29	4th Grade Songfest
March 1	Diocesan PD Day - No School.
March 22	Third Quarter ends
March 25	Fourth Quarter begins

May 2024				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

June 2024				
M	T	W	Th	F
3	4	5	6 ^{**}	7

No School Days

TOTAL:

180 student days

8 PD possible days

Half Days

First Quarter

Second Quarter

Third Quarter

Fourth Quarter

Aug 23 - Oct 27 46 days

Oct 30 - Jan 19 45 days

Jan 22 - Mar 22 42 days

Mar 25 - June 6 47 days

March 29	Good Friday - No School
April 1 - 5	Spring Break - No School
April 15 - May 10	Spring NWEA MAP Testing Window
May 27	Memorial Day holiday - No School
June 6 ^{**}	Half Day - Last Day of School
Principal Meetings	Aug 8, Sept 26, Jan 9, Feb 13 (retreat), Apr 23
DSAA Meetings	TBD

TITAN TODDLER TIME



JOIN US FOR PLAY & LEARN ACTIVITIES



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

Each play & learn activity is led by Holy Spirit staff members.

In order to help us plan, please RSVP
by emailing Paula Ryan at pryan@hsparish.org
or by calling the school office at 453-2772.

JANUARY 24, Tuesday, 10:15-10:45 ~

- *Exercising Our Faith and Having Fun in the Gym
- *Come play, run, skip, jump, and scoot in our school gym!
- *Enter the school along the sidewalk between the school and the church.

MARCH 19, Sunday, 3:00-4:00 ~

- *Celebrating St. Patrick's Day in the Gym with you and your family
- *Put your dancing shoes on or take them off for a Sock Hop!
- *Park in the back parking lot and enter through the Gym door.

MAY 18, Thursday, 6:00-7:00 ~

- *Celebrating God's Gift of New Life
- *Come join us for fun on the front playground and in the habitat!

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

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

Healthy Snacking 101

Healthy snacks fuel your children's brains and bodies between meals. Use these ideas to make snack time simpler and more nutritious for everyone in your household!

Everyday tips

Puzzled about how to come up with healthy snacks for your youngsters? Try these ideas:

- Keep a variety of fruit in the house. Go for kid favorites like bananas, apples, and oranges, but also encourage your children to sample less-familiar produce, perhaps mangoes, kiwis, papayas, or blackberries. *Tip:* Look for fruit that's in season or on sale to keep costs down.
- Raw vegetables make great snacks. Offer green beans or baby carrots with a dip of low-fat ranch dressing or guacamole.
- Together, read food labels when you're grocery shopping. Make a game of picking out nutritious snacks and drinks. *Example:* See who can find the granola bars with the least sugar or the salsa with the lowest sodium.
- Look for healthier versions of snacks your youngsters like. For instance, get baked crackers, whole-wheat pretzels, and low-fat string cheese.
- Store healthy snacks in your pantry or refrigerator at your children's eye level. Your kids will see them first and be more apt to reach for them.



Fruit surprises

Your children will be delighted by the treat in the middle of these fruit pops.

Pour 100% juice (grape, orange, apple) into paper cups. Stand the cups upright in the freezer. Then, put a strawberry or pineapple chunk on the end of an ice cream stick. When the juice cups are partially frozen, insert the sticks, burying the fruit inside the juice. When they're completely frozen, peel off the paper cup for a surprise snack!



- Put together snacks that combine two major nutrients. Serving a protein and a carbohydrate together—a turkey and cheese sandwich, for instance—will fill your kids up and give them energy. Add a drink (water, fat-free milk) to keep them hydrated.
- Buy snacks like whole-grain cereal, nuts, and dried fruits in bulk to cut costs, and then package them in individual servings in zipper bags. *Note:* Show your children how to check the nutrition label to find the size of one serving. It's often not the whole bag or box!
- Take along healthy snacks when you go out. You'll avoid stopping for fast food or buying junk food from snack bars or vending machines when your youngsters are hungry.
- Let your children pitch in and help prepare their own snacks. Steer them toward healthier choices, and watch as they happily eat what they've made!

continued

Nutrition Nuggets™



At home

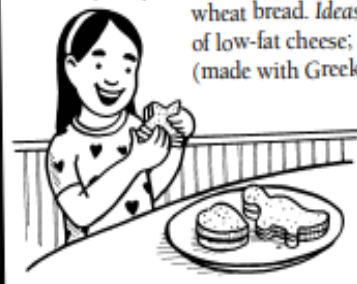
Vary snacks to keep youngsters interested, and spend time as a family coming up with new creations. These suggestions will get you started:

- Make yogurt parfaits. In a clear cup, layer low-fat plain Greek yogurt, blueberries, crushed graham crackers, and a drizzle of honey. Repeat the layers.
- Spread honey mustard on two slices of whole-wheat bread. Layer sliced apples and low-fat cheddar cheese inside. Wrap the sandwich in foil, and bake for 10 minutes at 350°.
- Use corn tortillas, pita rounds, or English muffin halves to make mini-pizzas. Top with low-sodium tomato sauce, grated skim mozzarella cheese, and vegetables (sliced mushrooms, broccoli pieces). Sprinkle on oregano. Broil 3–5 minutes, until the cheese bubbles.

Cookie-cutter sandwiches

Snack-size sandwiches are more fun to eat when they're shaped like dinosaurs, stars, or hearts.

Make your youngsters' favorite sandwiches with whole-wheat bread. *Ideas:* lean ham and a slice of low-fat cheese; tuna or chicken salad (made with Greek yogurt); grape jelly (reduced sugar). Then, use cookie cutters to make them into shapes (the extra pieces make good finger foods, too).



■ Slice a cucumber in half horizontally, and hollow out the insides. Fill the cucumber cups with a "light" egg salad (mash 2 hard-boiled eggs with 1 tsp. reduced-fat mayonnaise).

■ For an easy dip, drain and rinse a 14-oz. can of beans (kidney, cannellini), and put them in a blender or food processor with 1 tbsp. apple cider vinegar, $\frac{1}{2}$ tsp. chili powder, and a pinch of cumin. Blend until smooth. Serve with baked tortilla chips.

On the go

Keep these healthy snacks on hand for your children to take wherever they go:

■ Let them design their own trail mix. Set out bowls of cereal, different kinds of unsalted nuts, golden raisins, and sunflower seeds. They can measure, mix, and match ingredients in zipper bags, then label their bags with names they invent ("Bradley's Blend," "Energy to Go").



■ Buy individual cups of applesauce, fat-free pudding, or fruit packed in its own juice (mandarin oranges, peaches, fruit cocktail). Or package single servings in small, reusable plastic containers.

■ Bake your own pita chips. Slice whole-grain pita bread into chip-size triangles. Put the pieces on a baking sheet, and brush lightly with olive oil. Bake at 350° until crisp, about 10 minutes.

■ Fresh fruit is portable and always healthy. Your youngsters can take a piece of whole fruit (peach, plum, pear) on the way out the door. Or freeze a bunch of grapes for a frosty fruit treat.

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets™

Resources for Educators, a division of CCH Incorporated ■ 128 N. Royal Avenue, Front Royal, VA 22630 ■ 800-394-5052 ■ www.rfeonline.com

© 2019 Resources for Educators, a division of CCH Incorporated

NE190502E