

January 17th,
2020

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

adanz@springbluffpirates.com



Pirate News

Early Dismissal Every
Friday @2:03 pm

Upcoming Events

No School	1/20
School Board Filing Ends @ 5:00 p.m.	1/21
STUCO 3:15-4:30 p.m.	1/21
Fine Arts Club 3:15-4:30 p.m.	1/23
Special Board Meeting @ 6:30 pm	1/23

This Week's Attachments

- ◆ Middle School Years Flyer
- ◆ Nutrition Nuggets Flyer
- ◆ Special Board Meeting Agenda
- ◆ 4B/6B Make UP Schedule

Freshman Preview Night

8th grade parents and students are encouraged to attend Freshman Preview Night .

WHERE: Sullivan High School
In the Commons area

DATE: February 5th, 2020

TIME: 6:00 p.m. to 7:00 p.m.

Valentine's Day

Parties are

February

14th

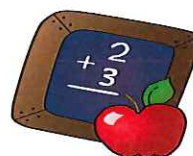
From

12:30-1:30 pm



Tips From Title I

I ♥ MATH



Sticking with last week's focus shift to math and the importance of fact fluency, this week I would like to give you a few tips on how to develop that fluency with your child. Remember, fact fluency will make so many things easier for them down the road. Here are a few suggestions on ways you can help your child.

- ◆ Good old fashioned practice - make it a 5-10 part of your nightly routine before bed, practice while driving in the car, in line at the grocery store, while preparing dinner, etc. Time for practice must be made at home as well as at school.
- ◆ Flex and hone mental math skills - being able to complete math problems in their head demonstrates a level of mastery. Ask your child to solve problems without the use of pencil and paper and to visualize the problem in their head. Flashcard drills are a great way to do this, but be sure to start with the ones you feel they are the closest to mastering to avoid frustration.
- ◆ Offer variety/Make it fun - offer manipulatives, find games, apps, etc. to keep them interested and engaged, not dreading the time spent mastering their facts.
- ◆ Don't bite off more than your CHILD can chew - it is proven that children learn in a systematic way and can only absorb so much new information at a time. Talk with your child's teacher about which set of facts they are working on at the moment or a specific set they are having the most difficulty with. Start with those first, master, and add on.

Mastering the facts early is the best thing you can do to help your child feel successful in math from early on. Here are a few suggestions on ways you can help your child.

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
dwiese@springbluffpirates.com**Offer TIPS, not ANSWERS**

Some kids arrive at a hard question in their homework and immediately look to parents for help. Instead of providing answers, help your child learn how to find them herself:

- ♦ Have her skip the difficult question and answer all the others that she can. Then she should think again about the one she skipped. It may be clearer now.
- ♦ Ask, "Where could you find out about that? Was there a class handout?" Show her how to use resources like the dictionary, encyclopedia, or thesaurus.

**Kindergarten Round-Up****2020-2021**

Kindergarten Round-Up will be held on Thursday, March 12th from 6:30-7:30 pm. This meeting is an opportunity for parents and students to learn about our Kindergarten Program. Please be sure to spread the word. We are looking forward to meeting next year's students.

School Board Candidate Filing

Filing for three, 3 year positions will end on January 21 @ 5 p.m. The current incumbents are Mrs. Jill Wagner, Mr. Jarrod Head, and Mr. Michael Lohden.

Mr. Lohden and Mr. Head will not be refiling for another term. Anyone who is interested in being a part of the Spring Bluff R-XV Board of Education should contact Ms. Pam Schlueter, BOE Secretary for more information.

Filing may be completed during regular business hours, Monday-Friday, 7:30 a.m.-3:30 p.m. with the exception of the last day, the office will remain open until 5 p.m. Filing will not occur on days the office is closed due to inclement

Big Smiles will be here on Thursday, February 6th to offer dental services to the students. Forms went home with students on Friday, January 10th.



Check springbluffpirates.com often for schedule updates!!

Read to Succeed for K-6

Reminder to students to read for a free Six Flags ticket to use this summer as well as getting a good start on AR points. This year all reading must be done at home and logged online by parents. The deadline is the beginning of April 2020.

Go Pirates!**Sporting News & Events**

Thurs-Sat, January 23rd-25th
Friday, January 24th
Saturday, January 25th (MAKE UP)

7B IC Tournament TBA
6B/8B @ Imman. Lutheran 6:00 pm
6B Spring Bluff Tournament 11:00 am

Middle Years

Working Together for School Success



Short Stops

Write while you read

Textbooks pack in a lot of information. To see if your child understands what she's reading, suggest that she stop every few paragraphs and jot down a few facts and ideas. If she can easily explain the material in writing, it's likely she's on track. If not, it's a good idea for her to reread the part she's unclear about.

A good start

Pleasant goodbyes set a nice tone for the day. Get in the habit of saying, "Have a terrific day!" to your tween before going off to school and work. Or give him a high-five or a hug on the way out the door. Leaving on an upbeat note will help both of you feel good about the day ahead.

Choosing electives

Time to sign up for next year's electives? Look over options with your middle grader, and encourage her to pick courses that sound interesting or help her meet requirements. Perhaps she'll try art one semester and robotics the other. If she needs several years of a foreign language for college, she might get started now.

Worth quoting

"Act as if what you do makes a difference. It does." *William James*

Just for fun



Q: What never asks questions but has to be answered?

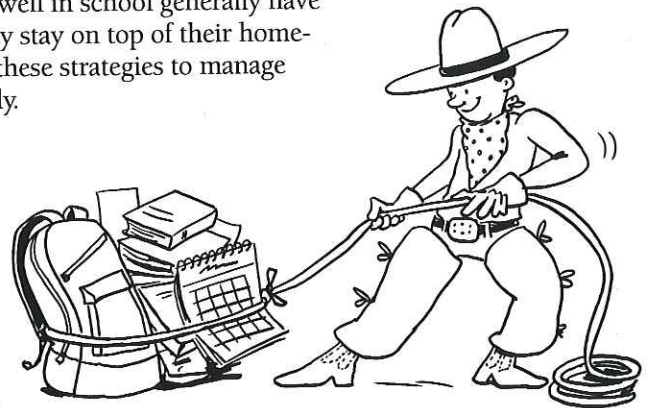
A: A phone.

Manage homework like a pro

Middle graders who do well in school generally have one thing in common: They stay on top of their homework. Your tween can use these strategies to manage his assignments successfully.

Make it a priority

Have your child put homework on his calendar and plan other activities around it. To decide how long he needs, he could add time estimates to his planner as he writes down assignments. *Examples:* "Read chapters 7 and 8 in novel, 30 minutes." "Find five sources for social studies presentation, 20 minutes." Over time, his estimates will get more accurate.



Identify what works

Recommend that your tween find strategies and habits that fit him best. Say he finds it easier to work earlier in the evening. He might decide to do harder assignments before dinner and easier ones afterward. Or if he finds his

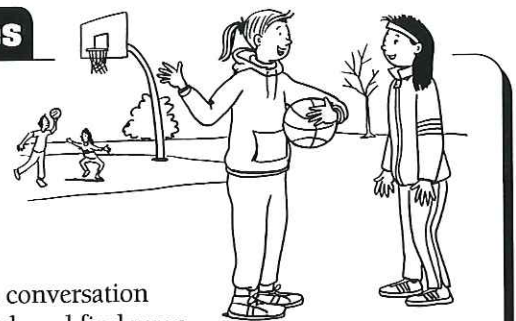
mind wandering, he could take a snack break or walk around the room as he reviews his notes.

Have help ready

Be sure your middle grader knows how to get help easily. Suggest that he put classmates' phone numbers and email addresses in his contacts. He should also write down teachers' office hours and keep a list of approved homework-help websites and student portals. 👍

Appreciating differences

While your child may naturally feel drawn to people who are like her, she can broaden her circle of friends—and learn a lot—by getting to know kids who are different from her. Suggest these ideas:



- Encourage your tween to strike up a conversation with a classmate who is learning English and find ways to communicate. Perhaps she'll shiver and hug herself while saying, "It's cold out today!" or point to the basketball hoop and ask, "Do you want to play?"
- Introduce your middle grader to other cultures. Suggest that she read fiction and memoirs by authors from other countries. Find music from other cultures to listen to, and attend heritage festivals together. Talk about how the cultures are similar to and different from your own. 👍

Rules that grow with tweens

The rules you set for your middle grader grow and change—just like she does. Use this advice to keep her safe as she becomes more independent.

Let her make a case. Say your tween wants to go to the movies with friends and no adult. Explain your concerns, and together, think of ways to address them. For instance, maybe you could drop her off with her friends, and afterward they have to stay inside the theater until you pick them up.



Consider a trial basis. Lay out clear expectations for your child, such as seeing a movie you approve of and silencing her phone and obeying other theater rules. Then, allow her to go just with friends once. If she follows the guidelines, she can go again. If she doesn't, it's off the table until she shows more maturity.

Note: Let your middle grader know what you won't compromise on. Good examples include safety rules (like no vaping), going to school every day unless she's sick, and treating people with respect. 👍

Q & A

Working together

Q My middle grader has more group work in middle school than he did in elementary school. Why is that, and how can I support him?

A Teachers assign group work to help students learn collaboration skills. This prepares them for the future, when they'll need to team up with classmates in college or coworkers on the job.



You can help by offering to host your son's group or drive him to meetings. Ask him how it's going. Is everyone doing their part? If not, help him brainstorm solutions like having group members check in with each other more frequently or setting deadlines to keep everyone accountable.

You might also point out talents your tween has that he could share with his group. For instance, if he has an eagle eye, he might proofread their final paper or poster. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5540

Parent to Parent

New Year's resolutions

During winter break, my daughter Jessica had an interesting homework assignment: Come up with two New Year's resolutions, one academic and the other related to good character.

The assignment inspired our whole family to make resolutions along the same lines. We decided to tackle the character one together by resolving to do community service as a family once a month. Jessica offered to take the lead on researching local volunteer opportunities online.

Then for her academic resolution, Jessica wanted to bring up her math grade. She talked to a friend who does well in math but struggles in history, and they agreed to tutor each other. Since my wife and I aren't students, we made our "academic" resolutions about work.

Finally, Jessica listed our resolutions on the refrigerator so they're right there in plain sight—and we all promised to help each other stick to them. 👍



Present yourself well online

As your child approaches the age where he can open social media accounts, talk to him about how to leave a good impression online. Share this advice.

Think about your audience. Have your tween imagine that every post will be seen by someone he admires. Before he posts a video or comments on a blog, he should ask himself if he'd want his coach or his grandpa to see it.



Be positive. Encourage your middle grader to follow the rule "If you don't have anything nice to say, don't say anything at all." It's a good idea for him to keep complaints to himself and instead offer encouragement and helpful information.

"Like" the good stuff. Putting a "like" on a questionable photo, video, or comment tells others that he's okay with it. Point out that your child shouldn't endorse anything he wouldn't post himself. 👍

**Spring Bluff R-XV School District
Special School Board Agenda**

January 23, 2020

Location: School Library

6:30 p.m.

1. Call meeting to order
2. Approve agenda
3. Review and Approve Gymnasium HVAC bids
4. Adjourn meeting

Spring Bluff 4th-6th Grade Boys
Make Up Games
Saturday, January 25,2020

Time	Small Gym	Big Gym
8:00am	(4th)St. Clair vs New Haven	(4th) Washington vs IC
9:00am	(5th) OLL vs St. Clair	(5th) IC vs Washington
10:00am	-----	(5th) St. Anthony vs Borgia
11:00am	-----	(6th) Spring Bluff vs IC

Parent Work Schedule
4th-6th Grade Boys Tournament
MAKE UP GAMES
Saturday, January 25th, 2020

Clock/Book

Saturday, January 25th:

Small Gym

Big Gym

7:40a.m.-10:00a.m.

Thomas Tod
Noah Clonts

Mitchell Garner
Mark Goodwin

10:00a.m.-close

Brody Gawer
Ethan Johnston

Trey Valley
Lake Wiese

Concessions/Door

Concessions

Door

Saturday, January 25th:

7:40a.m.-10:00a.m.

Austin Smith/Marina Smith
Jackson Revelle

Christopher Aberle

10:00a.m.- close

Carter Nielsen
Chase Branson

Kolten Lindzey

Your child's name is listed, however, the PARENT is the one required to work. If you are unable to work your scheduled time, PLEASE contact another parent to trade with you. PLEASE remember if I have to call a replacement, you will lose your work deposit. Thank you for all that you do to make the sports program a success.

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2020

BEST BITES

Rainbow skewers

Turn skewers into a veggie rainbow for a colorful snack or side dish. On each skewer, your child could alternate cherry tomatoes with slices of orange bell pepper, yellow squash, green zucchini, and purple eggplant. Brush with olive oil and roast at 400° for 10–12 minutes or until tender.



Be a "star"

Here's a fun exercise for your youngster—and the whole family. Lie on your backs with your arms and legs stretched out into a star shape. Lift your left leg, raise your head and shoulders off the ground, and reach to touch your left foot with your right hand. Change sides and alternate. *Idea:* How many "star touches" can he do in a minute?

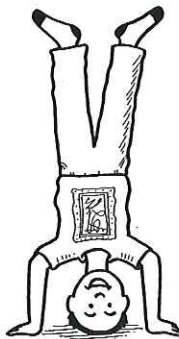
DID YOU KNOW?

Seeds are filled with nutrients. Add them to your child's diet by letting her toss unsalted sunflower seeds into salads or add pumpkin seeds to soups and cooked vegetables. Try grinding seeds in a coffee grinder, and sprinkle them on hot or cold cereal or yogurt.

Just for fun

Mom: Zach, why are you standing on your head?

Zach: Because my feet are tired!



A+ breakfasts

Fuel up your child for the school day ahead by making sure he eats a nutritious breakfast. He'll be more alert for learning and playing when you start the morning with these tips.

Prepare ahead

Getting healthy meals on the table during the busy school-and-work week can be challenging. Make it easier by prepping ingredients the night before. For example, cook a batch of oatmeal, barley, or brown rice. In the morning, your youngster could microwave it and add his favorite toppings to create a grain bowl. Some ideas: diced peaches, dried cranberries, crushed walnuts, cinnamon, nonfat Greek yogurt.

Eat at school

What's more fun than eating breakfast at home? Eating a healthy breakfast at school with friends! Scan the cafeteria menu with your child. He'll find fresh fruit and perhaps options like whole-wheat French toast sticks, scrambled egg tacos, and whole-grain banana muffins.



When he gets home, ask him to tell you what he had for breakfast that day.

Make weekends special

With more time on the weekends, plan special morning meals you and your youngster can cook together. Toss frozen blueberries into whole-grain pancake batter. Or make grilled breakfast sandwiches on whole-wheat bread, tucking in nutritious ingredients like tomato slices, mushrooms, and low-fat cheddar cheese. *Idea:* Let him use cookie cutters to cut the pancakes or sandwiches into different shapes. ♡

Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time she does chores.

● **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. *Tip:* Bring in math by asking her to estimate how long chores will take and create a playlist to fit that time.

● **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? ♡



This institution is an equal opportunity provider.

Prevent winter weight gain

As temperatures get colder, your child might be tempted to stay inside and eat. Keep her from overeating and gaining weight with these strategies.

Hungry or bored? When your youngster says she's hungry an hour after eating, she may just be bored. Suggest that she do an activity she enjoys, like building with Legos or reading. If she is still hungry afterward, offer her a piece of fruit and a glass of water.



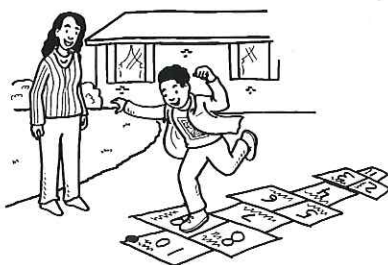
Plan active fun. Schedule fitness on the calendar just like other activities. On weekends you could pencil in ice-skating on Friday night, bird-watching on Saturday morning, or bike riding on Sunday afternoon. During the week, take after-dinner walks. You might even organize group walks with neighbors—your child will enjoy having kids her age along!

ACTIVITY CORNER

Classic games

Play games with your youngster that you loved as a child—but give them a twist to help him get more physical activity. Here are three.

1. Simon Says. Take turns being “Active Simon.” For instance, say, “Active Simon says, ‘Do four jumping jacks.’” Just remember, if the caller doesn’t say “Active Simon says,” you have to stay still.



2. Hopscotch. Draw a hopscotch board and number the squares 1–10. Write a different action in each square. (“Run in a circle.” “Do push-ups.”) Throw a rock on the board and hop to that spot. When you get there, do the action as many times as the number on the square.

3. Hide-and-seek. Choose various fitness items (rubber ball, jump rope, hula-hoop). One person hides the items. The first player to find one gets to lead an activity for everyone else, using the found object. ♥

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
800-394-5052 • rfcustomer@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.

ISSN 1935-4630

Dish up food. Eating directly out of a bag or box often leads to overeating. That’s because it’s hard to see how much you’re really taking. Keep your youngster from developing this habit by having her put snacks on plates or in bowls. ♥



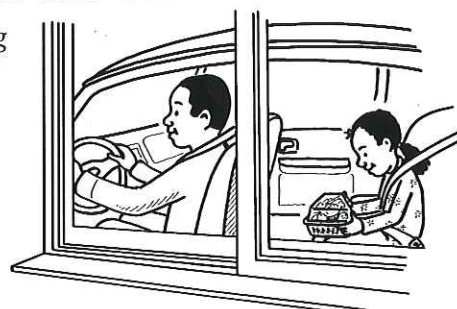
Q&A Fast food? Better choices!

Q: Sometimes we can’t seem to avoid getting fast food after a busy day of work and after-school activities. How can I help my daughter make better choices in the drive-thru lane?

A: Eating on the go poses challenges, but with a little planning, it’s possible to turn fast food into a healthier meal.

How? Start with the drinks. Give your child a choice between water and low-fat milk. She’ll avoid the sugar in soda, fruit juice, or milkshakes. Model good choices for her by sticking to water yourself.

Next, skip the “kid’s meal.” Your daughter may enjoy a salad as a main meal, topped with grilled chicken or beans for protein. Let her in on a “secret”: Dressing can practically double the calories of her meal. Encourage her to ask for dressing on the side—and to skip high-calorie toppings like bacon bits and croutons. Finally, order nutritious sides, such as apple slices or carrot sticks. You’ll still have a meal in a hurry, but one with nutrients added. ♥



IN THE KITCHEN

Plant-based plates

Meatless Monday...or meatless any day! Encourage healthy plant-based eating with tasty and filling recipes like these.

Veggie pasta salad

Cook 8 oz. whole-grain pasta, and drain. Combine with 2 tbsp. olive oil, 2 cups chopped fresh spinach, ½ cup diced sun-dried tomatoes (not packed in oil), ¾ cup sliced roasted red peppers, and ½ cup diced red onion. Sprinkle in ½ cup Parmesan cheese and 1 tsp. oregano. Chill 2 hours and serve.

Loaded sweet potato

Split a baked sweet potato in half. Cover it with cooked black beans (canned, rinsed), diced mango, and avocado slices.

Garden pita

Top a 7-inch whole-wheat pita with 2 tbsp. low-sodium pizza sauce, ¼ cup sliced zucchini, and ¼ cup finely diced broccoli florets. Bake at 350° until the vegetables are tender. Top with ¼ cup crumbled feta. ♥

