

March 20, 2020

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# Pirate News

Early Dismissal Every

Friday @2:03 pm



## April 7 Election Postponed!

Due to the COVID-19, pandemic, the April 7 election has been postponed until June 2.

The current Board of Education members will remain in place until the election occurs and the board reorganizes in June.

Please contact Pam Schlueter, Board of Education Secretary, if you have any questions.

[Check springbluffpirates.com](http://springbluffpirates.com)  
[often for schedule updates!!](#)

## **Learning will go on!**

Continuing with student learning is critical even though school is not in session. Spring Break ends Monday, March 23 and students will continue learning using alternate methods until further notice. During phone conferences, classroom teachers explained how parents/students will access lessons as well as learning expectations. Teachers will be checking in with students through email and/or phone calls several times a week to ensure everyone stays on the learning track. Please reach out to your child's teacher if you have any questions as we get this new process underway.

The Educational Foundation will be raffling a Pit Boss Pro Series 1322 sq. in. Mahogany Pellet Smoker. Students who sell \$50 worth of raffle tickets will jump for bucks after the event is held. If you need more raffle tickets, ask your child's teacher or stop by the school office. **Raffle drawing has been moved to May 7th. Look for more information to come.**

Donated by: Harmon Truck Service & Spring Bluff Bus Drivers.



In light of the Spring Bluff Educational Foundation Auction being cancelled, the items that have been donated by local Businesses and Families, along with Class Baskets will be auctioned through an online auction site. The online auction will be held April 3rd -5th.

More information will be sent next week along with the auction link.



### This Week's Attachments

- ◆ Nutrition Nuggets
- ◆ Reading Connection

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2020

## BEST BITES

### Positive peer pressure

When your youngster eats with friends at school or at home, encourage her to notice healthy foods they enjoy. She may be inspired to try something new, such as collard greens, polenta, or artichokes, just by seeing a friend eat it.



### Act out the weather

What's the weather outside? Let your child show you, instead of telling you, with this active idea. Have him look outside and then "become" the weather. He might whirl around fast like the wind, stomp his feet and pound his arms for thunder, or dance with his arms outstretched on a sunny day.

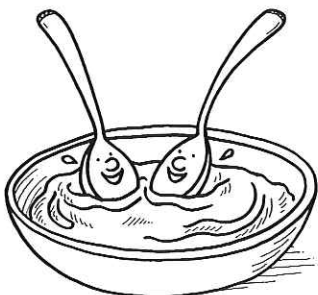
### DID YOU KNOW?

Oregano is full of antioxidants, which can boost your youngster's immune system and help her stay healthy. Try adding fresh or dried oregano to salads and grilled meats or fish. Your child may like the flavor because it reminds her of pizza!

### Just for fun

**Q:** What did one spoon say to the other?

**A:** Let's stir things up!



## Calcium counts

How can you get your child to eat more calcium? Appeal to his desire to be strong! Let him know that calcium builds strong bones for playing and growing. Then, try these ideas.

### Fill a bank

Encourage your youngster to make a "calcium bank." First, turn a plastic milk jug on its side and cut a slit in it. Next, help him find magazine pictures of foods with calcium (milk, cheese, dark-green leafy vegetables). He could cut them out and glue them all over his bank. Each time he eats one of those foods, he puts a coin in the slot.

### Add to every meal

Get your child used to having calcium throughout the day. Point out calcium-rich foods he's already eating (milk in his breakfast cereal, grilled cheese for lunch), and help him think of more he could have (baby spinach

in his sandwich, yogurt and fruit for dessert). *Tip:* Adding an 8-oz. glass of nonfat milk to a meal gives him another serving of calcium.

### Cook with calcium

Add calcium to your youngster's diet by cooking with dairy products and foods that contain calcium. For instance, use nonfat milk instead of water when heating up canned tomato or mushroom soup. Melt Parmesan cheese onto cooked zucchini or green beans. Put tofu into a stir-fry, or stir white beans into chili. ♥



## Celebrate spring!

Enjoy the first day of spring on March 19, and get some exercise, by heading outdoors with your youngster. Here's how.

**1. Take a walk.** Look for signs of spring. Does your child hear woodpeckers pecking on trees or spot buds on bushes?

**2. Visit a farm.** Your youngster may see newborn lambs or other baby animals. Plus, some farms have play areas where she could climb on hay bales or play beanbag toss.

**3. Do spring cleaning.** Ask your child to help you wash the car or clean out the garage. She could also hose down her bike and outdoor toys. ♥



This institution is an equal opportunity provider.

# Better snacking strategies

The right snacks satisfy your youngster's hunger in a healthy way. Teach her to make smart choices with these tips.

**Pack smart.** Send nutritious snacks that are appealing, portable, and easy to eat when your child is away from home. Many kids love finger foods like grapes, baby carrots, and string cheese. (Include an ice pack to keep cold foods cold.) *Note:* Be sure to follow her school's policy on snacks.



## Think beyond "snack foods."

Foods your youngster normally eats at breakfast, lunch, and dinner can be snacks, too. Together, think of examples, such as whole-grain toast with almond butter, a salad, or mini turkey meatballs.

**Establish good habits.** Help your child develop healthy snacking habits to avoid overeating or making poor food choices. You might limit snacking to the kitchen table and put away electronics while you eat. Also,

look at packages together to find and measure out the healthy serving size. ♡

## ACTIVITY CORNER

### Scarf games

Get two lightweight scarves (or cloth napkins) for these games that will boost your child's coordination.

● **Catch.** Take turns throwing a scarf in the air for the other person to catch. The scarf will float slowly to the ground, giving him time to catch it. This is a great way to build confidence as your youngster's catching skills improve.



● **Copycat.** Have each player hold a scarf, and take turns adding movements for each other to copy. Your child might do big arm circles with his scarf. You mimic him, then add a move, perhaps swooshing your scarf behind your back. Keep going, repeating all the previous movements and tacking on your own. When someone can't remember a move, the other player wins. ♡



## Q&A Pasta every day?

**Q:** My daughter would eat the same foods every day if I let her—especially pasta. How can I get her to branch out?

**A:** It's normal for kids to prefer familiar foods, but a balanced diet will give your child a variety of nutrients.

Try starting with foods she likes and make small adjustments. For instance, serve spaghetti squash or "zoodles" (zucchini noodles) with your daughter's favorite pasta sauce. Or add chopped broccoli to macaroni and cheese.

You might also offer a new food as an appetizer before a meal, when your youngster is hungrier. Set out cucumber slices with a dip she'll eat, for instance.

Finally, keep in mind that it may take a dozen attempts or more before a child accepts a new food—so keep serving them in different ways until you find a winner! ♡



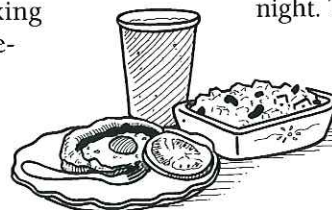
## IN THE KITCHEN

### Wake up with veggies

Fruit, toast, milk, eggs ... which food group is missing from that typical breakfast lineup? Vegetables! Round out your child's morning meal with these recipes.

#### Egg in a cap

Place a large portobello mushroom (stem and gills removed) upside down on a foil-lined baking sheet. Crack an egg carefully into the cap and bake at 375° for 15–20 minutes, until set. Top with chopped tomato.



#### Green smoothie

Let him blend 1 cup fresh spinach, 1 banana, 1 cup fat-free milk, ½ cup frozen cauliflower, and 1 tsp. each vanilla extract and honey.

#### Breakfast potatoes

Thaw 3 cups frozen potatoes (shredded or cubed) in the refrigerator overnight. Toss with 1 cup black beans and ½ cup each diced green and red peppers. Spread on a lightly greased baking sheet. Bake at 400° for 30 minutes. ♡

## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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a division of CCH Incorporated  
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

# Reading Connection

Tips for Reading Success

Beginning Edition

March 2020

Spring Bluff Elementary School  
Mrs. Jeannie Jenkins, Superintendent

## Book Picks

Read-aloud favorites



### ■ *Frankly, Frannie* (AJ Stern)

Frannie is still in elementary school, but she's ready for a real job. During a field trip to the local radio station, she might get her chance. The radio host is missing—in the middle of his show!



She's determined to fill in, with hilarious results. Book one in the *Frankly, Frannie* series.

### ■ *The Great Gran Plan*

(Elli Woollard)

What do you get when you cross the Three Little Pigs with Little Red Riding Hood? A picture book adventure where the big bad wolf is plotting to eat Granny, and a pig is on a mission to rescue her! (Also available in Spanish.)

### ■ *Bring Me Some Apples and I'll Make You a Pie: A Story About Edna Lewis* (Robbin Gourley)

Edna was raised on a Virginia farm where she learned to cook with foods her family grew, including apples. This true story tells how she grew up to become an award-winning chef who was known for using farm-fresh ingredients.



### ■ *The Truth About Bears: Seriously Funny Facts About Your Favorite Animals* (Maxwell Eaton III)

A trio of bear narrators—polar, brown, and black—add humor to this nonfiction book. Your child will discover where bears live, how big they are, and what their tracks look like. Includes cartoon illustrations and easy-to-read text, maps, and diagrams.



## Writing about me

“Personal narrative” is just a fancy term for a true story about the person your child knows best—herself! She's learning to write that kind of story in school, and you can help her at home with these activities.

### Outstanding openings

A strong opening makes readers want to keep reading. Ask your youngster to name something your family did recently (say, visited a museum). Then, each of you can write two opening sentences for a story about it. Write one that doesn't give much information (“We went to a museum”) and one that's more inviting (“My favorite museum has a giant elephant statue”). Trade papers, and tell which sentence you each like better and why.

### Details

Vivid details paint pictures for readers. You and your child could each secretly think of a topic and write three sentences that give details about it. If your youngster picks music class, details might include



“The piano has smooth black and white keys,” “We shake shiny bells while we sing,” and “Sometimes we dance to music.” Read your sentences aloud, and try to guess each other's topic.

### Excellent endings

It's common for new writers to wrap up a story with “Then we went home” or “Then we went to bed.” Work together to write a more creative final sentence for a story about your day. (“The March wind howled outside, and we fell asleep hoping to dream about spring.”)♥

## A celebration of reading

March 2 is Read Across America Day. Celebrate with your youngster by using books to learn about different places and languages in our country. Here's how:

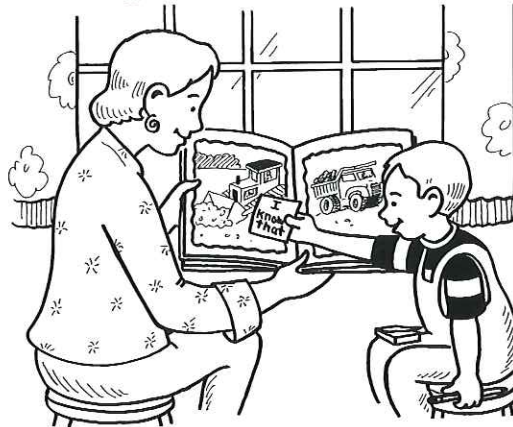
- Look for a library book set in a different part of the country. Depending on where you live, your child could read about a youngster growing up in a seaside town, a mountain village, or a big city. As you read together, encourage him to compare his life to the character's—how are they similar and different?
- Many languages are spoken in America! Ask a librarian to help you find a book with words in two languages, including the one your family speaks at home. You and your child could learn a few words in the other language and use them in conversations.♥



# Use your knowledge bank

Your youngster's brain holds a key to better reading comprehension—his “bank” of knowledge. Try these strategies that will help him use what he already knows to understand new information.

**Before.** Unlock your child's knowledge by doing a book preview together. Look at the pictures, and ask him what they make him think of. He might say a photo of a bulldozer reminds him of a construction



site in your neighborhood. Then you could ask what other construction vehicles he thinks the book might mention.

**During.** Keep your youngster on the lookout for familiar and unfamiliar information while you read to him. He could write “I knew that!” to stick on a page that mentions a bulldozer scooping dirt and “Cool new fact!” to put on a page that explains what a forklift does.

**After.** Go back to the pages your child marked, and let him tell you what he learned. Did he find a new fact about something that was familiar? He might say he discovered that some bulldozers have wheels instead of tracks.♥

## Parent to Parent Write a nonfiction book

My son Samuel loves nonfiction books. He especially seems to enjoy the diagrams and other graphics. One day, after we'd read a book about sea animals, I noticed him drawing and labeling a diagram of our house. I asked what he was doing, and he explained that he was writing his own nonfiction book about our pets.



Samuel's diagram showed our cat lounging in a sunny window and our cockatiel on her perch. Next, he wrote a page comparing cats and birds. It was adorable—he wrote that you can snuggle with a cat, but a bird can ride on your shoulder.

He stapled the pages together and drew a book cover. Next, Samuel is going to write a nonfiction book about soccer.♥



## Q&A Reading to siblings

**Q** My daughters, ages 4 and 6, have very different interests. Do you have any tips for picking books to read aloud that they'll both enjoy?

**A** Here's an idea: Ask each child to choose a library book she thinks the other would like. Your little one might pick a story about origami for her big sister, and your older daughter may choose a story about rock collecting for your younger one. They'll learn kindness, and they'll be more inclined to listen to stories they picked out.

Then, when you choose books, keep in mind that your older child may enjoy a story that's too young for her if it's on a favorite topic. And your little one will find it easier to pay attention to a harder book that matches her interests. Finally, broaden their interests by selecting books on topics unfamiliar to both children.♥

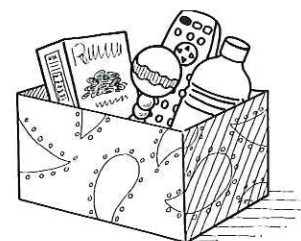


## Fun with Words What doesn't belong?

Which word doesn't sound like the others—*button, bean, noodle, or bow*? If your youngster said *noodle*, she's paying attention to beginning sounds (*noodle* is the only word that doesn't begin with the *b* sound). Play this game to help her practice hearing sounds in words.

Let your child fill a box with three objects having the same beginning sound (*rattle, raisins, remote*) and one that starts with a different sound (*bottle*).

Then, you pick the item that doesn't belong in the box (*bottle*). Or you might deliberately make a mistake (*rattle*). Can your youngster correct you? Now you refill the box, and have her figure out which of your objects doesn't belong.



*Variations:* Choose items that share an ending sound (like *-en* as in *mitten*) or vowel sound (perhaps short *a* as in *cap*).♥

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# Reading Connection

Working Together for Learning Success

March 2020

Spring Bluff Elementary School  
Mrs. Jeannie Jenkins, Superintendent



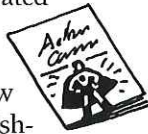
## Book Picks

### Boys of Steel: The Creators of Superman

(Marc Tyler Nobleman)

In 1934, high schoolers Jerry and Joe combined their writing and drawing skills to create the celebrated superhero Superman.

This comic-style book tells the true story of how the duo convinced publishers to take a chance on Superman and how the character became a household name.



### Me, Frida, and the Secret of the Peacock Ring

(Angela Cervantes)

Paloma doesn't realize that her love of mystery books is going to come in



handy during a visit to Mexico. Siblings Gael and Lizzie are supposed to tutor her in Spanish,

but instead they invite her on a search for the missing ring of famed Mexican artist Frida Kahlo.

### Science Experiments You Can Eat

(Vicki Cobb)

Young scientists will enjoy testing these edible experiments in the kitchen. Make rock candy to explore crystals, whip up salad dressing to see how liquids are suspended in oil, and more. Includes a glossary of science terms.

### Sled Dog School

(Terry Lynn Johnson)

To bring up his math grade, Matt takes on an extra-credit



project to start a business. The one thing he's really good at: training sled dogs. Follow along as Matt learns to handle customers and track his expenses while juggling his day-to-day school responsibilities.

## Keep reading aloud

When your youngster listens to you read, good things happen. He uses his imagination, adds words to his vocabulary, and boosts his comprehension.

Plus, even though he probably reads on his own now, reading aloud can help your child develop a love of books that will last a lifetime. Try these ideas.



### Choose books together

Novels, short stories, and non-fiction books all make good read-alouds. Spark your youngster's interest in listening by having him help you decide what to read. Look at lists of award-winning books at your library or online. Or ask his teacher, a librarian, or a bookseller for recommendations.

### Find time daily

Try to read to your child a little every day. When you're reading a long book, a few pages a day can help him remember what's happening. *Tip:* If he has reading to do for class, you might suggest that

he finish it first and then play outside or have a snack before he settles down to enjoy a read-aloud.

### Include the family

Invite everyone to listen when you read to your youngster. Create a relaxed atmosphere by stopping to laugh at funny parts or asking for opinions about a character's decision. At the end of story time, build excitement for the next installment by letting each family member predict what will happen. ▣

## Be a fact finder

Use trivia as a fun way to get the whole family learning together. Gather almanacs, record books, or trivia books from the library, and do these activities:

- Let your youngster pose a fact-based challenge. ("Find a fact about outer space.") Everyone searches the books, and the first person to find a fact that fits reads it aloud. ("All planets rotate counterclockwise except Venus and Uranus.") Then, that family member asks for the next fact.

- Play a board game with a twist: To move, answer a question from another player based on a fact from a book. *Example:* "What was Thomas Edison's middle name?" (Alva) The first player to circle the board wins. ▣



# Organize before writing

Help your youngster set herself up for writing success! She can turn in better reports and essays by organizing ideas and information before she starts writing. Encourage her to use this three-step method.

**1. Get focused.** The first step is pinpointing the main idea of her paper. If your child's teacher assigns a report on the Underground Railroad, her main idea could be "The Underground Railroad was a secret network that helped some enslaved people escape to freedom."



**2. Choose subtopics.** As your youngster does research, suggest that she write each fact on a separate index card. Then, she can sort the cards into subtopics ("Leaders," "Routes," "Opposition"). She might label an envelope for each category and store the cards in the appropriate one.

**3. Review notes.** Before she writes her paper, she should read over the note cards in each category. She can set aside any that don't support her main idea and rearrange those that belong with a different subtopic. Now, she's ready to write. ■



## Fun with Words Write a "list poem"

Your child can learn to describe a topic thoroughly by writing a list poem. It's just what it sounds like: a list of words and phrases that go together to make a poem.

First, have your youngster pick a person, place, or thing and write a title for his poem ("My Best Friend," "The Roller Skating Rink," "A Rainy Day").

Next, he can list words and phrases underneath. Encourage him to pick a variety of vivid vocabulary words, such as action words or words that describe colors and senses. Finally, he might wrap up his poem by repeating the title as the last line. Here's an example:

**A Rainy Day**  
 Drips, drops, sprinkles  
 Gray sky  
 Dark clouds  
 Lightning flashes  
 Thunder booms  
 Clouds burst open  
 A rainy day. ■



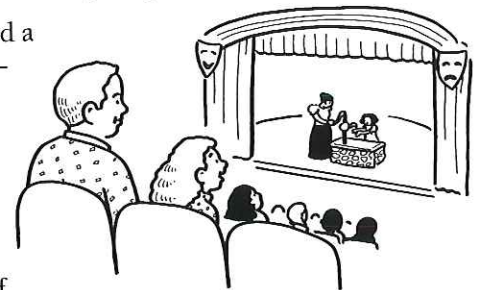
## Parent 2 Parent Read a book, see a play

Last spring, I discovered a new way to share my love of theater—and reading—with my daughter Eva.

My neighbor gave our family tickets to her son's high school play. After the performance, Eva surprised me by asking to read the book the play was based on. We borrowed a copy from our neighbor, and by the end of the week, we had both finished reading it.

Now I keep an eye out for plays inspired by books, either at the high school or at our community theater. Sometimes we read the book first. Other times, we see the play first. Then we compare the two versions.

We recently saw *Alice's Adventures in Wonderland*, and next we have tickets for *The Jungle Book*. Eva has already finished reading both books! ■



## Q&A Ready for testing

**Q** My son has standardized tests coming up. How can I help him prepare for the reading sections?

**A** Start by asking him what kinds of questions will be on the test. He can find out from his teacher or look at sample exams given out in class or posted online. Then, he can use homework assignments as practice.

If the exam will be timed, your child could time himself when he writes an English essay. Or he might use strategies for

reading-comprehension questions when he has history assignments.

For instance, suggest that he start by reading the questions in a handout or a textbook chapter—and then read the relevant passages. This will tell him what information to look for, and he'll be ready to try this technique on test day.

*Note:* Make sure your child gets a good night's sleep and a healthy breakfast before his test (and every day). ■



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