

# Lapham



# Lookout Elementary

Vol. 4 Issue #3  
November 2010

Lapham Elementary School  
1045 East Dayton St.  
Madison, WI 53703

Dr. Michael Hertting  
Principal

[mhertting@madison.k12.wi.us](mailto:mhertting@madison.k12.wi.us)

Dear Parents:

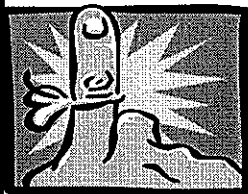
The first quarter is almost over and parent/teacher conferences are just around the corner. It is my hope that everything is going well for your child. Parent conferences are a wonderful way for us to communicate and work with parents. It is my hope that we get 100% attendance at our conferences. Please feel free to contact your child's teachers if you need a different time.

It seems like we have had a cold fall already and several indoor recesses. The winds of November have arrived on our playground, although not too often. Please be sure your child is dressed for the weather. We go out every day and rarely stay inside during the winter. We know that our children have better days when they have had a chance to run around outside.

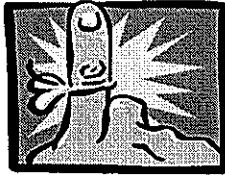
Our annual Lapham Holiday Luncheon is just around the corner. We hope all of our families will be able to make it. The date is Monday, December 7th. **Please complete the form attached to this newsletter as soon as possible.** It is important for us to get an accurate count. We always look forward to this annual event.

Last week I presented an assembly to our students. The theme of the assembly was respect. This is part of our Above the Line program. We defined and presented examples of students being respectful. We also showed a short piece of video on Unicef to our students. We finished by singing our Lapham song. I hope your child talked to you about this assembly. Our students were an excellent audience.

Have a great November and I hope to see all of you sometime in the next month. Your Principal, Mike Hertting



November 9	6:30 pm PTG meeting @ Marquette
November 10	Picture Retake Day
November 11	Parent Teacher Conferences/No School
November 25	No School
November 26	No School



### Reminders

**Lapham Start Time 7:40 AM**  
**Dismissal 2:32 (1:00 Mondays)**  
**Lunch will be served at 11:25**

**Safe Arrival Number (if your child is sick) 204-4148**



### Questions and Answers

**When does Lapham have fire drills?** Last week we had our second fire drill. Each month we have a Fire Drill. We also have Code Red drills twice a year which are used if we need to lockdown the building for the safety of our children. In the Spring we also have a tornado drill. Please use this notice as a reminder to check the batteries of your smoke alarms and talk about a meeting place in case your house needed to be evacuated. Red Caboose also has fire drills.

### Did you know?



One of the best family events in Madison is free? Visit Kids in the Rotunda (at the Overture Center) every Saturday at 9:30, 11 or 1 for a free kid show. These are great events for families and Madison is lucky to have this resource.

### Picture Retakes

Lifetouch will be here on Wednesday, November 10th for picture retakes. If your child missed picture day he/she will be photographed on November 10th. Parents interested in ordering can still do so. If you would like retakes please return your unwanted package and let your teacher know you would like a retake. Please call the office if you have additional questions 204-4140.

### School Wish List

In the past we have had the pleasure of experiencing the Opera for the Young. This is an excellent program and the kids love it. We are looking for sponsorship for the Opera For The Young (\$750) so we can continue this opportunity for our kids. In addition, we are in need of a sponsor for a classroom literacy easel (\$300).

## **The Foundation for Madison's Public Schools Principal for a Day**

Lapham was pleased to participate in the Foundation for Madison's Public Schools 6<sup>th</sup> annual Principal for a Day event on Tuesday, October 19. Nancy Dunham, senior scientist at the UW School of Public Health joined Mike Hertting for a morning full of activities with students and staff. Ms. Dunham presented awards to our students at the October Awards Program, toured the physical plant and supervised in the lunchroom. Ms. Dunham was one of more than 75 business and community leaders to serve as Principals for a Day in every Madison public school. John Smalley, Editor of the Wisconsin State Journal served as Superintendent for a Day shadowing Dan Nerad for the morning. (remove?)

The Foundation for Madison's Public Schools sponsors the Principal for a Day event to bring a variety of community leaders to our schools so that they can experience firsthand the joys and challenges of public education. The Foundation advocates and facilitates relationships between the schools, community groups and businesses and the Principal for a Day event is crucial to developing these valuable partnerships.

Please visit the Foundation's website at [www.fmeps.org](http://www.fmeps.org) or call 232-7820 to learn more about Principal for a Day or any of the many other Foundation programs.

### **From the Health Office**

#### **Is Your Child Well Enough To Go To School?**

It's not always easy to decide if your child is sick enough to stay home, or well enough to go to school. Children who come to school are generally expected to participate fully in school activities. Here are some guidelines that might help in a parent's decision making:

- ⇒ **Fever:** A fever of 100 or more signals an illness that is probably going to make a student uncomfortable and unable to function well in class. Your child should stay home until he/she has been without fever for 24 hours (without the aid of fever-reducing medication). **DO NOT GIVE A FEVER REDUCING MEDICATION (Tylenol or Ibuprofen) AND SEND YOUR CHILD TO SCHOOL.**
- ⇒ **Vomiting, Diarrhea or Severe Nausea:** These are symptoms that require a student to remain at home until a normal diet is tolerated the night before and the morning of school.

Of course there are other situations that would necessitate a child to remain at home--always check with your child's physician when in doubt.

#### **Need insurance for your child?**

Please contact the Lapham School Health Office (204-4146), if your child is in need of insurance. We can enroll students in Badgercare, and if found to be or connect with a program called Primary Access for Kids. There is no need for any child to go without health care.

## Who's New at Lapham?

### **Sophi Guilfoose**

Hello Everyone! My name is Sophi Guilfoose and I am the new school psychologist at Lapham Elementary school. The students call me "Ms. G". It has been a smooth transition to Lapham and I'm looking forward to a fun school year! I also work at Marquette Elementary and am happy I'll know the students from Kindergarten through 5<sup>th</sup> grade.

I'm a native of Madison and a graduate of Memorial High School. After studying Spanish and Art History at the UW-Madison, I lived in Seattle, Washington for 6 years where I met my husband. Although we miss the mountains and the ocean, we are blessed to have family around us here in the Heartland.

A lot of my work is solving problems, which means I'm almost never bored! Some particular interests of mine are teaching yoga and mindful awareness as ways to help students manage stress and become happier, kinder and more compassionate.

### **Kate Brown**

Hello Lapham families! My name is Kate Brown and I am the new special education teacher here at Lapham Elementary. Recently, while in a Kindergarten class, we put up the number 31 for how many days we had been in school. I feel so lucky to have spent 31 days here at Lapham already and I am excited for many more!

Prior to starting my teaching career I studied Sociology and Dance at UW-Eau Claire. Right before I graduated from UWEC I spent a brief period of time working as a special education assistant because like most college students, I needed some extra money. Well, that temporary job was a total "life changer." I loved the kids I worked with and decided to make a career shift. I pursued a master's degree and teaching certification at UW-Madison. I immediately fell in love with Madison and decided to stay in the area after I finished my teaching degree.

This year will be my fourth year of teaching. I spent one year in the Oregon School District and two years at Muir Elementary in Madison. When I am not at school I am reading, cooking, hiking, planning my wedding (my fiancé and I are getting married next summer) and occasionally I like to take aerial dance classes! I am thrilled to be a part of the Lapham community and look forward to meeting and getting to know more of you.

## **Individual Learning Plan (ILP)**

During the upcoming teacher parent conferences our teachers will have a conversation with parents/ guardians in about the strengths of the student, the challenges the student may be experiencing, and the development of an academic and social-emotional goal for the year. The plan will be recorded on an ILP form and a copy will be provided for parents. The ILP comes from the MMSD strategic plan.

# Student Drop Information

Please use one of the following areas to drop off your child for school in the morning:

- ✓ A legal parking spot on any of the streets (Then walk your child to the playground).
- ✓ Dayton Street (In the **Loading Zone** – you can park for up to 10 minutes!)



Please read this!

Please **do not** drop your child off in the **staff parking** lot. The Madison Police Department will ticket parents who drop off children in the staff parking lot. We **do not** want children and parents near school buses that are loading or unloading.

Additional Notes—we recently have had complaints about the speed on Ingersol Street. We have asked the Madison Police Department to have their safety team enforce this area. It appears that many people are using this street to cut between East Washington and East Johnson. Here are some other important items to note:

- Please **do not** park in the No Parking Zones on Ingersol Street. It is hard for pedestrians to see down the street and look for cars.
- Please **do not** have your children walk near the buses or in the parking lot without an adult holding their hand.
- Please **do not** park on the wrong side of the street so your child does not have to cross in the middle of the street. You should take your child to the crosswalk.

Thank you for helping to keep our children safe.



## Holiday Luncheon Times

### Lunch at 11:00 Serving Period

Kindergarten Classes  
Ms. Hodkiewicz's Class  
Mrs. Beery's Class

Students in this serving period will go outside after they are done eating. They will return to their classrooms somewhat later than the regular time.

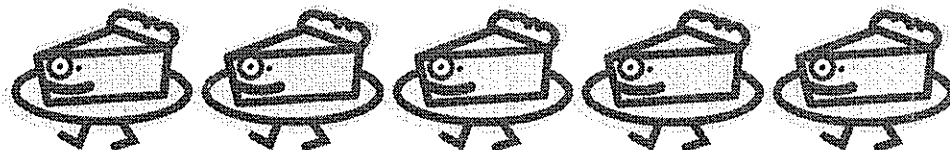
### Lunch at 11:40 Serving Period

Ms. Freng's class  
Ms. Stern's class  
Ms. Anton's Class  
2nd Grade Classes

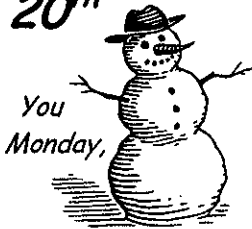
Students in this serving period will stay in their classrooms until around 11:40.

### Notes:

- ✓ Parents who have children who eat at both times can eat with each child if they want; being served at either period or you can move your child to the other time. (Keep in mind your child will then need to stay with you the entire time.)
- ✓ We will move folks along near the end of the first serving period to allow us to reset some of the space for the next serving period. Parents can go outside with their child if they wish.
- ✓ Volunteers to serve and clean up are still needed. Please let us know if you can help us out.



20<sup>th</sup>



You  
Monday,

# Annual Family Holiday Luncheon

and your family are cordially invited to the Annual Lapham Family Holiday Luncheon on  
December 7 from 11:00 a.m.-1:00 p.m.  
more detailed info on serving time will follow

While enjoying a buffet of turkey, (or veggie entree) corn, potatoes and gravy, rolls,  
butter, milk and cake, you can enjoy a performance by Madison East Jazz Combo

Costs for this event are: Guests (adult or child) \$3.25  
Students (reg. lunch price) 2.85  
Students eligible for reduced lunch .40  
Student's eligible for free lunch .00

**\*\*Please note** You will receive your tickets from your child's teacher on the day of the event. We  
want this event to include all Lapham Families so please check below if you need a scholarship.

Detach and return along with payment to your child's teacher by November 24, 2010

Teacher

Student Name \_\_\_\_\_ Turkey \_\_\_\_\_ Veg. Lasagna \_\_\_\_\_  
\_\_\_\_\_ My child will be bringing a sack lunch

Guests (number of each type of lunch) Turkey \_\_\_\_\_ Veg. Lasagna \_\_\_\_\_

My child's meal \_\_\_\_\_ @\$2.85

Number of Guests attending (adults and children/non students) \_\_\_\_\_ @ \$3.25

\_\_\_\_\_ We are unable to pay at this time and request a scholarship.

**TOTAL AMOUNT DUE** (please make checks payable to The Eatery) \_\_\_\_\_

\_\_\_\_\_ I would like to contribute extra. Enclosed is my donation of \$ \_\_\_\_\_  
(Please make donation checks payable to Lapham Elementary.)

I would like to volunteer to: \_\_\_\_\_ Set Up (9 a.m.) \_\_\_\_\_ Clean Up (after - 1:00 p.m.)

Name \_\_\_\_\_ Telephone Number \_\_\_\_\_

# Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2010

Madison Metropolitan School District



## BEST BITES

### Crawl space

Your child probably hasn't crawled since he was a baby. But crawling is a great way to strengthen arm and leg muscles—and keep him moving. Have crawling races in your house. Or set up an obstacle course that requires crawling (under a table, through a large cardboard box, behind a sofa).

### Healthier hot chocolate



'Tis the season for hot cocoa. Make it healthier by making your own instead of using sugary mixes. Simply heat 1 cup fat-free

milk and stir in 1 tsp. cocoa powder and 1 tsp. sugar. *Tip:* For minty hot cocoa, add a drop of peppermint extract, or make Mexican hot chocolate by mixing in ¼ tsp. cinnamon.

### DID YOU KNOW?

Oregano is one of the most antioxidant-rich herbs. It can boost the body's immune system and help fight disease. You can add oregano—either fresh or dried—to all kinds of foods, including pasta dishes, grilled meats, fish, and salads. And your child will probably like the flavor because it will remind her of pizza!

### Just for fun

**Q:** What's the best thing to put in meatloaf?

**A:** A fork!



## Solutions for picky eaters

Emma will only eat foods that are white. Bryan doesn't like anything that's mushy. Maddie wants peanut butter and jelly at every meal.

Do you have an eater like this in your family? Here are five strategies you can try:

1. Serve meals at about the same time every day so your child gets used to eating then. And make sure she's hungry at mealtime by not letting her have snacks or drinks for at least an hour beforehand.
2. Give your youngster the same meal everyone else is having. Once she gets used to a no-substitutions policy, she's unlikely to go hungry for long. *Note:* If she doesn't eat dinner, offer her a small, healthy snack later—but not a whole meal. That way, she won't get in the habit of refusing dinner and having the food of her choice anyway.
3. Keep the mood light at meals. Have pleasant conversations about your days, rather than focusing on what your child is or isn't eating. Praise her when she



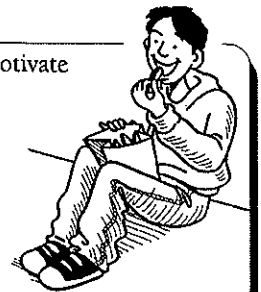
tries new foods, but don't make a fuss if she doesn't. Treating food issues lightly will help you avoid power struggles.

4. Invite friends or cousins who eat a variety of foods. Your youngster may become interested in trying new things when other kids her age are happily eating them.
5. Using dessert as a reward for eating a meal can backfire. In fact, making dessert the prize gives your child the idea that healthy food is a chore to get through rather than something to enjoy. Instead, you might serve dessert once or twice a week as an ordinary end to a meal. ♥

### Food that's fun to eat

Presenting healthy food in new and different ways can motivate your youngster to eat it. Try clever ideas like these:

- Dish up bite-sized foods. Heat frozen meatballs, or make your own with lean ground beef, turkey, or pork, and then stick a toothpick in each one. Or prepare tiny pizzas: Top mini-bagels with tomato sauce and skim mozzarella cheese, and bake until bubbly.
- Make a meal-in-a-bag with this healthy twist on fish and chips. Cut a sweet potato into slices lengthwise, place on a cookie sheet, and sprinkle with a little cinnamon sugar. Bake at 350° for 30 minutes. For the fish, dip tilapia or mahimahi filets in beaten eggs and then in crushed cornflakes. Sauté until cooked through and crisp. Wrap the fish and chips in foil, put in a brown paper bag, and let your child eat with his hands. ♥





# Active winter breaks

School's out, and the weather is cold. How can you keep your children from spending winter break in front of the TV? Use these suggestions.

## Community programs

School breaks are challenging when both parents—or a single parent—work. Solve the problem and keep your youngsters active by enrolling them in a sports or activity-based program. Check for low-cost or free options at schools, after-school programs, community centers, parks and recreation departments, or gymnastics centers.



## Outdoor fun

Build physical activity into family time. If it snows, go sledding or build snowmen, snow sculptures, or snow forts. Rent cross-country skis (or find them at a yard sale), and trek through town or the woods. Hiking is fun on grass or in snow—dress in layers,

and head for a nearby park, mountain, or lake shore. Or go ice-skating on a safely frozen pond.

## Travel tips

If you're taking a road trip, stop and stretch every hour or so along the way. Take along a football, baseball and mitts, or bubble solution and wands, and play at rest stops. Also, look for playgrounds on your route where your children can get out and run around (search at <http://playspacefinder.kaboom.org>). ●

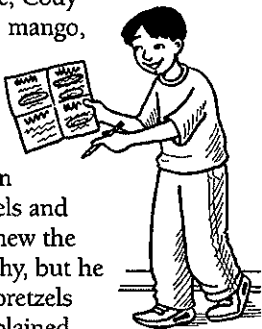


## Healthy food game

A neighbor recently told me about a game her family plays. I thought it would be a good way for my son Cody to practice making healthy food choices.

Here's how it works. We each fold a sheet of paper in half horizontally and then again vertically. When we unfold the paper, we label the four sections "Breakfast," "Lunch," "Dinner," and "Snacks." Then, we write four foods in each section. We switch papers, and another player circles the healthiest items.

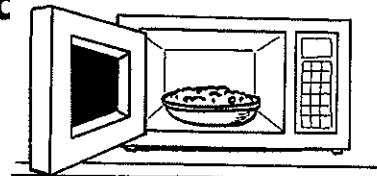
For example, Cody listed pretzels, mango, donuts, and cookies in the snack section. He was surprised when I circled pretzels and mango—he knew the fruit was healthy, but he didn't realize pretzels could be. I explained that some pretzels are unsalted or made with whole wheat. We're having fun playing our game, and it gets us thinking about healthy choices. ●



## Microwave magic

When you're a busy parent, the microwave can be your best friend! Using a microwave is not only quick, it can be healthy, too. Dishes usually aren't greased, and vegetables are cooked without liquid, so vitamins and minerals aren't lost. Try these ideas.

**Easy nachos.** Cover a plate with baked tortilla chips. Add drained canned black beans or low-fat refried beans, and top with leftover chicken or beef, shredded cheddar cheese, and chopped tomatoes. Heat just until the cheese melts.



**Creole succotash.** In a microwave-safe bowl, combine 2 cups frozen corn and 2 cups frozen shelled edamame. Microwave until hot. Add Creole seasoning to taste.

**Ham and cheese wrap.** Lay a slice of ham and a piece of string cheese on a whole-wheat tortilla. Roll up the tortilla, and microwave for 30 seconds. ●



## Lights, camera, action!

Turn your family into stars and encourage physical activity by filming your own exercise video.

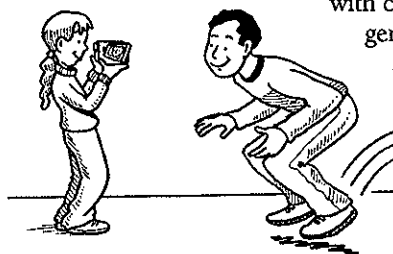
Start by brainstorming activities to include. Then, use a video camera to film each person leading different exercises. Tip: Take turns filming so everyone gets in the video.

You might do stretches like reaching for the sky, touching your toes, or circling your shoulders up and around. Move on to

more active exercises, such as "leap frogs" (crouch down and jump forward like a frog; repeat across a room and back) or "opposites" (standing, lift your right foot, touch your left hand to it, and hop; alternate sides and repeat). Finish

with cool-down activities like gentle stretches of legs

and arms. *Idea:* Lie on the floor and pretend you're just getting up in the morning, stretching each limb to help you wake up. ●



**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 Aspen Publishers, Inc.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • [rfeustomer@wolterskluwer.com](mailto:rfeustomer@wolterskluwer.com)  
[www.rfeonline.com](http://www.rfeonline.com)

Nutrition Nuggets is reviewed by a registered dietician. Consult a physician before beginning any major change in diet or exercise.  
ISSN 1935-4630