

November 15,
2019

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

jjenkins@springbluffpirates.com



Pirate News

Early Dismissal Every
Friday @2:03 pm

Upcoming Events

Midterm Ends	11/15
Midterm Reports Sent Home	11/20
School Board Meeting @ 6:30 pm	11/21
Kindergarten Feast @ 11:00 am Signed Midterm Reports Due Back	11/22
NO SCHOOL THANKSGIVING BREAK	11-27-11-29

School Cancellations

It's that time of year again. Anytime school is cancelled or dismissed early, parents will be notified through our School Messenger system. Please be sure to contact the school office to update your contact information if your number(s) change anytime throughout the school year. The School Messenger number, 844-875-4925, will appear on your phone and can be called back to replay the message. In order to keep the phone lines available, we ask that you do not call the school office if you missed the message. Thank you in advance for helping us out with this.

School closing information will also be posted on the district's website, channels 2,4, & 5 as well as KTUI radio. Announcements will be made as early as possible, generally before 6 a.m.

2nd Chance For Apparel

If you missed it the first time, you have a second chance to order apparel! Order forms can be found in this week's newsletter. Please have all orders and money returned to school by MONDAY, NOVEMBER 18TH. Only two designs are available-but all sizes and shirt styles can be ordered! If you have any questions, contact Mrs. Garner at jgarner@springbluffpirates.com. The designs can be viewed on the attached order form.

This Week's Attachments

- Spring Bluff Apparel Order Form
- Craft Fair Flyer for Kids
- Nutrition Nuggets



Are your students dressed for the weather?!?

Our weather seems to be changing daily and difficult to keep up with. Please help your child prepare for the unpredictable Missouri weather and make sure they have a coat, hat, and gloves everyday. As long as the wind-chill is 25 degrees or above, students will go outside for recess and enjoy some fresh air.



Thank you Veterans!

A heartfelt thank you goes out to our veterans and other guests who joined us for our Veterans Day program on Monday, November 11th. We hope our songs and messages served as a tribute and honor to your service and sacrifice and demonstrated our appreciation for the freedom we enjoy. A thank you also goes out to the entire Spring Bluff Staff who assisted with the program as well as Mrs. Dana Tutterrow and Mrs. Paige Andreasen. Everyone's efforts are much appreciated.

Ways to Stay Informed this Year:

@springbluffrxv



@springbluffpirates

Website: <http://www.springbluffpirates.com>**Pirate News****Spring Bluff Pirates****COUNSELOR'S
CORNER**Diana Wiese
K-8 School Counselor
dwisee@springbluffpirates.com**STRESS: How to Help your Student**

1. Don't overschedule—kids need time to decompress and have down time just to play or do something they enjoy.
2. Ensure the right amount of sleep—the American Academy of Pediatrics advises children ages 1-12 get a minimum of 9-12 hours of sleep per night, and 8-10 hours is recommended for teens.
3. Serve a healthy diet—provide a variety of fruits/vegetables for snacks, and reserve soda/sweets for special occasions
4. Provide an opportunity for physical exercise each day
5. Model self-care—getting enough sleep, eating healthy food, and exercising are important activities for you to model for your child.

**Join us for a night with Santa**

December 9, 6-7:30 p.m.

Grades K-3 only

Santa will be here on Monday, December 9 to visit with K-3rd grade students. Students will enjoy a fun filled evening with crafts, listening to Christmas stories read by teachers, and hot cocoa and cookies for a special treat.

Please plan on attending this fun evening hosted by Mrs. Binsbacher, Title I teacher, and the Spring Bluff Educational Foundation.

Tips From Title I**Instilling a Growth Mindset in Your Child Will Help Them Succeed!**

We all know the importance of a positive attitude, especially when faced with difficult tasks. When we instill in our children a Growth Mindset, challenges become something that are welcomed and attacked head-on with perseverance and determination to succeed. Here are a few tips to help you begin to shift your child's mindset from fixed to growth.

- **Pay attention to effort over results**
 - A grade that has been earned with hard work, whatever that grade is, should always be rewarded before something that was achieved without effort.
 - **Use the word 'yet', and use it often**
 - When they say 'I don't know how to do it,' encourage them to replace this with, 'I don't know how to do it yet.' Keep doing this and soon they will learn to do this for themselves. Self-talk is a powerful thing.
 - **Be specific with praise**
 - Attach your praise to something specific. Rather than 'You're really smart,' try 'It was really clever the way you experimented with a few different ways to solve that problem. Nice work!'
 - **Encourage a healthy attitude to failure and challenge**
- Speak of failure and challenge in terms of them being an opportunity to learn and grow.

"All things are difficult before they are easy." ~Thomas Fuller

Go Pirates!**Sporting News & Events****Monday, November 18th****Tuesday, November 19th****Saturday, November 23rd****6B/7G @ Lonedell 5:30 pm****5G/6B/7G/7B vs St. Gertrude @ Home 5:30 pm****4G/4B/5G/5B/6B/7G/7B/8B @ IC 12:00 pm**

Spring Bluff Apparel

Return order and payment by: **Monday, November 18**

Name: _____

Teacher: _____

Contact Phone #:

All designs (except dri-fit hoodie) are available in both **green and gold**

Contact Email:



	Youth			Adult						Total Cost
	S	M	L	S	M	L	XL	2XL (+ \$2)	3XL (+ \$2)	
Design 3										
T-shirt (green) \$12.00										
T-shirt (gold) \$12.00										
Long-sleeved t-shirt (green) \$15.00										
Long-sleeved t-shirt (gold) \$15.00										
Hoodie (green) \$25.00										
Hoodie (gold) \$25.00										
Dri-fit t-shirt (green) \$15.00										
Dri-fit t-shirt (gold) \$15.00										
Dri-fit long-sleeved (green) \$18.00										
Dri-fit long-sleeved (gold) \$18.00										
Dri-fit hoodie (green) \$35.00	not available									
Design 4										
T-shirt (green) \$12.00										
T-shirt (gold) \$12.00										
Long-sleeved t-shirt (green) \$15.00										
Long-sleeved t-shirt (gold) \$15.00										
Hoodie (green) \$25.00										
Hoodie (gold) \$25.00										
Dri-fit t-shirt (green) \$15.00										
Dri-fit t-shirt (gold) \$15.00										
Dri-fit long-sleeved (green) \$18.00										
Dri-fit long-sleeved (gold) \$18.00										
Dri-fit hoodie (green) \$35.00	not available									
Overall Total										



Craft Fair for Kids

SATURDAY, NOVEMBER 30
9:00 AM - 2:00 PM

PARENTS!! Bring the kids to Sunflower Cottage and let them do their Christmas shopping during our special Craft Fair for Kids!! Several vendors will have handmade items that cost \$5.00 or less!!

Browse the store while the kids shop!!

Kids Just Want to Shop, Too!

20 East Springfield Road
Sullivan, MO 573-468-3558

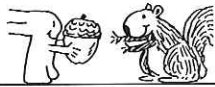


Nutrition Nuggets™

Food and Fitness for a Healthy Child

November 2019

BEST BITES



Taco-in-a-mug

Here's an easy way for your child to make her own "taco-in-a-mug." Let her put cooked shredded chicken in the bottom, then layer taco ingredients. She might add low-fat pepper jack cheese, salsa, and lettuce. She can sprinkle on crumbled baked tortilla chips and eat right out of the cup!



Playing together

What's one of the best ways to get your youngster moving and having fun? Join him! Suggest that the two of you throw a football together, or ask him to teach you how to skateboard. You'll set a good example, get some exercise, and enjoy time together.

DID YOU KNOW?

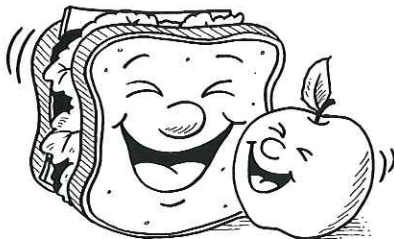
Introduce your child to healthy foods at the grocery store—for free.

Stores often let shoppers sample new items, such as edamame or tri-color quinoa. Say "yes" to anything nutritious that's offered and encourage her to try it. Then, add the products you both like to your shopping cart.

Just for fun

Q: What did the apple say to the sandwich?

A: Nothing. Apples can't talk!



Give peas (and carrots) a chance

Can vegetables be your child's new favorite foods? Yes! Try these ideas, and watch as veggies become something he looks forward to every day.

Featured vegetable

Think like an advertiser, and "sell" nutritious food choices to your youngster. You could post a menu with a featured vegetable. Give it a name that will make your child laugh. Maybe "Tina Turnip" will be the roasted root vegetable you'll serve with pot roast and brown rice pilaf. Tomorrow, ask him to sell you on the starring vegetable!

Vary the prep

Does your youngster prefer that vegetables have a certain texture or temperature? You might steam, roast, saute, puree, or blanch carrots or zucchini—which way does he like best? Or if you



always make cooked peas, offer cold pea salad or raw snap peas instead.

Add extras

Switch up your veggies with flavors your child likes—or may like once he tries them! Add cinnamon to butternut squash or sliced almonds to string beans. Or before cooking veggies, drizzle them with olive oil, then sprinkle on cayenne pepper or chili powder (for heat) or oregano, rosemary, and basil (for an Italian flair). ♡

Make an activity spinner

Turn a spinner from an old board game into a fitness tool. Here's how.

1. Your child can cover each wedge of the spinner with a strip of masking tape. On each strip, have her write a fun way to move. *Examples:* "Hop like a frog." "Twirl like a ballet dancer." "Fly like an airplane."

2. To play, one person spins the spinner, reads the action, and calls out something in the yard to tag (perhaps a bush).

3. Everyone follows the direction (hop, twirl) on the way to the bush and back to the spinner. The first person back spins next. ♡



Our family cookbook

This keepsake will teach your child about nutritious foods—and help you add more options to your family’s meals.

Collect. Have your youngster ask relatives for recipes they’d like to share. Look them over together, and pick out the healthier ones. For instance, your child might choose a casserole with tomato sauce rather than one with heavy cream.



Compile. Your youngster can glue each recipe onto a piece of notebook paper and illustrate it. Then, let her sort the recipes into categories, such as pasta, casseroles, and soups, and put them in a binder.

Use. Ask your child to pick out recipes and help you cook them. She could take a photograph of herself with each dish and mail it in a thank-you card to the relative who gave her the recipe.

Idea: Invite your youngster to share her cookbook with relatives at Thanksgiving. 🍂

ACTIVITY CORNER Pumpkin games

Anytime is the perfect time to play outdoors, and November is no exception. Try these games that use a pumpkin instead of a ball!



Roll it. Create start and finish lines. Players stand at the start line with a pumpkin at each person’s feet. At “Go,” racers roll the pumpkin along the ground with their hands. The first person to cross the finish line with his pumpkin wins.

Pass it. Everyone stands in a circle, arms’ length apart, with the “starter” holding a pumpkin. Turn on music, signaling the starter to pass the pumpkin to his left. When the music stops, whoever is holding the pumpkin stands still while everyone else runs around the outside of the circle once and stops in any available spot. Turn the music back on, and play again. 🍂



Q&A Nutrition for vegetarians

Q: My daughter has decided to become a vegetarian. How can I help her get the nutrients she needs?

A: Good news: A vegetarian diet can give your daughter all the nutrients her growing body needs. Talk to the school nurse, the cafeteria manager, or her doctor for advice. They may recommend protein sources like tofu, beans, and nuts. For iron, they’re likely to mention leafy green vegetables, dried fruits, and whole grains. Dairy products are good for protein and calcium, and eggs also do double-duty—they contain iron and protein.

Of course, your daughter’s choice means changes for you, too. Try to show support by how you prepare dinner. On spaghetti night, you might serve meatballs on the side. Or make vegetarian versions of favorite recipes, like spinach and mushroom enchiladas instead of chicken, or black bean burgers rather than beef. 🍂



IN THE KITCHEN Sheet-pan chicken dinners

Cooking an entire dinner for four on one sheet pan means quicker cleanup. Use 1 lb. boneless, skinless chicken breasts for each of these recipes.

Cheesy potatoes and broccoli

Drizzle the juice of one lemon on the chicken. In a large bowl, mix ½ lb. cubed red potatoes and 1 broccoli head cut into florets with 1 tbsp. olive oil and 2–3 crushed garlic cloves. Add to pan and lightly season with salt, pepper, and Parmesan cheese.

Bake at 400° for 35–40 minutes, until chicken is cooked through.

Fruit and veggie fajitas

Cut chicken into 1-inch strips, and place on cooking sheet. Add 1 sliced bell pepper, 1 sliced onion, and 1 16-oz. can pineapple chunks (in their own juice). In a small bowl, stir together 1 tsp. each olive oil and lime juice, and 1 tsp. each honey, chili powder, and cumin. Drizzle over chicken mixture. Bake at

350° for 20 minutes.

When cooked through, serve in warmed whole-grain tortillas. 🍂



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
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www.rfeonline.com

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

ISSN 1935-4630

Spring Bluff Basketball Schedule 2019-2020

Day	Date	Opponent	Location	Team	Time
Monday	11/18/19	Lonedell	Away	6B/7G	5:30 PM
Tuesday	11/19/19	St. Gertrude	Home	5G/6B/7G/7B	5:30 PM
Saturday	11/23/19	IC	Away	4G/4B/5G/5B/6B/7G/7B/8B	12:00 PM
Monday	11/25/19	OLL	Home	5G/5B/7B	5:30 PM
Mon-Sat	12/2-7/19	Borgia	Away	7B/8B Tourn	TBA
Tuesday	12/3/19	St. George	Home	5B/6B	5:30 PM
Tuesday	12/10/19	St. George	Away	7G/7B/8B	5:30 PM
Thursday	12/12/19	Immanuel Lutheran/Strain Japan	Home	7G/7B	6:00 PM
Friday	12/13/19	Borgia	Home	5B/6B	5:30 PM
Fri-Sat	12/13-14/19	Bourbon	Away	4G Tourn	TBA
Saturday	12/14/19	New Haven	Away	5G Tourn	TBA
Saturday	12/14/19	Cuba	Away	5B Tourn	TBA
Fri-Sun	12/13-15/19	IC	Away	4B Tourn	TBA
Thurs-Sat	12/19-21/19	IC	Away	8B Tourn	TBA
Thurs-Sat	1/2-4/20		Home	4G/5G Tourn	TBA
Fri-Sun	1/3-5/20	Bourbon	Away	4B Tourn	TBA
Fri-Sat	1/3-4/20	St. George	Away	5B/6B Tourn	TBA
Thurs-Sat	1/9-11/20		Home	4B/5B/6B Tourn	TBA
Saturday	1/11/20	Cuba	Away	4G/5G Tourn	TBA
Mon-Sat	1/13-18/20	OLL	Away	8B Tourn	TBA
Mon-Sat	1/13-18/20	Borgia	Away	6B Tourn	TBA
Tuesday	1/14/20	Lonedell	Home	6B/8B	5:30 PM
Thursday	1/16/20	St. Anthony	Away	3B/5G/5B	5:30 PM
Fri-Sat	1/17-18/20	IC	Away	6B Tourn	TBA
Tuesday	1/21/20	St. John	Home	5B/7G/7B	5:30 PM
Thurs-Sat	1/23-25/20	IC	Away	7B Tourn	TBA
Friday	1/24/20	Immanuel Lutheran	Away	6B/8B	6:00 PM
Tuesday	1/28/20	St. Vincent	Away	5G/7G	6:00 PM
Thursday	1/30/20	R-II	Away	4B/5G/8B	5:30 PM
Fri-Sat	1/31-2/1/20	IC	Away	6B Tourn	TBA
Saturday	02/01/20	St. Clair	Away	4G/5G Tourn	TBA
Sat-Sun	2/1-2/20	Washington	Away	4B/5B Tourn	TBA
*Monday	2/3/20	R-II	Home	4B/5G/8B	6:00 PM
Tuesday	2/4/20	Strain Japan	Away	7B	5:30 PM
Mon-Sat	2/3-8/20	Lonedell	Away	8B Tourn	TBA
Mon-Sat	2/3-8/20	St. Gertrude	Away	6B Tourn	TBA
Thursday	2/6-8/20	IC	Away	5B Tourn	TBA
Monday	2/10/20	St. Gertrude	Away	5G/6B/7G/7B	5:30 PM
Tuesday	2/11/20	Borgia	Away	5B/6B/8B	5:30 PM
Saturday	2/15/20	IC	Away	8B Tourn	TBA
Mon-Fri	2/17-21/20	St. Gertrude	Away	8B Tourn	TBA
Thursday	2/20/20	OLL	Away	6B/8B	5:30 PM
Sunday	2/23/20	IC	Home	4G/4B/5G/5B- Small Gym 6B/7G/7B/8B- Big Gym	12:00 PM
Tuesday	2/25/20	St. John	Away	5B/7G/7B	5:30 PM
Thursday	2/27/20	St. Vincent	Home	6B/7B	6:00 PM
Fri-Sat	2/28-29/20	OLL	Away	8B Tourn	TBA

Updated 10/28/2019

*8th Grade Recognition is on Monday, February 3, 2020.

Basketball/Cheer (2019-2020)

Practice Schedule

Big Gym

	Monday	Tuesday	Wednesday	Thursday	Friday
3-5	8B				
5-7	7B	7G	5G	8B	6B
7-8:30	6B	7B	4B	7G	4B

Practice Schedule

Little Gym

	Monday	Tuesday	Wednesday	Thursday	Friday
3-5					
5-7	5G	3B	5B	4G	4G
7-8:30	5B	Cheer		Cheer	

Practices Begin on Monday, November 4th!

Players MUST have a sports physical & proof of insurance to participate!