



GREETINGS!

Christmas Program ~ Our performance of “A Holy and Humble Christmas”, was held on December 19th. 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 48 of our students participated in. Congratulations to this year’s winners: Bennett H., Ian H., Emma L., Emma V., Brenna L., Keira G., 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!

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 Blackbaud ~ Families wishing to apply for scholarships for the 2024-25 school year will need to complete the [Blackbaud Financial Aid application](#). You will find the instructions and application on our website or by clicking on the link above. Please use CODE:HSpirtGR for Holy Spirit students. The 2nd round deadline is Jan.14th; 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 16 – 1st & 2nd Hr. Exams: 11:45 Dismissal Gr. 6-8
Wed., January 17 – 3rd & 4th Hr. Exams: 11:45 Dismissal Gr. 6-8
Thurs., January 18 – 5th & 6th Hr. Exams: 11:45 Dismissal Gr. 6-8
Friday, January 19 – 7th Hr. Exam: 11:45 Dismissal Grades 6-8

Titan Toddler Time ~ You and your children (ages 5 and under) are invited to Titan Toddler Time on Thursday, January 25th, from 10:15-10:45 as we exercise our faith and have fun in the gym. Please RSVP by emailing Paula Ryan at pryan@hsparish.org or by calling the school office at 616-453-2772. Hope to see you there!

Catholic Schools Week – January 28th through February 2nd ~ Details will be forthcoming in the January newsletter and email reminders.

Important Dates:

Mon., Jan. 8th
~ Classes Resume

Thurs., Jan 11th
~Christmas Band Concert
West Catholic 7:00pm

Mon., Jan. 15th
~No School – Martin Luther King, Jr. Holiday
~CDC Open

Tues.-Fri., Jan. 16th – 19th
~ Gr. 6-8 Exams
Gr. 6-8 only 11:45 dismissal

Fri., Jan. 19th
~Mass 8:30
~End of 2nd Quarter

Tues., Jan. 23rd
~ Paper Gator Color Day
~ PTA Meeting 7pm

Wed., Jan., 24th
~Gr. 2 Reconciliation
6:30 pm

Thurs., Jan. 25th
~ Titan Toddler Time
10:15-10:45 in the Gym

Fri., Jan. 26th
~Mass 8:30
~Newsletter/Calendar

Sun., Jan. 28th – Fri., Feb. 2nd
~Catholic Schools Week

Tues., Jan. 30th
~2nd Qtr. Report Cards Online

Christmas
at Holy Spirit Parish

Sunday, December 24
4:00 pm | 7:30 pm
Carols begin 30 minutes before both Masses

Monday, December 25
10:30 am

January Birthdays

Braxton K.
Burkley J.
Titus S.
Alex G.
Grace M.

Maria R
Bryce D.
Harlow S.
Warren D.
Kennedy P.



Allistair S. Malina D.
Sean R. Avery N.
Jack P. Hope P.
Lucia S. Samantha K.
Mr. Wisniewski

Religious Education News

First Reconciliation - The celebrations for First Reconciliation will be on Wednesday, January 24th 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 4th at 10:00 am. The parent class will be on February 7th at 6:45 pm in the Multi-Purpose Room in the Church.

Kids, Kids, Everywhere! - Due to the overwhelming response to our Children's Liturgy of the Word program during the 10:30 Mass, we need to divide the children into two smaller groups and have two rooms. This is a great problem to have if we had plenty of volunteers. Unfortunately, we do not have enough adult leaders. Please consider joining our Children's Liturgy of the Word program as a facilitator. The time commitment is only about 6 times during the school year. Email Diane Schoof for more information if you are willing to serve our young children in this easy and exciting way. dschoof@hsparish.org.

Don't Wait! Do it Now! - Class parties are coming on Valentine's Day, field trips are coming in the spring, the musical is coming, and sports are all year round. Avoid the rush and sign up now to complete the diocesan volunteer requirements so you will be ready to participate with your child. Help to keep all of our children safer by doing your part. At this time, it only has to be done once. Employees are required to take an in-person or virtual (Zoom) class, but volunteers only may complete the online version. [Click Here](#) for detailed information, or go to www.virtusonline.org to sign up, and then follow the prompts.

Scrip News

Reminder – There will be NO Scrip during Christmas break. Only E-gift and reloadable cards can still be ordered. The next processing date is Monday, January 8. The next LOCAL order will be placed on January 8. Not a member yet? Sign up at raiserright.com/. For the enrollment code, and 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.

Link Box

[Alan Ryan Scholarship for CC/WC students](#)

[Camp Sancta Maria Summer Camp](#)

[WC Future Falcons](#)



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 **\$5,761.00**; enough for **192** 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 was 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 23rd at 7pm.
WE HOPE YOU CAN JOIN US!**

Awesome Authors Club!

Congratulations to the following HS Published Authors for December!

- 1H:** Natalie W., Alivia M., Piper M., Todd R., Hailey Y.
1S: Hazel B., Addy W., Cole N., Isabella Z., Shai D.
2J: Abigail P., Jade N., Ryan L., Tucker J., Ian H., Anna A., Titus S., Russell J., Sophia P., Pearl P., Ellenor S., Malina D., Amelia B., Theo B., Ocea H.
2M: Charlee J., Meleah D., JJ J., Mila S., Kane B., Eva G., Mya G., Jack P., Peyton B., Emmett T., Danica G., Max K., Declan M., Oliver M.
3D: Charlotte T., Louise S., Addy B., Madison W., Ella W., Mary S., Lila G., Ava D., Liberty P.
3K: Anastasia S., Clara B., Charlotte K., Cora P.
4O: Charlotte S., Maddie B., Michael G.
5C: Charlotte P., Lucia S., Peter A., Paul A., Patrick S.
6N: Sofia M.



Holy Spirit Preschool
2024-2025 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 5th. **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!



In Sympathy

Please remember in prayer, the **Richards Family** on the passing of their Uncle, the **Stroh Family** on the death of their Grandfather/Great-Grandfather, and the **Kalahar Family** on the loss of Mr. Kalahar's Father. May their memories live on in their hearts and bring them comfort.



Titan Sports Update
12-22-23

Titan sports are advancing at all levels

Sports Fee –Thank you to all those that have paid the sports fee of \$85.00. If you have not paid, please do so as soon as possible. Checks are to be made out to Holy Spirit Athletics. This is for students in grades 5th-8th who participate in sports.

Congratulations to all our Titan boys basketball players. We had a total of 53 boys participating in boys basketball, grades 3rd thru 8th.

Thank you to all of our Boy’s coaches for their time and dedication to our athletes.

Please return all boys basketball jerseys washed, and in a bag with your name on it, to the office.

Girls Basketball

Girls will start practicing the week of January 8th.

End of the year tournament starts March 11th and ends March 16th. Practice times are as follows:

- 3rd Grade will practice on Mondays and Thursdays 5:45 to 7:00
- 4th Grade will practice on Wednesdays and Fridays 5:45 to 7:00
- 5th Grade will practice on Mondays and Wednesdays 3:15 to 4:45
- 6th Grade will practice on Mondays and Wednesdays 7:00 to 8:30
- 7th Grade will practice on Tuesdays and Thursdays 7:15 to 8:45
- 8th Grade will practice on Mondays, Tuesdays, and Thursdays at Holy Trinity, 6:00 to 8:00

Paper Gator Color Day

Families who bring in a large grocery size bag filled with items for the Paper Gator on Tuesday, January 23rd, will have a Paper Gator Color Day. Acceptable items are school/office paper, newspaper, junk mail, hard & soft cover books, magazines, shredded paper (bagged in clear plastic), paperboard (cereal type boxes), and cardboard (12”x12” or smaller). Students will assist you as you arrive in the morning. Let’s care for the environment, raise funds for the PTA, and fill the Paper Gator!

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.**, and **Charlotte T.**, our newest Birthday Book Club members. They have donated a book to our school library in honor of their birthday. In return for their generosity, they will each 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: November/December 2023

Kindergarten - We are adding the color words azul, blanco, rojo, and verde for the winter months. The children are also starting to learn a winter song in Spanish to learn some winter weather phrases. We are also learning the basics of Las Posadas (the Inns) in which Mexicans sing a song portraying Mary and Joseph and go house to house, asking for shelter.

First - The children have learned about the tradition of Dia de las Velitas from Colombia (Day of the Little Candles) which kicks off the Christmas season in Colombia. Recently, they heard the story of Our Lady of Guadalupe and Juan Diego for celebrating her feast date recently on December 12. We continue to review color words and are learning weather terms for Winter.

Second - Second graders are getting pretty good on saying basic weather phrases in Spanish, identifying colors, and learning numbers up through 59 in Spanish. We've also learned/reviewed the story of Our Lady of Guadalupe and Juan Diego this past week.

Third - We've been learning/practicing the numbers up through 59. We reviewed the story of Our Lady of Guadalupe and Juan Diego. We are reviewing the song about Navidad/El Año Nuevo (Christmas/New Year) and reviewing different traditions for Christmas, Three Kings Day, and New Year.

Fourth - Fourth graders have been busy learning and practicing 3 songs that we will be sharing with different classrooms during the last week of school before Christmas Break. They have learned El Burrito de Belen which is about a donkey traveling to Bethlehem to see the new baby, Noche de Paz (Silent Night) – first verse only, and Feliz Navidad. Students have also been learning prior to this about the story/songs of Senorita Amarilla and her adventures. We will continue with this theme when we return from break.

Fifth - We have been learning about different running events such as La Carrera de San Silvestre (a running race in many different Spanish speaking countries and Brazil) and El encierro de San Fermin (The running of the bulls). Ask your child what they've learned about these events! The students will be having a quiz when we return from break as we are at the end of Unit 2. They will be given more information about it in January.

Sixth - Sixth graders had a short unit on clothing and a review of color vocabulary. This past week they created a mini book on Las Posadas, the reenactment of Mary and Joseph looking for shelter to have the baby. We will continue to learn about Holiday events in the Spanish speaking world this week and upon return from break as the Christmas season doesn't end until February 2! We will start Unit 4 in January as well.

Seventh/Eighth -The students had a short unit on clothing and colors. Students recently had the opportunity to create cards and write messages in Spanish for 2 Christmas cards for staff here at Holy Spirit. We will be in Unit 5 through January with the cultural theme of bullfighting and students' opinions on this controversial event. The 4th hour Spanish class will be in Unit 6 in January, focusing on the use of some common reflexive verbs used in context.

Featured Author of the Month

Congratulations to Theo B., and Tucker J., in Grade 2, for being the Featured Author of the Month. They have won a lunch of their choice, and their story is featured below.

Frosty the Snowman

This book is dedicated to Justin Jefferson

Once upon a time Frosty the snowman was walking through the snow. He saw a house so he thought he'd go in.

After about 30 minutes in the house, he remembered that it was the night before Christmas.

So he bought a present for the kids that lived in the house.

He signed it, From: Snowman Santa. To: Kevin and Gregory. He had bought them some toys and candy.

Santa went down the chimney and the snowman had to hide. He jumped behind the Christmas tree but he missed. He went right in the Christmas tree, everything broke.

He quickly ran out of the house and ran into the woods. He felt so bad for what he had done.

He was lost in the woods. What could be worse? He made a campfire from wood and made a cabin from wood.

He woke up at 4:30am because he was so excited. He went downstairs but he didn't see any presents. What happened? Was he on the naughty list?

He got mail and read it. He heard magic; it was Santa!

"He was just late!", said the Snowman. He was on the good list!

The snowman had one more thing to do ... say sorry to the Harolds!

The End

About the Authors

Theo is playing basketball at the YMCA this season. His favorite book series is Magic Treehouse. He loves to do secret Santa with his cousins. His favorite Christmas movies are The Polar Express and Home Alone.

Tucker is doing wrestling this winter. He is hoping to get a watch for Christmas. His favorite Christmas movie is Home Alone. He is looking forward to baking cookies. His favorite thing to do is play with his brothers.



Holy Spirit School Calendar, January, 2024

[Lunch Supervision, Grades 4-5 / For updated information go to www.holyspiritschoolgr.org](http://www.holyspiritschoolgr.org)

	1 Feast of Mary, Mother of God Happy New Year!	2 <u>No School</u> Child Care Closed	3 <u>No School</u> Child Care Open	4 <u>No School</u> Child Care Open	5 <u>No School</u> Child Care Open	6 Student Choir 5:00 Mass
7 Epiphany Gospel Mt 2:1-12	8 Classes <u>Resume</u> Musical Practice Gr. 5-7 3:15-4:45	9 Choir 3:15-4:15	10	11 Musical Practice <u>3:15-4:45</u> 7:00 Middle School Band Concert at WC	12 Mass 8:30	13
14 Gospel Jn 1:35-42	15 Martin Luther King <u>Holiday</u> <u>No School</u> Child Care Open	16 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Musical Practice <u>11:45-12:30</u> Choir 3:15-4:15	17 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Board Meeting 6:30	18 Gr. 6-8 only 11:45 Dismissal <u>Exams</u> Musical Practice 11:45-12:30	19 <u>Mass 8:30</u> Gr. 6-8 only 11:45 Dismissal <u>Exams</u> End of 2 nd Quarter	20
21 Gospel Mk 1:14-20	22 Musical Practice Gr.5-7 3:15-4:45	23 Paper Gator <u>Color Day</u> Choir <u>3:15-4:15</u> PTA Meeting 7:00	24 Gr. 2 6:30 Reconciliation	25 Titan Toddler Time <u>10:15-10:45</u> Musical Practice 3:15-4:45	26 <u>Mass 8:30</u> Newsletter/ Calendar	27
28 Catholic Schools <u>Week</u> Wear Holy Spirit apparel or uniform to Mass this <u>weekend.</u> Gospel Mk 1:21-28	29 Spanish Club <u>3:15-4:15</u> Musical Practice Gr. 5-7 3:15-4:45	30 Student Government attends Mass at St. Andrew's <u>Cathedral</u> 2 nd Qtr Report Cards Online	31			

Diocese of Grand Rapids - Office of Catholic Schools

COMMON CALENDAR 2024 - 2025 School Year - Finalized (10/27/2023)

August 2024				
M	T	W	Th	F
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2024				
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				

October 2024				
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	

Aug 13	Back-to-School Celebration
August 14-19	Local/Regional Inservice & Diocesan potential training days

August 20	First Quarter Begins - Full Day of School
Aug 30 - Sep 2	Labor Day holiday - No School
TBD	Fall NWEA MAP Testing Window
TBD	Annual Diocesan Assembly
Oct 2 - Oct 8	Public School Count Days (Must be in session)
October 17-18	MANS Educator Conference- Detroit
October 18	Diocesan PD Day- No School
October 25	First Quarter ends
October 28	Second Quarter begins

November 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

December 2024				
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			

January 2025				
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

TBD	Fall Conference Window
Nov 27 - Nov 29	Thanksgiving Vacation - No School
Dec 23 - Jan 3	Christmas Vacation - No School
TBD	Winter NWEA MAP Testing Window
January 17	Second Quarter ends
January 20	Martin Luther King Jr. Holiday - No School
January 21	Third Quarter begins

February 2025				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March 2025				
M	T	W	Th	F
3	4	5 ^A	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

April 2025				
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		

January 28	Catholic Schools Week Mass
TBD	Winter Conference Window
Feb 12 - Feb 18	Public School Count Days (Must be in session)
Feb 17-18	Mid-Winter Break - No School
March 5	Ash Wednesday
TBD	4th Grade Songfest
March 7	Diocesan PD Day - No School
March 28	Third Quarter ends
Apr 7 - Apr 11	Spring Break - No School

May 2025				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

June 2025				
M	T	W	Th	F
2	3	4	5	6

March 31	Fourth Quarter begins
April 18	Good Friday - No School
April 21	Easter Monday - No School
TBD	Spring NWEA MAP Testing Window
TBD	Catholic Schools Art Show
May 26	Memorial Day holiday - No School
June 5	Half Day - Last Day of School

No School Days
 TOTAL:
 180 student days
 8 possible PD days

Half Days
 First Quarter **Aug 20 - Oct 25** 46 days
 Second Quarter **Oct 28 - Jan 17** 47 days
 Third Quarter **Jan 21 - Mar 28** 46 days
 Fourth Quarter **Mar 31 - June 5** 41 days

Principal Meetings	TBD
DSAA Meetings	TBD

Nutrition Nuggets

Food and Fitness for a Healthy Child

Hughes Springs Elementary School
Ken Miller

BEST BITES

Math + fitness

Give your child a chance to combine math practice and exercise with daily "math breaks." Give directions that include a math problem and a fitness activity. For example, say, "Do $2 + 2$ jumping jacks" or "Do $11 - 2$ cartwheels."

Healthy shopping

When you go to the grocery store, "shop the perimeter" first. The outside aisles are where you'll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

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 he's having trouble waking up early enough, move his bedtime back.

Just for fun

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

A: Washing your hands before meals!



Snack attack

"I'm starving!" When your child bursts through the door after school or day care, she's probably hungry. 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 raisins and nuts 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), and bake until the cheese melts.

Build your own

Let your child 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 low-fat cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread peanut or almond butter on rice cakes, apples, or bananas and decorate them with raisins and nuts. ●

Feeling good about sports

Participating in sports can build your child up... or drag him down. Make athletics a positive experience for your youngster 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 him 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, the places he is playing, 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 new national nutrition standards. Plus, if he gets lunch at school, you can knock "pack lunch" off your to-do list! Consider these three 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 pork burrito sounds really good!"). If you're excited about the choices, he's likely to share your excitement.



2. Discuss what he eats at school. 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 mention what he doesn't like and make recommendations for new foods to serve.

Note: If your youngster 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. ●



O&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.

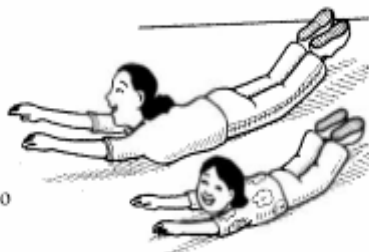
If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled "fruit drink" or "fruit cocktail." The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. ●

OUR PURPOSE
To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeclusioner@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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ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn't exercise—it's just plain fun! Try these 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 arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs 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 catch 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 toppings.

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

Pizza: Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano

Chicken: Cubed, cooked chicken (use last night's

leftovers), microwaved frozen vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Ground beef (browned and drained), canned kidney beans (drained), shredded cheddar cheese, low-fat sour cream, 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. ●

