

January
15th, 2021

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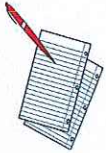
No Early Release Fridays this Year

Patriot Pen Essay Winners!

The VFW Post and Auxiliary Post 3987 from Sullivan, MO sponsors the Patriot Pen Essay contest for all local students annually. Students from the surrounding area submitted an essay describing, "What is Patriotism to me?" The winners this year are all from Spring Bluff!!

Congratulations to the following local essay winners!

- 1st Place-Cooper Donner**
- 2nd Place-Molly Lohden**
- 3rd Place-Tessa Newman**



All local essay winners move on to the district level and a winner is chosen for each district. Congratulations to Tessa Newman for being selected as our district essay winner!

Upcoming Events

Martin Luther King Jr. Day NO SCHOOL	1/18
School Board Meeting @ 7:00 p.m.	1/21
Freshman Preview Night @ Sullivan High	2/10

This Weeks Attachments:

- 1/21 School Board Agenda
- Nutrition Nuggets

Box Tops for Education

\$50.60 has been raised from

Box Tops collected!

Keep up the good work and
please keep collecting.

Kindergarten Round-Up

2021-2022

Kindergarten Round-Up will be held virtually this year. A link will be made available on February 25, including important information to enroll your child for the 2021-2022 school year and to schedule your child for a kindergarten screening in March.



Spring Bluff Pirates



Counselor's Corner

Katie Richarz
School Counselor
kricharz@springbluffpirates.com

Use Report Cards as a Learning Tool

Talk to your child about their report cards.

Discuss whether your child feels they put forth their best effort in each of their classes.

Ask about what they have learned over the last quarter.

Help your child recognize areas that they do well in and areas they could improve in.

Help your child create healthy habits to improve themselves and their grades.

Encourage your child to communicate with their teacher regularly.

Contact the teacher with any concerns.

School Board Candidate Filing

Filing for two, 3 year positions will be open on
Tuesday, December 15th, 2020 @ 8:00 a.m. and will end

Tuesday, January 19, 2021 @ 5:00 p.m.

The current incumbents are:

Mr. Matt Montee and Mr. Jared Schmidt.

Filing may be completed during regular business hours,

Monday through Friday 8:00 a.m.-4:00 p.m.

(except as noted below.)

Filing will not occur on the following dates:

Any day the office is closed due to inclement weather or
health related reasons.

Ballot placement order of filing will be on a first-come
basis.

Read To Succeed Update

Due to COVID-19, the 2021 Read to
Succeed Program has been suspended.

Unused tickets earned during the
2019-2020 school year will be valid
through

August 31, 2021.

Substitute Bus Drivers Needed

We are looking for substitute bus drivers, starting pay
is \$15.98 per hour.

Please contact Mr. League
mleague@springbluffpirates.com if you are interested
in becoming a substitute driver.

Spring Bluff R-XV School has outside Wi-Fi
access available to those students that have
limited or no internet access at home. Please
contact the school office for the Wi-Fi
password if you are
interested.



Website:

<http://www.springbluffpirates.com>

Go Pirates!



Sporting News & Events



Tuesday, January 19th

*Thursday, January 21st

Sat-Sun, January 23-24

**8th Grade Recognition between games. Parents will meet in the lobby after the girls game.

5B/8G/8B@ St. Johns. 5:30 p.m.

8G/8B vs St. George @ Home 6:00 p.m.

5B Tournament @ Hermann TBA

Spring Bluff R-XV School District

School Board Agenda

January 21, 2021

Location: Library at 7:00 p.m.

Masks Are Required for all in Attendance

- 1. Call to order**
- 2. Approve agenda**
- 3. Public Comment** (At this time, resident taxpayers wishing to speak on an agenda item will be given time for presentation to the Board of Education. A maximum of 15 minutes is allowed for this agenda item. Please, just one designated spokesperson per group; individuals may speak only once per meeting, time regulated by Board chairperson. Speakers names will be recorded)
- 4. Approve minutes of December 17 and January 5 meetings**
- 5. Financial Transaction Review**
 - a. Amend the budget to actual revenues, expenditures, and transfers
 - b. Review and approve monthly bills
 - c. Approve treasurer's report
- 6. Budget Update**
- 7. Safety/Facilities/Financial Update-CSIP Report**
- 8. Review and Approve Board Resolution on COVID-19 leave**
- 9. Review Covid Protocol and Procedures**
 - a. Modified Guidance on Mask Use and Quarantine in K-12 Schools
- 10. A Closed Session is required in accordance with Section 610.021(3 & 13)**
 - a. Approve minutes of December 17
 - b. Superintendent Review
 - c. Certified Personnel Mid Year Review
 - d. Support Staff Mid Year Review
- 11. Other Business**
 - a. Miscellaneous
- 12. Adjourn Meeting**

Nutrition Nuggets™

Food and Fitness for a Healthy Child

January 2021



Spring Bluff R-XV School

Mrs. Jeannie Jenkins, Superintendent

BEST BITES

Dinner table ABCs

Start a mealtime game by asking your youngster to name a healthy food. Then, go around the table taking turns, with each person naming a food that begins with the last letter of the previous food. *Examples:* okra, apricot, turkey, yellow squash. Your family may get new ideas for nutritious foods to eat.

Banana "sushi"

Here's a healthy snack or dessert your child will enjoy making and eating. Let him microwave a whole-wheat tortilla for 15 seconds and spread nut or seed butter on it. Now he can peel a banana and roll it up in the tortilla. Help him cut it into slices—like sushi!



Follow the directions

Help your youngster get fit and practice following multi-step directions. Call out two movements for her to do: "Spin around. Jump up high." Now let her give you two instructions. For the next round, say three actions. How many movements can you each remember?

Just for fun

Q: Why are teddy bears never hungry?

A: They're always stuffed!



Set healthy goals

Work together to set New Year's resolutions that will help your child make healthy choices in 2021—and beyond! Consider these possibilities.

Resolution: Eat 5–9 servings of fruits and vegetables every day.

If your youngster has three meals and two snacks that include produce, she's got this resolution covered for the day. Add vegetables to breakfast by making toast with tomato slices and melted low-fat cheese. And invite fruit to dinner by topping tacos with mango salsa. *Idea:* Let your child drop a marble into a jar for each fruit or vegetable she eats. She can count the marbles at the end of the day—did she make her goal?

Resolution: Take up an active hobby.

Help your youngster find an activity she enjoys. Even during the pandemic, there are plenty of safe options. She might sign up for virtual dance or yoga



classes. Or visit neighborhood courts as a family so she can play basketball, tennis, or pickleball.

Resolution: Sleep for 9–11 hours per night.

Children who get enough sleep are less likely to be overweight or obese. Aim to have your child turn off screens at least 1 hour before bedtime, since the blue light they emit can interfere with sleep. Instead, encourage her to do relaxing, screen-free activities. She could list ideas (reading, coloring, crocheting) on separate index cards and choose one after she puts on her pajamas. 🍷

Family fitness challenge

Ten activities in 10 minutes? Here's a challenge that makes everyone a winner.

Let your youngster write or draw active ideas on a poster board. Do them all each day, and you'll add 70 minutes of physical activity to your child's—and your—week. These suggestions can get your family started:

- Hop on one foot for 1 minute.
- Line up kitchen chairs in a row. Sit down and get up three times on each of them.
- Crawl on hands and knees across the room. Skip back.
- Move arms in big circles 10 times. Switch direction, and do 10 more circles.
- Put pillows on the floor. Take off your shoes, and jump from one to another. 🍷



Is this food nutritious?

Some popular “kid” foods sound healthy even though they’re not. Here are a few examples, along with nutritious alternatives for your youngster. (Bonus: They’ll even save you money!)

Pre-made snack boxes

Why not? Typical ingredients include salty, processed meats like ham or salami, low-fiber white crackers, and full-fat cheese.

Healthy swap: Help your child make sectioned snack boxes using cupcake liners. He might include foods like diced



leftover baked chicken, cucumber slices, hard-boiled eggs, and grapes.

Fruit snacks

Why not? Some contain only trace amounts of actual fruit. Even brands made with 100 percent fruit juice typically contain a lot of sugar.

Healthy swap: Have your youngster eat an orange or apple, or look for dried fruit with no added sugar.

Veggie straws or chips

Why not? These are often loaded with salt, fat, and preservatives.

Healthy swap: Your child can still enjoy a crunchy snack by dipping raw vegetables like green beans and snap peas into hummus. ♡

PARENT TO PARENT

Get enough good fats

My son Andy recently discovered guacamole, and he’d eat it every day if he could. Because I knew avocados were high in fat, I tried to rein in his guac habit—until I mentioned it at his recent checkup. The doctor said avocados actually contain unsaturated fat that’s good for the heart.

Since then, we’ve been eating other sources of “good” fats that his doctor told us about.

For instance, I’m cooking with olive oil instead of butter and tossing salads with olive oil

and balsamic vinaigrette rather than ranch dressing. We’re also eating fish like tuna and salmon twice a week.

Andy is happy he gets to eat guacamole more often. And I’ve discovered he loves avocado slices on his sandwiches—the creaminess makes them a perfect heart-healthy substitute for mayonnaise. ♡



ACTIVITY CORNER

PE at home

Whether your child is learning in person or remotely, she can enjoy PE every day. Add more movement to her days with these ideas:

- Let your youngster pretend she’s the PE teacher and show you exercises or games she does in class.
- Suggest that your child create a PE corner in the living room with equipment like a yoga mat to stretch out on and beanbags to juggle.
- Play classic PE games. Your youngster might use sidewalk chalk to draw a four-square court on the sidewalk.
- If your child has PE homework, offer to do it alongside her. ♡



IN THE KITCHEN

All right, burger night!

Lean and tasty, these two dishes will liven up your family’s next burger night.

Chicken and zucchini. In a large bowl, combine 1 lb. lean ground chicken with 1 beaten egg, 1 shredded zucchini, 1 minced garlic clove, ½ cup whole-wheat breadcrumbs, and ¼ tsp. each salt and pepper. Divide into 4 patties, and sauté in an oiled skillet over medium-high heat until cooked through, about 3 minutes per side. Serve on whole-wheat buns with lettuce and tomato.

Quinoa and feta. Preheat oven to 400°.

Beat 3 eggs in a large bowl. Stir in 2 cups cooked quinoa, 1 tbsp. tomato paste, ½ cup whole-wheat panko breadcrumbs, ¼ cup crumbled feta cheese, 2 tbsp. parsley, and ½ tsp. salt. Arrange 4 patties on a lightly greased baking sheet and cook 20 minutes, flipping halfway through. Tuck into whole-wheat pita pockets with baby spinach and nonfat Greek yogurt. ♡



OUR PURPOSE

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

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

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