

Lapham Lookout Elementary

Vol. 4 Issue #4
December 2010

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

Dr. Michael Hertting
Principal

mhertting@madison.k12.wi.us

Dear Parents:

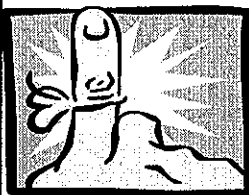
It seems like I was just sending out the November newsletter and now it is December already. This was an exciting week here at Lapham with our second Awards Assembly. Next week we hold our Annual Holiday Luncheon. These are two great events for our school.

Winter break is just around the corner which means we are hoping for snow here at Lapham. It would be great to have a couple of feet by break! I love watching our little ones play in the snow. They have so much fun. Please help us by making sure your child is dressed for winter. We go outside almost every day in the winter so it is important that children have snow pants and boots. Please let our health office know if you need any assistance with this. Please also find information on school closings in this newsletter. In short, turn on the TV to find out if school is closed for the day.

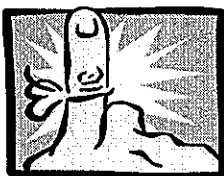
It seems each December I also suggest gifts that parents can give their children at this time of year. The best gift you can give your children is the time you can spend with them; and it is free! Whether it is reading to them or taking them to the Overture Center for a free Saturday morning event or ice skating at Tenney Park, they will remember the time you spent with them.

One of the challenges of being principal at two schools is that I am not getting to read to classes or be as visible on the playground and lunchroom as much as I would like. This has been difficult for me. I hope your children are not noticing this!

Have a wonderful winter season with your children. Its continues to be an honor and pleasure serving as your principal. Please let me know if there is any



December 6		Holiday Luncheon
December 13	10:30am/6:30pm	Choir Concert
December 14	6:30	PTG meeting @ Lapham-
December 20-January 2		NO SCHOOL
January 3		SCHOOL RESUMES



Reminders

Lapham Start Time 7:40 AM
Dismissal 2:32 (1:00 Mondays)
Lunch will be served at 11:05

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



Questions and Answers

Recently I read that 4 year old Kindergarten will be at some Madison Schools. I also read some alternative programs may be moved to accommodate this new program. How will this affect Lapham and the Alternatives housed at Lapham? Preliminary plans do not show any changes for the Alternative programs at Lapham. It appears our two Early Childhood programs will become 4 year old Kindergarten classrooms. We would then use one additional space in the lower lever for three year old early childhood programming. These plans are subject to change.

I am confused. Can I drop off my child in the parking lot? No! No Lapham children should be dropped off or picked up in our parking lot. You may, however, park your car and escort your child to the playground or from the building at dismissal. We absolutely do not want our PK-2 students walking by themselves in our parking lot.

Social-Emotional Concerns of Gifted and Talented Students

Dr. Jean Peterson, professor and director of school-counselor preparation at Purdue University, author of over 80 publications, and an affiliated faculty member with the Gifted Education Resource Institute there, will be conducting a presentation and question and answer session for parents of gifted students. Among the topics covered will be the burdens of being a high ability student and parent of this student, underachievement, and bullying and the gifted. Mark your calendars.

When: Thursday, December 16, 6:30 PM Locations:
Where: McDaniels Auditorium, Doyle Administration Building



Bad Weather Reminder:

On days when the weather is bad, listen to any local radio or television station for information about school closing. You can also check MMSD-TV (Cable Channel 96 or 993.) For more information on school closings, please check the MMSD website: See a letter from Dr. Nerad on Pg 7!

<http://www.madison.k12.wi.us/weather.htm> Or call 608-442-2911



Bus Contractor Phone Number

Kobussen Buses is the our contractor for Lapham Elementary. Please contact them at 825-2700. Please call Kobussen if the bus is running late. MMSD Transportation is at 663-5288.

MMSD Wellness Policy Reminders

Can students bring soda, other non-approved beverages or candy in their lunches or to be consumed at school? A goal of the policy is that as students learn about healthy nutrition, they will bring healthy beverages and lunches to school; however the guidelines do not limit what students can bring to school. Students cannot bring soda or candy to be sold to other students or for consumption at a classroom party or celebration.

Can birthday parties or other celebrations be held? These celebrations are allowed. All school staff are encouraged to consolidate celebrations that include food and to consider non-food activities for celebrations.

Can students eat snacks in their classrooms? Yes, snacks can be consumed in the classroom if permitted by the classroom teacher. Parents are asked to use the list of recommended snack items if they are sending snacks for the entire class. Snacks must be eaten at a desk or table. Students must clean up after themselves.

Are there any limits on peanuts and other nut products? Yes. Food Services will not serve foods containing peanuts or nut products in elementary schools. Student projects prepared at school shall be peanut and nut free as well as not including edible seeds. Students may still bring peanut butter sandwiches or other peanut or nut items in their personal lunches. The list of snack items for elementary classrooms will not include any items that contain peanuts or nuts.

More information on the web site at: http://www.madison.k12.wi.us/topics/wellness/q_and_a.htm

MMSD Goal of 94% Attendance

MMSD has a goal of 94% attendance for every student. Lapham overall meets this goal every year. 94% means missing no more than 5 days of each semester. Please look for your child's name on the wall near the Auditorium to see if he/she is making the goal. Try to schedule any appointments outside the school day.

Starting the Day Calmly

A smooth start to the day begins the night before. Think about:

- Checking the weather forecast and help your child choose clothes, coat and footwear
- Placing your child's backpack by the door with permission slips completed homework ready to go.
- Planning a breakfast with your child and packing a healthy lunch.

Setting a timer 5 minutes before you leave as a signal to your child.



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. Sterns's class
Ms. Anton's Class
2nd Grade Classes

Students in this serving period will stay in their classrooms until around 11:40. They will have a recess before lunch.

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.



December, 2010

Dear Families of MMSD Students,

When the weather is bad, the Madison Metropolitan School District follows a set of guidelines for deciding if school will be open or closed. With the winter season here, I'd like to review these guidelines with you.

The district must make a decision that is the best for more than 24,000 students. We realize this decision may not fit with your individual circumstances. Therefore, we encourage and strongly support you in making the decision that is best for your child(ren). You are always the best judge of your child's health and safety.

The process for deciding when schools are open or closed due to snow and/or ice
District staff members review the weather conditions beginning early in the morning. They talk with weather forecasters, the City Streets Department, Madison Police and Dane County Sheriff's Departments, and school district staff to see if all buildings are accessible for students and staff.

We also consult with bus companies to see if buses will be able to travel safely to and from school. This is the primary factor in making our decision. We make the decision whether to close schools by 6:30 a.m. or earlier, and then communicate this decision to all local news outlets.

How you can find out if schools are closed

On days when the weather is bad, listen to any local radio or television station for information about school closing. You can also check our web site (www.mmsd.org) or MMSD-TV (Cable Channel 96 or 993) or you can call (608) 442-2911 – it has a recorded message.

When schools are closed because of extreme cold

When the National Weather Service has a wind chill WARNING for Dane County in effect for the time just before the school day begins, we will make a decision if our schools should close. It is quite likely we will make the closing decision on the morning of the day in question. If there is a wind chill ADVISORY (not a WARNING) for the county, schools will likely be open. (Thresholds from National Weather Service)

When schools are closed, all activities are canceled

When Madison schools are closed for the day, it also means that all activities scheduled in school buildings for that day are canceled. This includes all MSCR programs and all after school programs.

Why schools are not dismissed early on days when the weather is bad

In many of our families, adults work outside the home and they have no child care arrangements available before the end of the school day. However, if your schedule allows and if you feel your child(ren) will be safer at home, you can pick your child(ren) up before the end of the school day. If you do, go to the school office and request that your child(ren) be dismissed to you.

We try to keep schools open

When schools close, many families have issues with child care. As a result, we try to keep schools open if it's safe to do so. However, as we stated at the top of this letter, parents can always make the decision to keep their child(ren) at home in bad weather.

Why school starts are not delayed on days when the weather is bad but will improve during the day

In many of our families, adults working outside the home are not able to adjust their work schedules or find child care to accommodate a later start. If your family transports your child(ren) to school, we appreciate the extra effort it takes on severe weather days and acknowledge that the students' arrival might be somewhat delayed.

When schools are closed for other reasons

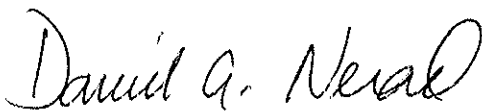
If you have a question about whether schools or a particular school will be closed for reasons other than severe weather, please listen to local radio or television stations, go to our web site or watch MMSD-TV.

Thank you for your understanding and cooperation

For every family which is happy that school is in session on days when the weather is bad, there is another family that feels schools should be closed. The decision to open or close schools during inclement weather brings out some of the strongest community reactions – no matter which way we go with our weather decisions.

We appreciate your understanding of the difficulties in making this decision, and your support in helping your child get to school safely on winter days. Please know that we will use safety considerations in making all of our weather decisions.

Sincerely,



Superintendent of Schools

School Closing Hotline—New!!

On days when the weather is bad, listen to any local radio or television station for information about school closing. You can also check our web site (www.mmsd.org) or MMSD-TV (Cable Channel 96 or 993) or you can call **(608) 442-2911** – it has a recorded message.

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



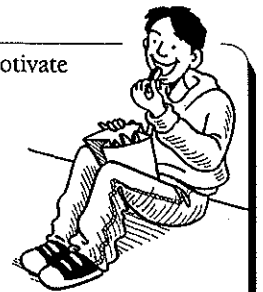
tries new foods, but don't make a fuss if she doesn't. Treating food issues lightly will help you avoid power struggles.

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>).

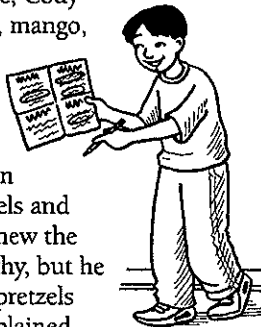


Healthy food game

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.

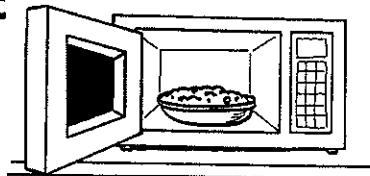
For example, Cody listed pretzels, mango, donuts, and cookies in the snack section. He was surprised when I circled pretzels and mango—he knew the fruit was healthy, but he didn't realize pretzels could be. I explained that some pretzels are unsalted or made with whole wheat. We're having fun playing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

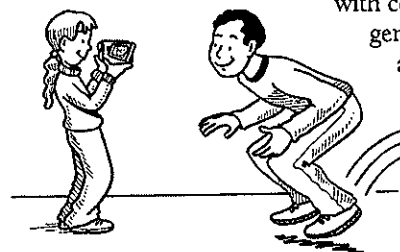
Turn your family into stars and encourage physical activity by filming your own exercise video.

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,
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 540-636-4280 • rfeustomer@wolterskluwer.com
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