

Bobcat Bits

Notes From Mr. Ningen



Summer 2009

2008-2009 has been a significant year of growth for most of our students and staff.



Especially in the lower grades, one can see a deeper understanding, a higher level of confidence, and a greater respect for one another. Challenges remain for other students as well as some staff when trying to reach that next goal.

The act of educating our children remains a shared effort, and I want to thank all of our parents, who as their sons and daughters first teachers, add so much in the way of encouraging their children to read more, to reason more, and to respect more.

With the end of another school year, I believe that a break in our schedules (students as well as faculty), will allow our minds a chance to explore in a different way, still growing, and still improving, but not held in check by desks and classroom walls.



Summer is a great time to enjoy sunshine, fresh air, fishing, and family. It also needs to be a time where our students and faculty find ways to press forward, to study another language, to travel, to help grandma and grandpa on the farm, to keep up with current

events, and to sharpen our minds by soaking up new information just as we do sunshine.



So as we head out the doors into the bright sunlight, let's plan on not only growing taller, but also on growing wiser. Have a great, safe summer, and we'll see you next fall!

Special Notes:

- **Honor Roll –4th Quarter & 2nd Semester.**
- **Student Effort Award.**
- **Sports Physicals-June 10th & July 15th.**
- **Swimming Lessons- June 22-July 3rd.**
- **Summer School- July 6th— July 24th.**
- **Lady Cat Basketball- June 3, 4, and 5th.**
- **Boys Basketball Camp- June 8, 9, 10th.**

Thayer's Thoughts

Summer is supposed to be the time for relaxing, but the activity that continues to happen at school is constant. Weightlifting and open gym, summer camps, room cleaning, painting, locker repair, flower planting, and preparing for the next school year keeps everyone moving. Enjoy!! And Celebrate the 4th of July with safety in mind.

Student Schedules

The scheduling process for the 2009-2010 classes is not yet quite complete.



My goal is to have them ready to go with report cards; however if that is not possible, they will be mailed. Either way a student will have a copy of their schedule prior to the

beginning of August. I could honor most course requests; however there may be some changes that need to be made. Two days have been set aside to make changes. Students will need to make all changes prior to the first day of school. Two days have been set aside for students to come in; however if this doesn't work they will need to call the office. It is possible to make the changes over the phone on those days, but it would be much better to be completed in person. Plus the fact, I would love to see the kids over the summer.

Sport Physicals—June 10 July 15

Students in grades 7-12 must have prior to competing this fall.

Schedule Changes

- August 11 and 12
- 10-2:00 pm or call



Report Cards



You may stop and pick up your report card on Monday, June 1. Report cards will be sent in the mail on Friday, June 5th to those that did not stop in to pick them up. Good going students!! Look for the honor roll that will be posted in the Ledger.

Summer Reading

To keep reading skills developing, have your child read the newspaper, magazine, or head for the library to check out a good book. Internet news sources like CNN or US News and World Report are great free places to read and keep up on what is happening (plus we know they like to sit at a computer).



7th Grade and New Student Orientation

The evening is set aside for 7th grade students as well as any new student to become more familiar with the school and their class schedule. This is an opportunity to walk the halls and ask questions. A parent or guardian should plan on accompanying the student. The date has been set for **Tuesday, August 11, 2009 beginning at 7:00 pm in the High School Band Room.** A letter will be sent out the first part of August as a reminder.

Thank you to all students, faculty, parents, and the community for making 2008-2009 a TERRIFIC school year. I look forward to next year.—Ms. Thayer

Fostering Education

JUNE IS HERE AND SCHOOL IS OUT



It is hard to believe that school has ended for this year. I'm sure there is excitement among the kids at this point, but eventually they will miss not being in school. Personally, I will miss seeing the kids and their smiles each day. I will miss the conversations, and yes even some of the trying moments this year brought. I want to thank my teachers and Para educators for all of their hard work and dedication they brought each and every day. You truly do make a difference for kids! I want to wish my 6th

graders leaving going on to 7th grade the best. Please continue to share your talents with everyone and show your new teachers what we already know. **You are a wonderful group that has much to offer!**

REPORT CARDS

Report cards may be picked up from the elementary office starting Monday, June 1st from 8:00 –4:00 each day. If you owe any money for lunch or any other money for items it must be paid before your report card will be given to you. **Please stop and pick them up so we don't have to mail them out. We'd love to see you!!!!**



BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school. **THANK YOU FOR SAVING YOUR BOX TOPS!**

COMMUNICATION

Together we can make a difference for kids 😊
Call us with any questions at 487-3330.



Giorgi's Gym

5th - 6th Grade Track Meet

Seven records were set this year. Congratulations to:

Ethan Skinner - 200 yard dash and 40 yard dash	28.89, 5.03
Colt Foster - Shot Put	30 feet 9 inches
Zach Grumbles - Cross Country	12 minutes 23 seconds



MaKayla Grumbles - 200 yard dash	34.36
Shelby Schleicher - 40 yard dash, cross country	5.91, 17 minutes 53 seconds

The 6th graders had the most over all points:

6 th Boys	373	6 th Girls	419
5 th Boys	177	5 th Girls	131

Results will be in the May 28, 2009, Ledger and are also posted on the school's website under *Classes, Physical Ed.*

The following article is from Character Counts. Have a wonderful, active summer, and remember to use good sportsmanship in everything you do!

Mrs. G

"Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not."

Thomas H. Huxley

We Expect More Out of Adults

Although 11-year-old Mark wasn't much of an athlete, his dad urged him to play youth baseball. Mark liked to play, but he was hurt by the remarks of teammates and spectators whenever he struck out or dropped a ball.

Just before the fourth game of the season, he told his dad he didn't want to go. "I'm no good," he said, "and everyone knows it."

His father urged him to stick with it. "Just do your best," he said. "That's all anyone can ask. Your best is good enough."

Mark struck out his first two times at bat, and each time looked over to his father, who struggled to look positive. In his last at-bat, Mark hit the ball solidly, the first time all season. It was a hard grounder to third, and the play at first was close.

When the umpire called Mark out, his father went wild. "Kill the ump!" he yelled. "Are you blind or just stupid? If you can't do the job, stay off the field!"

On the way home, Mark broke a long silence. "Dad, you said all anyone can ask for is to do his best."

"That's right, Son," his father assured him. "You did your best, and I'm proud of you. But that jerk of an umpire robbed you with a bad call."

"I wasn't talking about me," Mark replied. "I was talking about Billy's dad. He was the umpire. He was doing his best, too, but you got mad at him."

His father was taken aback, but he said, "Yeah, but he's an adult. We should expect more out of adults."

Mark looked his dad in the eye. "That's what I thought, too. By the way, I was out."

Despite his father's good intentions, he didn't set a good example. We should indeed expect more from adults - more fairness and respect, more sportsmanship and self-restraint. If your kids play sports, be a model, not a problem.

This is Michael-Josephson reminding you that character counts.

High School Honor Roll—4th Quarter & Semester

4th Quarter/2nd Semester Honor Roll

Name	4th	Semester	Grade	Name	4th	Semester	Grade
Trevor Bengé	H		7	Kanela Aguallo	H	H	9
Blake Hansen	D	H	7	Violette Carlson	H	H	9
Tyler Huddle	H	H	7	Kaitlin Casey	D	D	9
Kyle Kaman	H	H	7	Hans Hansen	D	D	9
Ryan King	H	D	7	Katie Heitz	D	D	9
Alexis Phillips	H	H	7	Rachel Kaman	D	D	9
Paige Phillips	D	D	7	Sandra Mendiola	D	D	9
Cali Rohrbouck	H	H	7	T J Staman	D	D	9
				Morgan Sutphen	D	D	9
Delandy Adam	H	H	8				
Kohl Boone	H	H	8	Jose Campos	H	H	10
Caralina Carlsohn	H	H	8	Katrina Folkerts	D	D	10
Whisper Connor		H	8	Andrea Michael	D	D	10
Kayla Hanson	D	D	8	Emily Sample	D	D	10
Cassie Elder	H	H	8	Bethany Wacker		D	10
MaKenzy Fernandes	D	D	8	Baily Wood	H	D	10
JJ Forgey		H	8				
Briley Hannaford	D	D	8	Kayla Golka	H	H	11
Brady Horstman	H	H	8	Brooke Hannaford	H		11
Annie Hughart	H	H	8	Karina Mendiola	D	D	11
Samantha Huss	H	H	8	Sha-Nae Orr	H	H	11
Kaitlyn Jespersen		H	8				
A J Jesus	H	H	8	August Darveau	H	H	12
Kristina Kramer		H	8	Joseph Haas	H	H	12
Kyle Kumpf	H	H	8	Katherine Hughart	H	H	12
Taylor Michael	H	H	8	Jordan Petersen	H	H	12
Caleb Milne	H	H	8	Jodi Stangle	H	H	12
Nicole Schekall	H	H	8	Ashley Yardley	H	H	12
Kelsy Wood	H	H	8				

D--denotes distinguished--all A's

H--denotes honored--all A's or B's @ least 90%



SPORTS BOOSTER CALENDAR

If you have any activities or community events you would like to have on the Hemingford Sports Booster Calendar, please contact Barb Jespersen at 487-5527. The deadline is fast approaching!!

Elementary Honor Roll-4th Quarter & Semester

4th Quarter & 2nd Semester Honor Roll

Name	2nd Qtr	Semester	Grade
Craig Anglesey	H	H	4
Carli Cullan	D	D	4
Kortney Frazee	D	D	4
Natalie Gasseling	D	D	4
Emily Hansen	H	H	4
Austin Huddle	H	H	4
Tarin Jespersen		H	4
Jon Mayer	H	H	4
Taylee Neeffe	H		4
Denton Payne	H	H	4
Kaitlyn Kumpf		H	4
Mikayla Randolph	H	H	4
Faith Rohrbouck	H	D	4
Peyton Sutphen	H	D	4
Brooke Turek		H	4
Sheyenne Weaver	D	H	4
Jamey Wood	H	H	4
Austin Wobig		H	4
Taeller Ansley	H	H	5
Jacob Horstman	H	H	5
Brooke Hinojosa	H	H	5
Lee Jespersen	H	H	5
Kelsey Klaes	H	H	5
Cody Laursen	H	H	5
Brittany Thomas	H		5
Hannah Fessler	H	D	6
Colt Foster	H	H	6
MaKayla Grumbles	H	H	6
Amelia Ludlow	H	H	6
Christian Rozmiarek	H	H	6
Ethan Skinner	H	H	6
Hanna Swanson	H	H	6
Brady Turek	H	H	6
Matthew Wood	H	D	6

D--denotes distinguished--all A's

H--denotes honored--all A's or B's @ least 90%



Student Effort Award Spring 2009

K-3 Casey Stricker (K), Jack Payne (K), James Jacobs (K), Kaleb Walker (3)

4-6 Kaitlyn Kumpf (4), Ana Rodriguez (5), Mathew Davis (5), Cole Walters (5),

Asa Carlson (6), Layne Huss (6), MaKayla Grumbles (6)

7-8 Hayden Walker (7), Ana Gibbons (7), Miguel Rodriguez (7), Brandon Stites-Fritzler (8)

9-1 Violette Carlson (9), Rose Siefke (9), Ruby Siefke (9), Cole Vela (11),

Dalton Hunger (12), Kim Magnuson (12), Jacob King (12), Allison Ludlow (12)

Congratulations on your effort and keep up the great work!

If you have any questions about the student effort award, please contact Mandy Plog, 487-3330.

Child Find

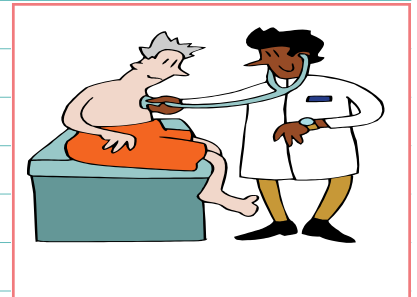


ChildFind is a community wide effort to provide opportunities for children with disabilities. The purpose of Child Find is to identify children between birth and 21 years of age who may have individual needs that result from disabilities. The local school district works in cooperation with the medical community and other service agencies to locate children with disabilities in our area. Services are available for any eligible child including those who are home schooled. Any information you provide regarding a child will be kept confidential as required by local, state, and federal law. If you live within the Hemingford School District and have or know of a child who may benefit from special education or related services, please contact Mandy Plog, Hemingford Special Education Director, at 487-3330 for details on the referral process.

Sports Physicals

Physicals will be offered to athletes, grades 7-12 June 10, 2009 at the high school gym beginning at 9:00 a.m. for those going out for sports next season. The cost at the school will be \$25. a second opportunity will be offered on July 15, 2009.

Physicals must be completed before students are allowed to even practice for sports



Swimming Lesson Registration



Swimming lesson registration will be held at the Hemingford Swimming Pool June 8-12th. Must be 5 years of age or older. No telephone registrations, please.

Swimming lessons will be June 22-July 3, 2009. A \$25.00 fee will be charged for each swimmer. Children eligible for free and reduced lunches, please inquire at the time of registration. If any questions, please call the swimming pool at 487-3428.

COUNSELOR'S

O R N E R Juniors – Summer is the time for serious college planning.

20 Insider Strategies to Save Money on College NOW

1. Know the language.
2. Know your options. Explore them all.
3. Get money that you don't have to pay back.
4. Don't make general tuitions assumptions about public and private colleges.
5. Broaden your horizons.
6. Follow the "good" money.
7. Don't ignore a college because of its published tuition price.
8. Find merit aid scholarships before you apply.
9. Find merit aid scholarships that match you.
10. Get paid for who you are.
11. Get paid for your major.
12. Get paid for your passionate pastimes.
13. Stand out from the crowd and bring tow scholarship strategies together.
14. Pay in-state tuition even if you live out of state.
15. Get state-sponsored aid.
16. Look beyond scholarship dollar amounts.
17. Be willing to work for it.
18. A year or more of community college can help you save.
19. Graduate in 4 years or less with the help of AP courses.
20. If you have to get a loan, get a government loan.

Summer test date for the ACT is **June 13, 2009**.

This year has been a great year with the students. I have enjoyed working with each and every one of them. When ever I have the opportunity to take the students on an outing, we always receive the best compliments on their behavior. Thank you for allowing me to work with your children.

As parents, students, and educators, we need to remember to treat each other with respect so that we can receive respect back.

Hemingford Foundation -Elliott Family Scholarships

Hemingford High School Graduates attending college are reminded that the scholarship deadline is July 1, 2009. Applications can be picked up at:

Mrs. Huckle's Guidance Office

High School Office

Mrs. Klemke's Central Business Office

or go to hemingfordschools.org to fill the application form out.



Summer School



This year's summer school program will be three weeks long and runs from July 6 through July 24. Students will attend from 9 a.m. until 12 p.m. The target ages are preschool through 8th grade. Summer school is open to students who receive special education or Title 1 services, students who have been referred by their teacher(s), or those who have attended summer school in past years. Siblings of children qualified to attend may also come and participate. If your child is not in the above-mentioned groups but you would like him/her to attend, please call the school (487-3330) and let Brianne Moudry know. We would like to make the program available to any student who needs it. The purpose of summer school is to maintain the skills already known, not to introduce new material. We plan to have a light-hearted, enjoyable three weeks and hope to see your student(s) there! **I will send a reminder to all invited students in late June.**

Thanks!

Sports Camps



Lady Cat Sports Development Camp June 3, 4, and 5 at Hemingford High School Gym.

Volleyball— 9:00 A.M.—11:30 A.M.

Basketball—1:00 P.M. _ 3:30 P.M.

Boys Bobcat Basketball Camp will be June 8, 9, 10 at Hemingford High School Gym.

Grades 2-5—9:00 A.M.- Noon

Grades 6-9—1:00 P.M.—4:00 P.M.



HEMINGFORD PUBLIC SCHOOLS

EMPOWERING individuals to become
RESOURCEFUL, RESPECTFUL ,
AND RESPONSIBLE... partners in
education

Casper Ningen, Superintendent
Mrs. Peggy Thayer, High School
Principal
Mr. Ron Foster, Elementary Principal
Mrs. Mandy Plog, Special Education
Director

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

Phone: 308-487-3328 High School
Phone: 308-487-3330 Elementary
Phone: 308-487-Distance Learning
Fax: 308-487-5215



EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities



COMMUNICATION SOURCES

In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

Monthly newsletter - Mailed to every patron in the district each month. Also can be found on the webpage. Notices sent home with students Information sent home with reports cards.

Phone calls to students' homes when necessary.
K-12 Planet for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site (www.hemingfordschools.org), and Mobius web site (www.bbc.net).**

SCHOOL MESSENGER

If you have not been contacted by "School Messenger" our web based calling system to alert parents of school cancellations, late starts or any other events, please contact the school. You may have changed phone numbers, or disconnected numbers the school is unaware of. Also, if you don't want to be contacted please notify us so we can take you off of the calling list. Please call the school of any changes at 487-3330.

Calendar Events June 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 9:00 AM Athletic Physicals	11	12	13 ACT Testing Date
14	15 7:00 PM School Board Meeting	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Calendar Events July 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5 9:00 AM Summer School	6 9:00 AM Summer School	7 9:00 AM Summer School	8 9:00 AM Summer School	9 9:00 AM Summer School	10 9:00 AM Summer School	11 9:00 AM Summer School
12 9:00 AM Summer School	13 9:00 AM Summer School	14 9:00 AM Summer School	15 9:00 AM Summer School 9:00 AM Athletic Physicals	16 9:00 AM Summer School	17 9:00 AM Summer School	18 9:00 AM Summer School
19 9:00 AM Summer School	20 9:00 AM Summer School	21 9:00 AM Summer School	22 9:00 AM Summer School	23 9:00 AM Summer School	24 9:00 AM Summer School	25
26	27	28	29	30	31	

Healthy Pantry

When your children open the refrigerator or cupboard, will they find fruits, vegetables, and other healthy snacks?

To help your family eat right, you'll want to have the right foods on hand. Use these tips for easy ways to stock nutritious foods and to make grocery shopping a fun learning experience for your youngsters.

..... Shop healthy

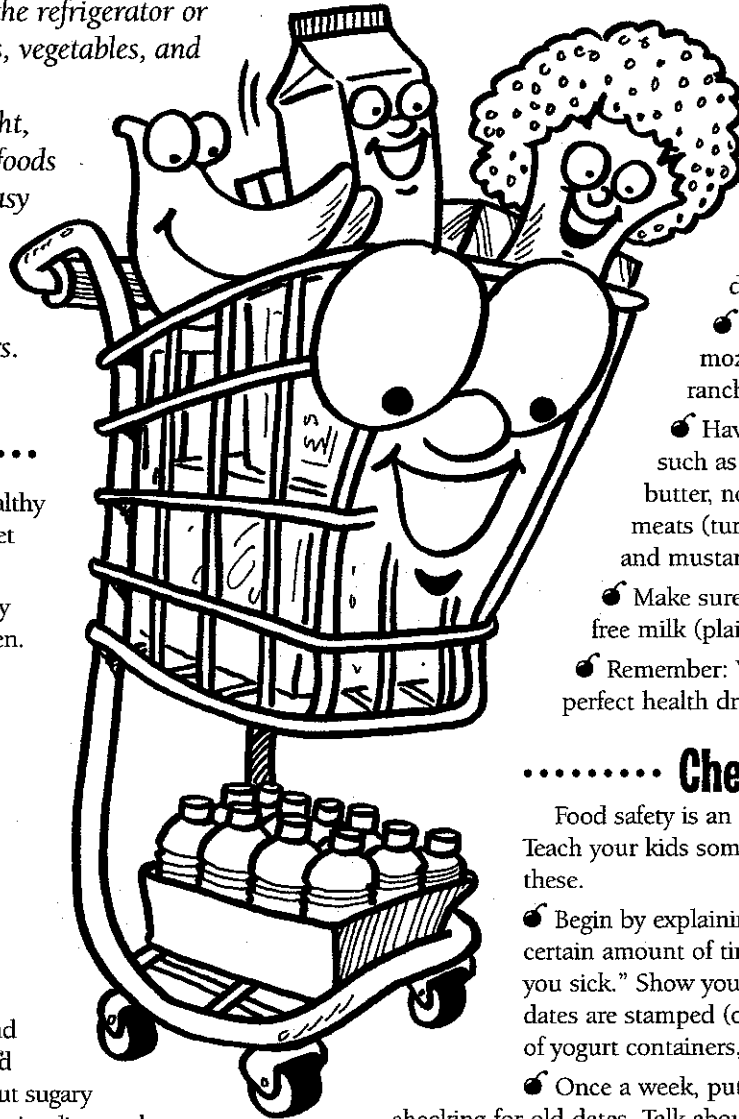
Healthy eating begins with healthy shopping. Here are two tips to get your family on the right track.

- Plan ahead. Try having a weekly "menu meeting" with your children. Ask them for dinner suggestions, healthy snacks they'd like after school, and a new fruit or vegetable to try. In a special notebook, have them write or dictate their ideas to you.
- Take your youngsters grocery shopping with you. Let them hold the shopping list, look for items, and check them off as you go. Have them compare labels to find foods lower in fat, calories, and salt. Steering clear of the candy and soda aisles will head off fights about sugary treats. Throughout your shopping trip, discuss the items you're putting in your basket, and praise your youngsters when they make nutritious choices.

..... Stock up!

Your youngsters will eat better if they have easy access to healthy food. Tempt your family with these suggestions.

- Get in the habit of leaving bowls of fresh fruit (apples, tangerines, grapes, bananas) on the kitchen counter or dining room table.
- Pick up bags of vegetables (cauliflower, broccoli, green beans) already washed and trimmed, ready to eat raw or pop into the microwave.



- Fill your pantry with nutritious snacks.
Examples: nuts, low-fat granola bars, baked crackers, applesauce cups, raisins, and rice cakes.
- Stock the cereal shelf with different whole-grain varieties.
- In the refrigerator, keep skim mozzarella string cheese and low-fat ranch dressing for a vegetable dip.
- Have a supply of sandwich items, such as whole-grain bread, peanut butter, no-sugar-added jam, lean deli meats (turkey, ham), light mayonnaise, and mustard.
- Make sure your refrigerator always has fat-free milk (plain or chocolate).
- Remember: Water from your faucet is the perfect health drink for your youngsters!

..... Check it twice

Food safety is an important part of healthy eating. Teach your kids some basics with simple ideas like these.

- Begin by explaining, "Some food goes bad after a certain amount of time. Eating it too late can make you sick." Show your children where the expiration dates are stamped (on the front of milk gallons, side of yogurt containers, top of cereal boxes).
- Once a week, put your youngsters in charge of checking for old dates. Talk about what to look for: "Use by" means the food should be thrown out on that date. "Sell by" means the grocer has to take it off the shelves, but you can use the food a little longer. "Best by" means the food will begin to lose flavor but is still safe to eat. (Check the government site www.fsis.usda.gov/fact_sheets/Food_Product_Dating/index.asp for guidance.)
- Rotate foods. When you bring groceries home, have your kids move the items with the oldest dates to the front of the refrigerator or pantry so they get used first. Note: Freezing products, such as meat or butter, keeps them safe to eat for much longer.

GROCERY LIST

Make copies of this list, and check off the items you need each week.

Fresh fruits

- ☐ Bananas
- ☐ Grapes
- ☐ Apples
- ☐ Pears
- ☐ Oranges
- ☐ Grapefruit
- ☐ Kiwi
- ☐ Plums
- ☐ Peaches
- ☐ Nectarines
- ☐ Mango
- ☐ Papaya
- ☐ Strawberries
- ☐ Blueberries
- ☐ Watermelon
- ☐ Cantaloupe
- ☐ Other _____

Fresh vegetables

- ☐ Broccoli
- ☐ Cauliflower
- ☐ Green beans
- ☐ Lettuce
- ☐ Greens (spinach, collard, kale)
- ☐ Tomatoes
- ☐ Cucumbers
- ☐ Squash (yellow, butternut, acorn, zucchini)
- ☐ Bell peppers (green, red, yellow, orange)
- ☐ Onions
- ☐ Potatoes
- ☐ Carrots
- ☐ Celery
- ☐ Mushrooms
- ☐ Other _____

Dairy

- ☐ Fat-free milk
- ☐ Butter
- ☐ Eggs
- ☐ Cottage cheese (low-fat)
- ☐ Cheese (low-fat cheddar, Monterey Jack)
- ☐ Cream cheese (low-fat)
- ☐ Yogurt (fat-free)
- ☐ Other _____

Grains

- ☐ Bread (bagels, English muffins, tortillas, pita)
- ☐ Cereal (cold)
- ☐ Oatmeal
- ☐ Pasta
- ☐ Rice
- ☐ Grits
- ☐ Barley
- ☐ Couscous
- ☐ Crackers
- ☐ Popcorn
- ☐ Other _____

Note: Try to find whole-grain varieties for each.

Fish

- ☐ Tuna (canned, packed in water)
- ☐ Salmon (canned or fresh)
- ☐ Fresh fish (check for varieties available)
- ☐ Other _____

Meat/Poultry

- ☐ Lean ground beef
- ☐ Lean ground turkey

- ☐ Chicken (skinless pieces, whole)
- ☐ Turkey (breast, cutlets)
- ☐ Pork (roast, chops)
- ☐ Beef (look for roasts and steaks marked "lean")
- ☐ Other _____

Canned/jar foods

- ☐ Beans (black, garbanzo, kidney, pinto, white)
- ☐ Fruits packed in their own juice (peach and pear slices, pineapple chunks)
- ☐ Applesauce
- ☐ Tomatoes
- ☐ Spaghetti sauce
- ☐ Vegetables (carrots, corn, peas)
- ☐ Other _____

Frozen Foods

- ☐ Vegetables (no butter or sauce added)
- ☐ Fruit (no sugar added)
- ☐ Fat-free frozen yogurt
- ☐ Fruit juice bars
- ☐ 100% fruit juice concentrate
- ☐ Fish fillets (unbreaded or lightly breaded)
- ☐ Other _____

Drinks

- ☐ 100% juice
- ☐ Seltzer water
- ☐ Other _____

Miscellaneous

- ☐ Oils (olive, canola)
- ☐ Nonstick cooking spray
- ☐ Soy sauce (low-sodium)
- ☐ Mayonnaise (reduced-fat)
- ☐ Ketchup
- ☐ Mustard
- ☐ Salsa
- ☐ Nuts (almonds, cashews, pecans, walnuts, peanuts)
- ☐ Seeds (unsalted pumpkin, sunflower)
- ☐ Salad dressings (low-fat or fat-free)
- ☐ Herbs
- ☐ Spices
- ☐ Vanilla extract
- ☐ Sugar (white, brown)
- ☐ Flour (whole wheat, all-purpose)
- ☐ Corn meal
- ☐ Soup stock (all-natural chicken, beef, vegetable)
- ☐ Baking soda
- ☐ Baking powder
- ☐ Dried fruits (raisins, cranberries, apricots)
- ☐ Peanut butter
- ☐ Jellies, jams (low-sugar)
- ☐ Honey
- ☐ Maple syrup (100%)
- ☐ Other _____

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

Everyday Learning

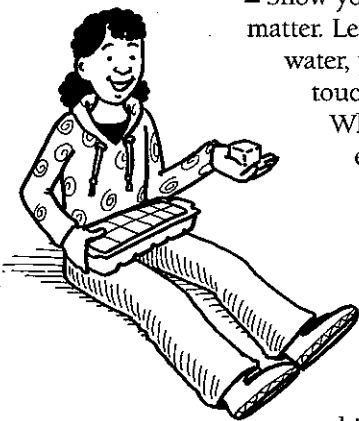
Any time is learning time when your youngster adds math to chores, practices reading in the car, or discovers science at the playground. Whether you're at home or out and about, you can turn daily activities into learning opportunities.

Try these ideas for building your child's skills in reading, writing, math, science, and social studies.



Around the house

■ Your youngster can practice writing by helping you make a chore schedule. Divide a sheet of paper into seven columns, and have him write a day of the week at the top of each column. Then, ask him to write each job (dust, vacuum, trash, recycling) on a separate sticky note. Let him place the notes in the columns that work best (do bigger jobs on week-ends, take out trash on trash day).



■ Show your child the different states of matter. Let her fill an ice cube tray with water, put it in the freezer, and then touch the ice after it's frozen.

When you boil water for pasta, explain that the water is liquid, and the cloud of evaporated water she sees above is called steam.

■ Use your daily mail for a math lesson. As you open mail, have your youngster sort it into piles (magazines, bills, letters, catalogs, flyers).

Then, play your own version of "The Price Is Right." Using a store flyer from the mail, separately cut out pictures and prices of 10 clothing or household items, and ask your child to match them up. He'll learn how much everyday items cost. *Note:* Older children could add the prices up to figure the total.

■ Give your youngster practical reasons to read. When you do laundry, put her in charge of reading the care instructions on clothing labels. When you're making oatmeal for breakfast or macaroni and cheese for lunch, have her read the cooking directions to you. Write phone messages or other notes on a message board for your child to read.

On the go

■ Carry along a calendar so your child can keep track of dates. At the library, if he can borrow books for two weeks, let him figure out when they are due back. Have him mark the date on his calendar. He can also write down what day your dry cleaning will be ready or the dates of his gymnastics classes.

■ Your youngster can practice reading by playing the alphabet game in the car. Have her list the alphabet on a piece of paper and look at signs to find words that begin with every letter. *Examples:* A = antiques, B = books, C = cab. She can write the words down as she finds them. How many spaces can she fill in?

■ A trip to the grocery store can improve your youngster's math skills. When you choose a fruit or vegetable, let him hold the bag to guess the weight. He can put it on the scale to check and use the results to predict more accurately the next time. Then, have him use rounding skills to estimate the cost. If carrots weigh 2 pounds and cost \$.89 per pound, what is the total cost? ($2 \times .90 = \$1.80$) As you're shopping, have your child round prices of items to the dollar when he puts them in the cart ($\$1.89 = \2.00 ; $\$3.25 = \3.00). He can give you his total estimate when you get to the checkout.



continued

■ Postcards are a fun way to keep writing skills sharp. The next time you're at a park, farm, or toy store, have your child write a postcard. On one side of an index card, she can draw a picture of the place. On the other, she can write a sentence or two about the spot she chose. Help her add a friend's or relative's address and mail her postcard when you go to the post office.

Outdoor play

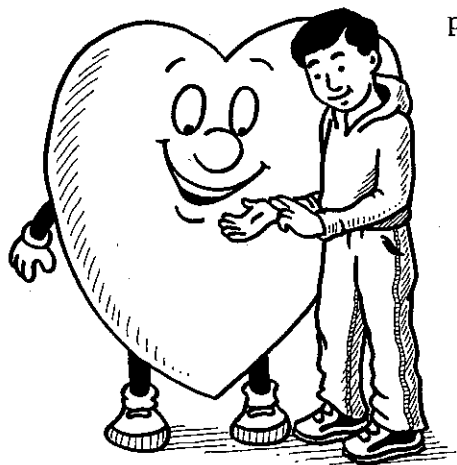
■ Take a walk in your neighborhood to work on counting. Have your youngster carry along a notebook to record his own "census." He can list categories of things to count, such as girls, boys, mailboxes, and flags. How many of each can he find?

■ Encourage your child to make up an imaginary animal and tell how she would take care of it (feed it, play with it, give it a clean house to live in, provide water). To learn about what animals need and how they behave, sit outside and watch them. Your child might notice a dog playing with a stick, a squirrel gathering acorns, or a spider spinning a web.

■ Your youngster can use his heart for a quick science lesson. At the playground, show him how to take his pulse. Turn his right hand palm up. Have him press the first two fingers of his left hand against his right wrist, just beneath his thumb. He can count beats for 15 seconds and multiply by 4 to get his resting heart rate. Right after he plays on the equipment, have him check his pulse again.

What happens? Answer: His pulse will be faster.

■ Hands-on writing activities can improve your child's vocabulary and spelling. Encourage her to write in the sand or dirt with her finger or a twig. Or she can spell her name using small pebbles to construct the letters.



Fun and games

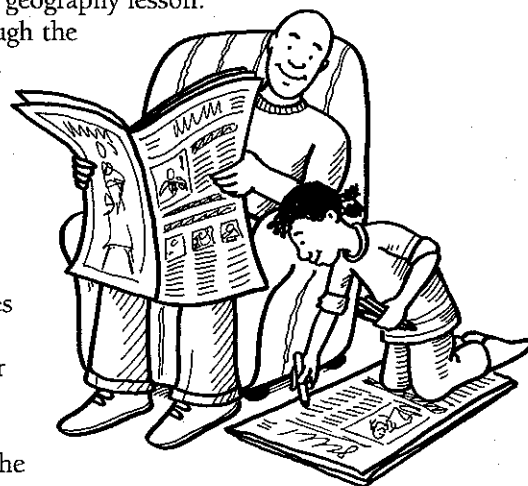
■ After your youngster watches his favorite TV show, have him make up a script for a new scene. Help him get started with questions like "What will the boy do next?" or "Where will the family move?" When his script is finished, act it out together.

■ Relax after dinner with the newspaper—it's full of learning activities. Give your child the sports section and a red pen, and ask her to circle all the verbs (defeated, scored, upset). You can also cut the comic strips apart and let her practice sequencing skills by putting them back together in the right order. Or try this geography lesson:

have her go through the news section and make a list of the cities she finds. Then, help her locate each one on a map or globe.

■ Explore textures with this activity. Hand each player a sheet of paper and a pencil or a crayon (remove the wrapper). Show your youngster how to put the paper over an object and rub the pencil or crayon across it. Then, walk around the house and make rubbings of textured objects like coins, Velcro, a tile floor, or a vent.

■ Work together to build a city out of toy blocks—and give your child practice with writing, math, and map skills. Suggest that he include roads, houses, and businesses such as a post office, bank, and gas station. He can write out street and building signs to tape to the blocks. Then, have him count the buildings in his city or the number of blocks he used. Suggest that he add toy people and move them around his town. Would they go right or left to get from the library to the grocery store?



Home & School CONNECTION

Resources for Educators, a division of Aspen Publishers, Inc. ■ 128 N. Royal Avenue, Front Royal, VA 22630 ■ 540-636-4280

© 2009 Resources for Educators, a division of Aspen Publishers, Inc.

HS09xx101E