

September
4th, 2020

WWW.SPRINGBLUFFPIRATES.COM

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No Early Release Fridays this Year

Upcoming Events

No School—Labor Day	9/7
5K-DEN Run/Walk	9/12
6/7/8 VB vs St. Vincent	9/15
Picture Day	9/17
School Board Meeting @ 6:30	9/21

This Weeks Attachments:

- e-Funds for School Information
- Home & School Connection
- Nutrition Nuggets
- Morning Routine Symptom Checker

We are now offering online meal payment options. If you answered "Yes" to the survey from last week, you will be receiving an email from Ms. Pam Schlueter with your Student's ID#. If you did not fill out the survey and are interested in online meal payments, please feel free to contact the office and we will get you your student's ID # and a step by step pamphlet to set up your account.

Student Absences

If your child will be absent, we ask that you contact the school office before 8 a.m. Please contact the school office rather than classroom teachers when your child is absent to assist us with accurate attendance reporting. Our standard protocol is if we do not hear from you, we will be calling to make sure we both know the location of your child for the day.



SAY CHEESE

Picture day is Wednesday, **Sept. 17th**. Bring Your Best Smile!

Information to be sent home at a later date!



@springbluffrxv



Find us on Facebook

@springbluffpirates

Don't forget to sign up for the 5K DEN, September 12th @ 8:00 a.m.

The 7th annual 5K Run/Walk is scheduled for Saturday, September 12th in memory of Kaden Keller. The proceeds from this event will benefit children and their families in the area with medical and travel expenses.

Register online at
<http://5Kden.itsyourrace.com>

See you there!!

If you did not get a chance to fill out the Small Group Permission Form for K-5 or respond as to whether you would like to sign up for the Backpack Program, please refer to last week's newsletter on the Meet the Counselor page for the link.

Remember to be looking for your child's lunch bill via email from Chalkable starting this week.

Website:

<http://www.springbluffpirates.com>

Please remember to sign up for your student's teacher REMIND app to get updates! Information sheets were handed out at Open House for K-5th and emailed for 6th-8th. Feel free to contact your child's teacher if you need instructions.



Go Pirates!

Sporting News & Events



Lady Pirates

Tuesday, September 8th

Thursday, September 10th

Tuesday, September 15th

Thursday, September 17th

8th Volleyball @ R II 6:00 p.m.

5/7 Volleyball @ Strain 6:00 p.m.

6/7/8 Volleyball @ Home vs St. Vincent 5:30 p.m.

6/8 Volleyball @ St. Johns 5:30 p.m.

New on-line payment option for families will be available beginning September 4, 2020

The Spring Bluff R-XV School District is pleased to introduce a new program called *e~Funds for Schools*. This program offers various options for parents/guardians who *choose* to make payments online and is extremely user friendly. Not only will you have the ability to have various school fees and lunch payments electronically withdrawn from your checking account or charged to your credit card, you also have the flexibility to make a payment at any time through the school's website. The *e~Funds for Schools* service is offered to you by a third party service provider and they charge for processing your payment(s), similar to other online banking services. The district does not request or keep records of family checking or credit card account information.

The *e~Funds for Schools* electronic payment service is provided to the school by a third party service provider. The service provider has a nominal fee for their service. **There is a \$1.00 transaction convenience fee for each electronic checking payment that you make.** The system carries a Non-Sufficient Funds (NSF) charge if the payment is "bad." **For payments made by credit or debit card, there is a convenience fee of \$2.65 per each \$100 increment in the transaction.** When you set up your account, please review your options carefully.

You are in full control of your account and can make a payment at any time that is convenient for you. **No payments will be allowed without your knowledge and authorization through this secure payment system.** By providing your home and/or work email address, an email notification informing you of the student's name, purpose of the payment, and the amount of the item, will be sent to you each time that a payment is to be processed. The *e~Funds for Schools* site is secure and uses industry standard data encryption.

How does e-Funds for Schools work?

- Families set up and maintain their own logins, passwords, and payment preferences. Your account information is retained in a password-protected file.
- *e~Funds for Schools* will help to eliminate last minute check writing hassles, improve efficiencies, and help cut costs for both you and the school district
- Online payments will help eliminate the worry that your children could lose or forget the money intended for school items or that it might be spent on other non-school related items.
 - Payments from a credit card or checking account may easily be set up.
 - Parents/guardians may establish a reoccurring payment or may opt to make a one-time payment.
 - The program offers various types of payment to families that include but are not limited to instructional materials, field trip fees, yearbook fees, graduation fees, and of course food service payments. The system may be expanded to include other fees as well.
 - Your payment history for the year is available with a click of the mouse



Morning Routine:

Screen your child for symptoms so we can keep everyone healthy at school.

- No fever or chills
- No cough
- No shortness of breath or difficulty breathing
- No sore throat
- No headache
- No muscle aches
- No nausea, vomiting or diarrhea
- No new loss of taste or smell
- No new runny nose or congestion
- No close contact with a person with COVID-19 in the last 14 days

**Sick?
Stay h♥me!**



#HealthyatSchool

Home & School CONNECTION[®]

Working Together for School Success

September 2020

Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent



SHORT NOTES

My handwashing poster

Ask your child to design a poster that reminds family members to frequently wash their hands. She could include a clever slogan (“Wanted: Clean hands!”) and write and illustrate instructions for washing properly. *Examples:* “Scrub for at least 20 seconds.” “Wash fronts and backs of hands, between fingers, and under nails.”

Natural rewards

Show your youngster that good behavior has its own rewards. For instance, point out that there’s time to play a board game because he put away his toys the first time you asked. He’ll be more apt to repeat the behavior next time.

Sort the foods

Sorting items into categories boosts your child’s thinking skills. After you make a grocery list, have her rewrite it in a way that will help you shop more efficiently. She could organize items by the aisle where they’re located (produce, frozen foods). Then, she could think of other ways to sort for fun, maybe by color or food group.

Worth quoting

“Use your smile to change the world; don’t let the world change your smile.” *Chinese proverb*

JUST FOR FUN

Q: You can see me in water, but I never get wet. What am I?

A: A reflection.



Confident about school

School may look different this year, but one thing is the same: Parents and teachers want to keep children safe and help them learn. Here are answers to questions you may have as the new school year gets underway.

Q: *My child thinks school will be too hard this year since he hasn’t been in class for so long. What can I do?*

A: Many students had a longer-than-normal summer break, and teachers are ready to help them catch up. So let your youngster know he’s not alone. If you discover he is struggling (say, stumbling over sight words or math facts he knew last year), contact his teacher so you can work as a team to get him on track.

Q: *With all the changes COVID-19 has brought, my son seems anxious. Any ideas for making him feel better?*

A: Youngsters feel less anxious when they know what to expect. If he’s adjusting to a new school schedule, post it on the refrigerator. At home, try to keep



things as much the same as possible. Eat meals together regularly, and plan weekend activities he can look forward to like hiking or playing backyard games.

Q: *When my child works online, how much should I be involved?*

A: Your youngster’s work is his responsibility, but you can offer support. To help him stay on task, make sure he has a quiet place to learn and the materials he needs. You might sit nearby and do your own work, or simply be available in case he has a question or a technical problem (like a dropped internet connection). Consider keeping a notepad handy so he can write his questions if you’re busy.♥

Get to know teachers

Now’s the time to open the lines of communication with your youngster’s teachers and set the stage for a successful year. Consider this advice:

- Attend events like back-to-school night and PTA or PTO meetings, whether they’re held virtually or in person. Introduce yourself to your child’s teacher, and try to meet specialists, too. The librarian, school counselor, and art, music, and PE teachers all play important roles in your youngster’s education.
- Send a note or an email to find out how teachers prefer to be contacted. Also, include a personal detail or two about your child, perhaps how she’s coping with the pandemic or a hobby she enjoys. You might also ask the teacher how he’s been doing during this time—he’ll appreciate your recognizing that it has been hard on everyone.♥



Reading adds up

Did you know that children who read for pleasure at least 20 minutes each day do better in school? Use these tips to fit more reading into your youngster's day.

Keep it front and center.

Your child will be more likely to read during her free time if materials are easily available. Stash kid-friendly magazines in the living room, and leave comics



on the breakfast table. When you know you might need to wait, such as at the dentist or vet, take books along or download e-books from the library to your phone or tablet.

Add it to other activities.

Bedtime is a natural opportunity to read. But so is playtime—and even chore time. If your youngster wants to pitch a tent in the backyard, suggest that she fill it with books and magazines to read while she hangs out inside. Also, audiobooks can

make reading hands-free, so you could listen to a story together while you do yard work or fold laundry.♥

ACTIVITY CORNER

Create a family yearbook

Encourage your child to preserve family memories, and practice writing, by starting this fun project he can work on all year long.

Together, look through old school yearbooks—his and yours—to find out what they contain. Your youngster will see individual and group portraits as well as pages dedicated to activities and special events. What will his homemade book include? He might create a binder with sections for birthdays, holidays, and accomplishments, for example.



Now your child can write up yearbook entries and take photos to go along with them. Maybe he'll begin with a page about himself learning to play the guitar and another dedicated to his sister's fall art exhibit. Have him add each page to the matching section in his binder, and keep his work-in-progress on the coffee table for everyone to leaf through.♥

OUR PURPOSE

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

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PARENT TO PARENT

We're a cleaning team

When I stepped up our household cleaning routine because of the pandemic, I decided to get my sons involved. I told Nate and Seth that we're in this together and that we need to share responsibility for keeping the house clean—and keeping germs at bay.

Our boys came up with a great idea. They decided to make a "chore spinner." They divided a paper plate into sections labeled with chores like sweeping, mopping, vacuuming, and dusting. I added emptying trash cans and wiping down surfaces we touch a lot, such as doorknobs, TV remotes, banisters, and counters.

Now when it's chore time, Nate and Seth spin the wheel to see who does what. They're showing more responsibility for their chores than before—and they've even started calling themselves "The Clean Team."♥



Q & A

Screen time: Find a balance

Q: My daughter has had more screen time than usual in recent months. How can I help her cut back?

A: For many children, technology has been a valuable tool for learning and for staying in touch with friends and loved ones lately. So the amount of time spent in front of a screen isn't necessarily a problem—what matters is how your daughter uses technology.

Have your daughter make a chart with three columns labeled "Screen-free time," "Quality screen time," and "Other screen time."

The first column can include things like family meals, physical activity, and playing with toys. In column two, she might list schoolwork, video-chats with relatives, and educational videos. And the last column is for purely fun screen time like (parent-approved) video games and apps.

Explain that the goal is to spend most of her time on activities in columns one and two. For column-three items, set a time limit that works for your family.♥



Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent

BEST BITES

Nutritious and on sale

Each time you get a new grocery advertising circular, let your child cut out pictures of healthy foods he wants to eat that week. He could glue them on paper to make an illustrated grocery list. Then, he can use his list when you go to the store or shop online together.

Be an example

Your youngster watches what you do. So if you go for a run or a bike ride, mention it to her. Or better yet, invite her to join you! Take walks with her after dinner, follow along with a yoga video, or announce that it's time for morning stretches. You'll put her on the path toward developing a lifelong fitness habit.



DID YOU KNOW?

Many beans and other legumes are “two-fers”—they belong to both the protein and vegetable food groups. To add more legumes to your child's diet, use pinto beans in tacos, toss chickpeas into salads, and stir lentils into soups. *Note:* Green beans, green lima beans, and green peas count only as vegetables.

Just for fun

Q: Why do you go to bed every night?

A: Because your bed won't come to you.



A healthy start

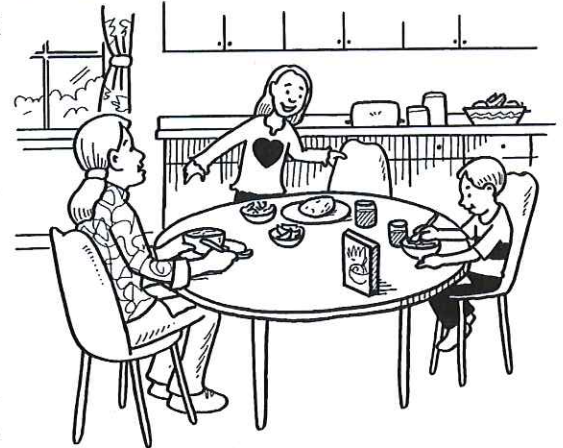
Many things may have changed in your youngster's world this year, but here's one that remains the same: She needs a balanced diet to stay healthy. Here are answers to questions you might have as the new school year gets in full swing.

Q: *My daughter says she's not hungry for breakfast when she wakes up. What can I do?*

A: A complete breakfast gives your child energy and helps her focus in school. Have her do the rest of her morning routine before she eats, or let her eat in school if that's an option. Also, she may be more interested if she gets to eat something other than breakfast foods. You could heat up last night's leftovers, or microwave a baked potato and let her pick the toppings.

Q: *My child wants to snack all day when she's home. How can I encourage good habits?*

A: Your daughter may not be eating enough at meals if she's hungry soon afterward. Discourage snacking 1–2 hours before each meal so she comes to



the table with a healthy appetite. When she does snack, suggest healthy options like snap peas or pumpkin seeds.

Q: *We've been eating at home a lot more lately. Any tips for making family meals more interesting?*

A: Ask your youngster to think of fun themes, such as Macaroni Monday or Souper Saturday. Or if you normally like going out for Thai or Mexican food, look up recipes for your favorite dishes and make them together. When the weather is nice, you might find a nice spot and eat outdoors. ♥

Gym-in-a-box

Encourage your child to get more physical activity with a portable “gym.” Let him fill a big box or bin with fun equipment, then find creative ways to use it. Share these ideas to get him started.

- **Bubble wrap.** See how fast you can pop all the bubbles with your feet.
- **Twister mat.** Starting with each hand or foot on separate circles, do cartwheels or crab walks (walking on all fours—but upside down).
- **Hula-hoop.** Lay the hoop on the floor, and jump in and out of it 10 times. ♥



Creative cooking for kids

Want to boost the odds that your child will eat healthy foods? Do kid-friendly activities like these.

Play with shapes. Let your youngster use cookie cutters to make shapes from food. He might be more apt to eat spinach and mushroom quesadillas if they're shaped like dinosaurs. Or maybe he'll try cucumber and cream cheese sandwiches if he gets to cut them into star shapes.

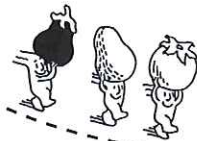
Add color. Does your child hesitate over whole grains? Try this. Ask him to squish



raspberries or blueberries in a colander and strain the juice into a bowl. Now let him stir the berry pieces, along with some whole berries, into batter for whole-grain pancakes or muffins. Be sure to save the "dye" so he can use a pastry brush to paint his cooked treat with the fruit juice!

Make pictures. Suggest that your youngster create a masterpiece on his plate. Offer a few healthy foods—including some he enjoys and others he's not as keen

on. He might make low-fat cottage cheese "clouds" and a pineapple "sun" shining down on a field of "flowers" with green bean "stems" and strawberry "petals." ♡



PARENT TO PARENT

Smart swaps

During the spring and summer, we took fewer trips to the grocery store, which meant we didn't always have the ingredients we needed. The good news is, I learned to swap in different ingredients, and sharing my discoveries with my son Blake has helped him be more flexible about what he eats.

I asked Blake to make a chart labeled "Don't have that? Use this!" For example, when we ran out of butter to bake oatmeal raisin cookies,

I used an equal amount of mashed over-ripe bananas instead. When we didn't have pasta or ground

beef, I made couscous, stirred in pasta sauce, and heated up frozen turkey meatballs to put on top.

Each time we substitute an ingredient, Blake adds it to the chart so we remember for next time. We often discover that foods taste just as good—and sometimes even better—with a creative swap. ♡



ACTIVITY CORNER

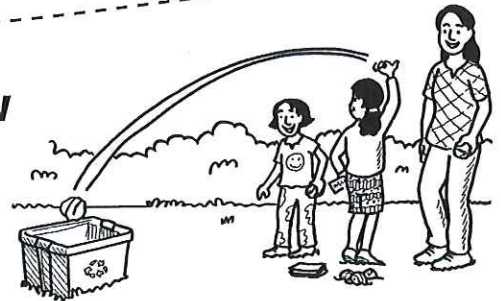
Aim and throw

Help your youngster get exercise and improve her throwing skills with these backyard games.

Materials: 10 beanbags (or balled-up pairs of socks), empty recycling bin or other large container

1. Underhand, overhand. Have your child stand 10 feet from the bin, and set a timer while she throws the beanbags underhanded into it. Throw back to her any that land on the ground. She must catch them and throw them into the bin—this time throwing overhanded. How quickly can she sink all 10 bags?

2. Throwing challenges. Ask your youngster to write five challenges on separate index cards. *Examples:* "Use the hand you don't normally throw with." "Lift one leg and throw under it." "Throw backward over your shoulder." Take turns selecting a card and using that motion to throw a beanbag into the bin (from 10 feet away). The first person to complete all of the throws wins. ♡



IN THE KITCHEN

Rice bowls

For an easy, healthy approach to dinner, get the whole family involved. Just cook a batch of brown rice, and try these build-your-own rice bowls.

Put an egg on it

Add: raw vegetables (shredded carrots, baby kale leaves, diced cucumbers, thinly sliced scallions) and a sunny-side-up egg

Top with: sesame seeds and a drizzle of low-sodium soy sauce

Burrito in a bowl

Add: cooked black beans, halved pitted black olives, and low-fat shredded cheddar cheese

Top with: avocado chunks and salsa

How about some hummus?

Add: mixed oven-roasted vegetables, such as brussels sprouts, broccoli, butternut squash, and sweet potatoes

Top with: hummus sauce (slowly whisk warm water into hummus until it's the consistency of salad dressing) ♡



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