

October 18,  
2019

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302  
mbauer@springbluffpirates.com



# Pirate News

Early Dismissal Every  
Friday @2:03 pm



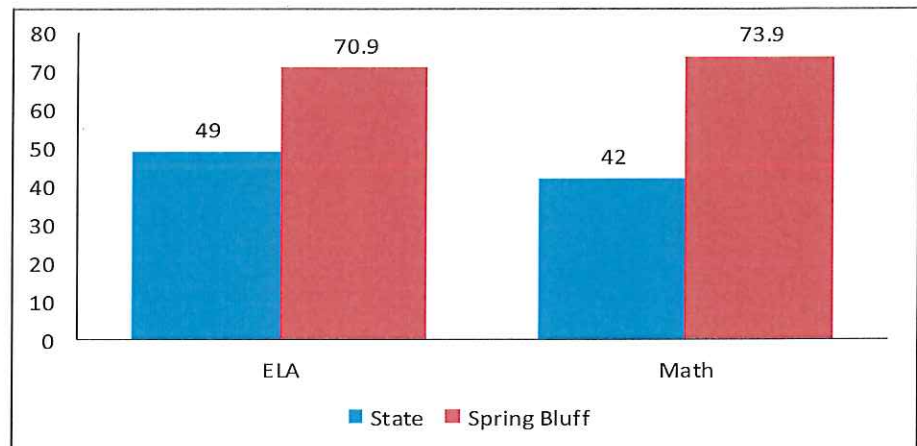
**TONIGHT Is The Chili Supper  
& Carnival.**

**Don't Miss Out On The Fun!!**

For All Grades 5:00-8:00pm

## Annual Performance Report Released

Spring Bluff students continue to be among the highest performing in the St. Louis Region with 70.9% proficiency in ELA and 73.9% proficiency in Math. Science scores are expected to be released mid November.



Our school is measured each year by the following: student achievement, (grades 3-8), sub group achievement (grades 3-8), high school readiness (8th grade English I, EOC ) and attendance, (k-8).

In previous years, we received an overall performance score. Beginning this year, an overall score will not be calculated for districts with the intention of allowing us to focus on student data rather than points.

2019 data reflects Spring Bluff students exceeding in all academic areas and on track for sub group achievement. We will certainly be celebrating the continued level of high performance of our students especially during a year when the text complexity increased. Congratulations students and staff for a job well done! Your efforts certainly make us all proud!!

The complete APR can be located on the DESE website.

# Pirate Proud!!

### Upcoming Events

|  |                     |
|--|---------------------|
| <b>Chili Supper &amp; Carnival<br/>5:00-8:00</b> | 10/18               |
| <b>Picture Retake Day</b>                        | 10-21               |
| <b>School Bus Safety<br/>Week</b>                | 10-21-<br>10-25     |
| <b>Parent Teacher Confer-<br/>ences</b>          | 10/22<br>&<br>10/24 |
| <b>NO SCHOOL</b>                                 | 10/25               |
| <b>Fall Parties 1:45-2:45<br/>pm</b>             | 10/31               |

### This Week's Attachments

- Fundraiser Information
- MSHSAA Pre-Participation Documentation
- School Bus Safety Flyer
- Nutrition Nuggets

### Picture Retake Day

October 21st.

**Original packets must  
be returned to receive  
a retake.**

Ways to Stay Informed this Year:



@springbluffrxv




@springbluffpirates

Website: <http://www.springbluffpirates.com>

Pirate News

Spring Bluff Pirates

COUNSELOR'S  Diana Wiese  
K-8 School Counselor  
dwiese@springbluffpirates.com

CORNER

← is it →

**BULLYING?**

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN**

When someone says or does something *intentionally* hurtful and they *keep doing it* even when you tell them to stop or show them that you're upset — that's **BULLYING**

**Red Ribbon Week**  
October 28—November 1st

**Major League Monday:** Hit Drugs out of the Park (Wear your favorite baseball team)

**Twin Tuesday:** Pair Up against Drugs (twin with someone)

**Western Wednesday:** Give Drugs the Boot (wear western gear)

**Throwback Thursday:** Make Drugs History (dress from another decade)

**Freaky Friday:** It's Crazy to do Drugs (crazy hair or clothing)




**Tips from Title I**

Books! Books! Books!

Exposing your learner to books, in ways that show how awesome books and reading are, is one of the best ways to develop their love of reading. Go to:

- The Library (our new library is Incredible!), Barnes & Noble, used book stores, Half Price Books (Clarkson Rd. location is AMAZING!), Amazon.com, and of course, Scholastic orders.



Physical Form

Physical forms are now good for two years. If your son or daughter is planning on participating in basketball, cheer, wrestling, or track and field and has a physical from last year it will still be good for this year. **Insurance information will need to be updated annually.** Please print and complete the forms attached to this newsletter and return to Britney Block prior to your child's first practice.

**Annual Food Drive**

We will once again be participating in the Chamber of Commerce annual food drive beginning Friday, November 1st.



**Coaches Needed!**

3rd Grade Boys Basketball Assistant Coach  
4th Grade Boys Basketball Assistant Coach

 **Go Pirates!** **Sporting News & Events**

Saturday, October 19th  
Monday, October 21st  
Monday, October 28th

8th Volleyball Tourney @ Borgia TBA  
5/6/7 Volleyball @ St. Borgia 6:00 pm  
6/8 @ Immanuel Lutheran 6:00 pm





We raised \$584.83 for United Way giving us 116% of our goal.

The money raised is going to The United Way Hats & Boots on October 18th. Great job everyone!



## **EXCITING NEWS!!!**

### **Shop Early For The Holidays**

#### **Spring Bluff Has A New Fundraiser**

#### **It's The Gift Card Fundraiser - Buy & Earn!!**

This year, we are introducing a new fundraiser. We will be selling gift cards for purchase at various prices. If you are interested in buying a card, you will pay the full value of the card & will be able to spend the total amount that you have purchased the card for. Our school will benefit by receiving a rebate for each card that you purchase.

#### **SEE ATTACHED FLYER FOR MORE INFORMATION**

**All order forms will need to be returned by**

**Monday, October 28th, 2019.**

#### **WIN PRIZES!!!**

- 1.) The top selling student in K-2, 3-5 and 6-8 will receive a \$15.00 Walmart gift card.
- 2.) The top selling class in each Grade Level (K-2, 3-5, 6-8) will receive a \$25.00 gift certificate toward a special classroom purchase (to be determined by students).

## **Parent/Teacher Conferences**

**Tuesday, October 22 and Thursday, October 24**

**4:30-7:30 pm.**

### **Voter Registration**

Anyone 17.5 years or older can register to vote on October 22, from 3:30-7:00 in the school lobby. Don't forget your photo ID.

## SPRING BLUFF SCHOOL-GIFT CARD FUNDRAISER

| Type of Card               | Rebate | Number of gift cards |  |  |  |  |  |  |  |  |  |
|----------------------------|--------|----------------------|--|--|--|--|--|--|--|--|--|
|                            |        |                      |  |  |  |  |  |  |  |  |  |
| Walmart \$25               | 2.5%   |                      |  |  |  |  |  |  |  |  |  |
| Starbucks \$10             | 7%     |                      |  |  |  |  |  |  |  |  |  |
| Applebees \$25             | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Subway \$10                | 6%     |                      |  |  |  |  |  |  |  |  |  |
| Amazon \$25                | 2.25%  |                      |  |  |  |  |  |  |  |  |  |
| Kohls \$25                 | 4%     |                      |  |  |  |  |  |  |  |  |  |
| Lowe's \$20                | 4%     |                      |  |  |  |  |  |  |  |  |  |
| Mobil \$50                 | 1%     |                      |  |  |  |  |  |  |  |  |  |
| Pizza Hut \$10             | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Little Caesars \$10        | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Dominoes \$25              | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Cracker Barrel \$25        | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Dairy Queen \$10           | 3%     |                      |  |  |  |  |  |  |  |  |  |
| Krispy Kreme \$10          | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Arby's \$10                | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Buffalo Wild Wings \$10    | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Dick's Sporting Goods \$25 | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Academy Sports \$25        | 4%     |                      |  |  |  |  |  |  |  |  |  |
| Famous Footwear \$25       | 8%     |                      |  |  |  |  |  |  |  |  |  |
| JCPenney \$25              | 5%     |                      |  |  |  |  |  |  |  |  |  |
| Michael's \$25             | 4%     |                      |  |  |  |  |  |  |  |  |  |
| Red Lobster \$25           | 8%     |                      |  |  |  |  |  |  |  |  |  |
| Target \$10                | 2.5%   |                      |  |  |  |  |  |  |  |  |  |
| Wendy's \$10               | 6.5%   |                      |  |  |  |  |  |  |  |  |  |
| Marshall's \$25            | 7%     |                      |  |  |  |  |  |  |  |  |  |
| NAME:                      |        |                      |  |  |  |  |  |  |  |  |  |

### SPRING BLUFF SCHOOL GIFT CARD FUNDRAISER-BUY AND EARN!!

**Dear Parents,**

This year, we are introducing a new fundraiser. We will be selling gift cards for purchase at various prices. If you are interested in buying a card, you will pay the full value of the card and

will be able to spend the total amount that you have purchased the card for. Our school will benefit by receiving a rebate for each card that you purchase!

**FOR EXAMPLE:**

**If you buy a \$100 gift card with a 15% rebate, you immediately earn \$15 for your organization. And you still have a \$100 gift card to spend—it's that simple!**

These cards would make great and easy **HOLIDAY** gifts! Or even better, a simple way to shop and earn money for our school, while buying from **stores you visit** the most often! Attached is a list of the available cards and amounts that are for purchase.

Please fill out the form and return it by **OCTOBER 28TH!** In order to ensure delivery for Christmas, we cannot guarantee that late orders will be filled!

**PLEASE HELP US!**

1. Please make sure that student names are on each order form
2. Please make sure that all order forms are filled out completely
3. Please make sure that you have enclosed **cash or check made to Spring Bluff School**, and that it **MATCHES** the total on your order form!

**\*\*If there are incomplete forms or insufficient funds, we will have to return envelopes for corrections!**

**WIN PRIZES!!!**

- 1.) *The top selling **student** in K-2, 3-5 and 6-8 will receive a \$15.00 Walmart gift card.*
- 2.) *The top selling **class** in each Grade Level (K-2, 3-5, 6-8) will receive a \$25.00 gift certificate toward a special classroom purchase(to be determined by students).*

If you have any questions, feel free to contact us at any time! Thank you for all of your time, effort and support to make our school great!

Sincerely,

Mrs. Paulsen [jpaulsen@springbluffpirates.com](mailto:jpaulsen@springbluffpirates.com)

Mrs. Binsbacher [hbinsbacher@springbluffpirates.com](mailto:hbinsbacher@springbluffpirates.com)

Mrs. Garner [jgarner@springbluffpirates.com](mailto:jgarner@springbluffpirates.com)

Mrs. Vassallie [svassallie@springbluffpirates.com](mailto:svassallie@springbluffpirates.com)

## MSHSAA PRE-PARTICIPATION DOCUMENTATION – ANNUAL REQUIREMENTS

| INTERIM MEDICAL HISTORY   |   |
|---|---|
| <p>Note: Complete and sign this form (with your parents if younger than 18).<br/>           Note: An injury or medical condition results in a separate medical release.</p> |   |
| Name:   | Date of Birth:                                    |
| Date:   |   |
| Sex assigned at birth (F, M or intersex):   | How do you identify your gender? (F, M or other): |
| List past and current medical conditions:   |   |
| Have you had surgery since your last Pre-Participation Physical Examination (physical)? If yes, list those surgical procedures:   |   |
| Medicines and supplements: List all current prescriptions, over-the-counter medicines and supplements (herbal and nutritional):   |   |
| Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, stinging insects):  |   |
| Have you been diagnosed with any medical or health condition since your last PPE (physical)? If yes, please describe:   |   |

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

|                                     |
|-------------------------------------|
| Signature of Athlete:               |
| Signature of Parent(s) or Guardian: |
| Date:                               |

**PARENT PERMISSION (Authorization for Treatment, Release of Medical Information, and Insurance Information)**

**Informed Consent:** By its nature, participation in interscholastic athletics includes risk of serious bodily injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN MSHSAA-SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN'S SIGNATURE.**

I understand that in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

We hereby give our consent for the above student to represent his/her school in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

In the event of an emergency or when the Parent(s) or Guardian is unable to directly supervise health care services needed by the student for injuries or illnesses sustained at any athletic practice, conditioning exercise or contest, I also give my consent to the rendering of necessary health care services for the student by a qualified provider (QP) covering the athletic practice, conditioning exercise or contest, including an athletic trainer, physician, physician assistant, nurse practitioner or other medically-trained professional licensed by the State of Missouri (or the state in which the student injury or illness occurs) and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by state law. In emergency situations, the QP may also be a certified paramedic or emergency medical technician for the purpose of providing emergency health care and transport. Health care services are defined as services including, but not limited to, evaluation, diagnosis, first aid, emergency care, stabilization, treatment and referral. I further authorize the QP who provides such health care services to disclose such information about the student's injury or illness, diagnosis, care and treatment in the professional judgment of the QP to the student's athletic director, coaches, school nurse and any classroom teacher required to provide academic accommodation to assure the student's recovery and safe return to activity. If the Parent(s) or Guardian believes that the student is in need of further evaluation, treatment, rehabilitation or health care services for the injury or illness, the student may be treated by the physician or provider of his or her choice.

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in the MSHSAA member school, I consent to the release of any and all portions of school record files to MSHSAA, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanlike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I consent to the MSHSAA's use of the herein named student's name, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment and we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has basic health/accident insurance coverage, which includes athletics. Our son/daughter is covered by basic health/accident insurance for the current school year as indicated below:

|  |  |
|--|--|
| Name of Insurance Company:   | Policy Number:   |
| Signature of Parent(s) or Guardian:  | Date:  |
| Has this student incurred a medical condition since their last physical examination? | <input type="checkbox"/> Yes <input type="checkbox"/> No |

**STUDENT AGREEMENT (Regarding Conditions for Participation)**

This application to represent my school in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect Your High School Eligibility," which contains a summary of the eligibility rules of the MSHSAA. (I understand that a copy of the *MSHSAA Handbook* is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the *Handbook* are also posted on the MSHSAA website at [www.mshsaa.org](http://www.mshsaa.org)).

I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics programs, and I acknowledge that local rules may be more stringent than MSHSAA rules.

I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I understand that if I drop a class, take course work through Post -Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA academic standards and my eligibility.

I understand that participation in interscholastic athletics is a privilege and not a right. As a student athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signature of Athlete:

Date:

Have you experienced a medical condition since your last physical examination?

Yes     No

**PARENT AND STUDENT SIGNATURE (Concussion Materials)**

I accept responsibility for reporting all injuries and illnesses to my school and medical staff (athletic trainer/team physician) including any signs and symptoms of a CONCUSSION. I have received and read the MSHSAA materials on Concussions, which includes information on the definition of a concussion, symptoms of a concussion, what to do if I have a concussion and how to prevent a concussion. I will inform my school and athletic trainer/team physician immediately if I experience any of these symptoms or if I witness a teammate with these symptoms.

Signature of Athlete:

Date:

Signature of Parent(s) or Guardian:

Date:

**EMERGENCY CONTACT INFORMATION**

|                       |                         |              |
|-----------------------|-------------------------|--------------|
| Parent(s) or Guardian | Address                 | Phone Number |
| Name of Contact       | Relationship to Athlete | Phone Number |
| Name of Contact       | Relationship to Athlete | Phone Number |



# SCHOOL BUS SAFETY WEEK

OCTOBER 21 - 25

## Tips for a Safe Ride

### At the Bus Stop:

- Arrive early at the bus stop – at least five minutes before the bus is scheduled to arrive
- Stand at least 10 feet (or five giant steps) away from the road while waiting for the bus
- Supervise young children
- Never run towards a bus



### Around the Bus

- If you must cross in front of the bus, stay at least 10 feet away (or five giant steps) – and make eye contact with the driver before crossing
- Never walk behind the bus
- If you drop something near the bus, do not pick it up; tell the bus driver instead

### Getting On/Off the Bus

- Wait until the bus has stopped and the door opens before approaching the bus or standing up on the bus
- Use the handrail
- Secure any loose or hanging objects like straps on a backpack or drawstrings on a hood



### Behavior on the Bus:

- Stay in your seat keeping head, arms and papers inside the bus, and talk quietly
- Keep aisles clear of books and bags

## BEST BITES

### Meal prep + math

Make busy school nights easier—and give your child math practice—with this idea. On weekends, ask him to double recipes for whatever you plan to cook, such as the baked beans for Saturday's picnic or egg casserole for Sunday's breakfast. Then, freeze half to save for a weeknight.

### Heart-healthy exercise

Getting vigorous physical activity every day is good for your youngster's heart and overall health. Right after she's active (runs around outside, walks home from school, plays hockey), have her do a quick check of her body. Is she sweating? Is her heart beating fast? If the answer is yes, then she has exercised vigorously.



### DID YOU KNOW?

Dark leafy greens have more nutrients than iceberg lettuce. For your child's next salad, choose spinach, baby kale, arugula, or romaine lettuce. If he'll only eat iceberg, introduce other greens by gradually adding more of them to each salad he eats.

### Just for fun

**Q:** What has a big mouth but never speaks?

**A:** A jar.



## Fall for healthy outings

With cooler temperatures and a bounty of fruits and vegetables, fall is a great season for healthy family outings. Here are a few to try.

### Go apple picking

Pick ripe, juicy apples at an orchard or the grocery store. Your child can choose different varieties, such as Red Delicious, Granny Smith, and Macintosh. Afterward, hold a tasting party to see which kind everyone likes best. Then, incorporate the apples into meals. For instance, add thin slices to turkey sandwiches or dice into oatmeal.

### Visit a market

Stop by a farmers' market or produce stand, and let your youngster pick out colorful fall vegetables. Depending on where you live, she might find acorn squash, parsnips, broccoli, pumpkins, or cabbage. At home, she can play farm stand with your veggies. Pretend to be her customer, and talk about each food's



taste and texture. Then, serve your healthy "purchases" for dinner.

### Take a "bingo" hike

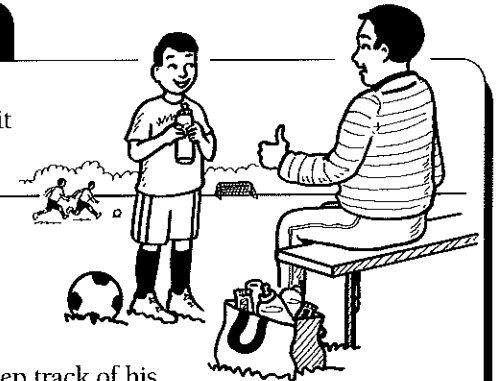
Go for a hike to get some exercise and appreciate fall scenery. First, have your child make a bingo card filled with things you normally see in your area this time of year. *Examples:* red leaf, acorn, squirrel, pinecone, flock of geese. Family members can check off each item as they spot it. Get five in a row and call out "Bingo!"

## Build character with sports

Playing a sport not only helps your youngster stay fit and learn new skills—it can also be a great character builder. Help him succeed physically and mentally with these three tips.

1. Praise him for effort, a positive attitude, and good sportsmanship, rather than focusing on winning.
2. Encourage responsibility. Have him keep track of his equipment and wash his own uniform and practice clothes.
3. Set a good example by being respectful of players, coaches, and referees.

*Tip:* Make sure your youngster carries healthy snacks and a water bottle in his gym bag.



# Microwave "magic"

Give the microwave a starring role in your kitchen, and you and your child can prepare healthy foods in almost no time! Consider these ideas.

**Potatoes.** Pierce two russet or sweet potatoes several times with a fork to let steam escape (and avoid exploding spuds). Then, microwave 7–10 minutes.

**Bread.** Freshen up bagels and bread. Wrap in a dry paper towel, and zap 10–15 seconds until soft.

**Veggies.** Steam fresh or frozen vegetables such as broccoli, cauliflower, and green beans. Put in a covered microwave-safe



bowl with 1 tbsp. water per cup of veggies. Heat on high 3 minutes, until tender-crisp.

**Corn.** Microwave corn on the cob in the husks! Cook two ears 4–5 minutes, and easily slide off the husks and silk.

**Bananas.** Ripen a banana quickly. Leave the peel on, and poke holes all the way through with a fork. Heat 30–90 seconds, until slightly softened.

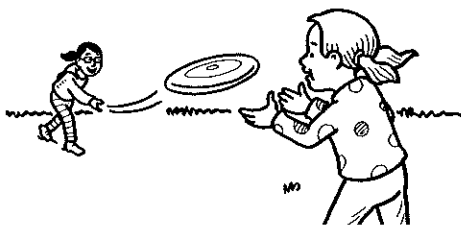
**Citrus fruits.** Get more juice out of your lemons or limes. Place a whole fruit in the microwave, and heat 20 seconds. When it cools, slice in half and squeeze. ●



## ACTIVITY CORNER

### Frisbee toss

Playing with a Frisbee boosts your youngster's hand-eye coordination and keeps her active. Mix things up with these challenges:



- Stand a few feet apart, and throw the Frisbee to each other. Every time it is caught, you each take one step back. See how far apart you can get before a miss. Then, move back to the starting positions and play again.

- Hang a hula hoop from a tree. Players stand on opposite sides of the hoop and toss the Frisbee back and forth through the hoop. Count how many catches you make without missing.

- Who can throw the Frisbee the farthest? Take turns tossing it, and use a rock to mark the spot where it lands. ●

## PARENT TO PARENT

### Cooking with a friend

My son Garrett loves to cook, so I wasn't surprised when he wanted to invite a friend over to cook together. We looked online for healthy, kid-friendly recipes and came up with a great idea: ice cube-tray "sushi."

When Garrett's friend arrived, they began by making the rice. (I had them use short-grain rice because it's sticky.) I let them measure and pour, and I handled the stove. While the rice cooked, they microwaved asparagus, green beans, and baby carrots to use for toppings. I chopped the vegetables and helped the boys make scrambled eggs.

After everything cooled, the kids sprayed an ice cube tray with nonstick cooking spray, put veggies and egg in each section, and packed rice over them. They refrigerated the tray for five minutes, then popped out their sushi and ate. Garrett's friend had so much fun that he has already invited my son to cook at his house! ●



## IN THE KITCHEN

### Dip it in yogurt

Yogurt makes a nutritious breakfast—and it's also great for dipping as a snack or side dish. Using 1 cup plain nonfat Greek yogurt, your child can whip up these quick recipes for a tasty treat.

#### Dill dipper

Stir  $\frac{1}{2}$  tsp. each fresh (or  $\frac{1}{2}$  tsp. dried) dill and chives into yogurt. Serve with whole-wheat crackers or baked pita chips.



#### Cinnamon twist

Mix  $\frac{1}{4}$  tsp. cinnamon and  $\frac{1}{8}$  tsp. each nutmeg and vanilla extract into yogurt. Dunk whole-grain pretzel sticks or fresh strawberries into the dip for a cool after-school snack.

#### Maple almond

Add 1 tsp. maple syrup and  $\frac{1}{2}$  tsp. almond extract to yogurt. Mix in  $\frac{1}{4}$  cup slivered almonds. This is perfect for eating with fruit or low-fat graham crackers. ●

## 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 • rfeustomer@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



## You Are Invited....

Parents as Teachers next monthly playgroup will be held at the Sullivan Scenic Regional Library. Come join us on Wednesday, November 20th from 9:30-11:00 AM in the new facility at 525 Cumberland Way, as we read, explore and play.

