

Lapham Lookout Elementary

Vol. 4 Issue #5
 January 2011

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

Dr. Michael Hertting
 Principal

mhertting@madison.k12.wi.us

Dear Parents:

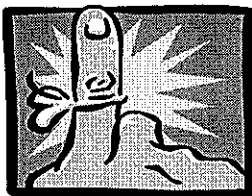
Happy New Year! It is my hope that you and your family had a great break. A big thanks to all of those who attended and volunteered at our Annual Lapham Family Holiday Luncheon. We served almost 600 meals! This was truly a nice event for our school.

Again, this past December brought snow. Please think about joining our kids for recess. They have so much fun in the snow. They build things, haul snow all over, run in it, roll around in it and many other fun things. I say let's go for another record this winter!

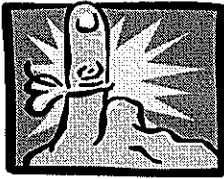
January brings the half way point in the year. Report cards will be sent home on January 28th. There is further information on report cards later in this newsletter. If you have questions, please be sure to contact your child's teacher. For our new Kindergarten parents the grading may be different from what you were used to as a student; hopefully we are providing detailed information for parents on the progress of their children.

Last January I suggested a New Year's resolution on improving our tardiness. It has been improving and we really appreciate it. Please continue to work on this. We will look at how we are doing at the semester. Please remember each late student is an interruption to the work and learning of many people. Most importantly is the loss of instructional time to students, especially as teachers have to spend their time reteaching information that was missed. Again, thanks so much for your help in this area.

Have a great month!
 Your principal, Mike Hertting



January 11	PTG meeting 6:30 @ Marquette
January 17	No School—Martin Luther King Jr. Day
January 19	Choir to Marquette for performance
January 21	Early Release 10:45am end of 1st semester
January 25	Choir Concert 1:45pm/6:45pm



Reminders

Lapham Start Time 7:40 AM
Dismissal 2:32 (1:00 Mondays)
Lunch will be served at 11:20

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



Questions and Answers

Where should we register for 4 year old Kindergarten? If you live in the Lapham or Marquette neighborhoods you should register at Lapham. The registration date is Monday, February 7th from 1 until 6PM. Please call Cara at 204-4140 if you have any questions?



Where can we go for further information about 4 year old kindergarten? You can call 663-8428 or check out the following website:
<http://deelweb.madison.k12.wi.us/4k>

What is the difference between Open Enrollment and Internal Transfer?

Students who live within the Lapham/Marquette attendance area can attend our schools. Students who live *within* MMSD may apply for internal transfer to attend our school. Students *living outside* the boundaries may apply for Open Enrollment to the MMSD. Both of these programs have deadlines to apply in early February. For further information please contact the MMSD Registrar at 663-4942. Each year we have many students who attend our school from outside our attendance area.

When do children stay indoors? We send the children outside whenever we can because it makes a positive difference in their learning. We do keep them inside when it is bitter cold out. We generally become concerned when the wind chill is several degree below zero. Several sources are used for information. MMSD Policy is that children should be kept inside if it is colder than -10 below. We look at a thermometer on our campus as well as going outside to check for wind and to feel if it is too cold. We have wind chill charts that we use as well. There have been several times when the TV station has reported a below zero wind chill and it has not been that cold on our campus. The sun shining brightly on our playground also makes a big difference. When it is cold we make a special point of checking to be sure our children have hats and mittens and that they are zipped up. When in doubt we keep the children inside. Finally, this is an issue where it is hard to please everyone. We get phone calls many times when the children are inside complaining that we should be sending them outside. Please contact the principal if you have further questions. Please also continue to dress your child for winter.

Wish List

Funding for part or all of Opera for the Young - \$750.

CODE RED DRILL

We will be holding a Code Red practice drill at Lapham School on Wednesday, January 12th. Possible Code Red situations include the presence of a dangerous intruder in the building or when a weapon or disruption threatens the safety of staff and students. Students and staff are directed to go to assigned safe places in the building during this procedure.

This Code Red drill is an important element in our crisis response plan at Lapham. Like our monthly fire drills, we practice what to do in an emergency. We hope that we will never have to utilize this drill in a real circumstance, but it is important for us all to walk through the process of staying safe.

Teachers discuss this drill with students beforehand and reflect upon it after it has been completed. You may want to talk with your child about the drill, emphasizing that it is only a simulation and will last only 5-10 minutes from start to finish. This Code Red drill experience is meant to be practice, not threatening or scary in nature.

From the Health Office

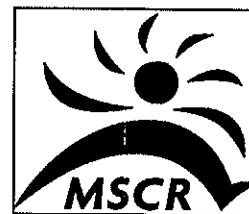
IS YOUR CHILD WELL ENOUGH TO GO TO SCHOOL?

It is not always easy to decide if your child is sick enough to stay home or well enough to be in school. Children who come to school are expected, with few exceptions, to participate fully in school activities.

Here are some guidelines that might help in a parent's decision-making:

1. **Fever:** A fever of 100 degrees 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 is feeling better, and has been without fever for 24 hours without the help of medication.
2. **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.
3. **Infectious Diseases:** Diseases such as impetigo, pink eye with thick drainage, and strep throat require a doctor's examination and prescription for medication. Contacting the health care provider and using the medicine as directed for the full recommended length of time are necessary. Once medication has been started and the child is feeling well, he/she may return to school. Students with chicken pox may return to school when all the scabs are completely dried and no new lesions are developing (usually 5-7 days).
4. **Rashes:** Rashes or patches of broken, itchy skin need to be examined by a health care provider if they appear to be spreading or not improving.
5. **Injuries:** If a student has an injury that causes continuous discomfort, the student should not attend school until the condition is checked by a health care provider or it improves. Injuries that interfere with class participation need a medical evaluation. If participation in physical education classes is not recommended, a medical excuse is required.
6. **Lice:** MMSD does not have a "no-nit" policy. If a child is found to have live lice, then he or she should stay home and be treated. If a child is found to have only nits, then school attendance is permissible.

11th Annual
Madison School Community Recreation
2011 Chess Championship



Eligibility Open to all Madison area students,
Kindergarten through 12th grade

Date: **Saturday, March 5th**

Location: **Warner Park Community Recreation Center**
1625 Northport Drive, Madison

Cost: **Free (Donations welcome to help support event's future)**

Prizes: 1st, 2nd, 3rd place trophy to top individual finishers
1st place trophy to the top individual at each grade level (K-8)
1st and 2nd place trophy to top elementary and middle school teams
(ties for individual trophies are resolved with 5-minute blitz games)

Games: 5 games per player guaranteed

Registration 8:15-9:00 am (*limited to the first 125 players*)

Game Round 1 begins at 9:15 am

Schedule Rounds 2-5 at approximately 10:30, 11:45, 1:15 and 2:30.

Grades K-2 rounds will start at the conclusion of the previous round. Awards will be given at the completion of the five rounds

Schedule, Saturday March 5th

Lunch (there will be a lunch break between rounds 2 + 3)
Trophies awarded beginning at 4:00 pm

Time control each player gets 30 minutes to complete all moves

Rules touch move

Details

Pairings Accelerated Swiss System,
designed to pair opponents of similar ages and strength

Equipment boards, sets and score sheets will be provided
please bring a chess clock, if possible

Questions? Neil Gleason, 238-4312 or ngleason@charter.net
Ian Hannah, 204-3052 or ihannah@madison.k12.wi.us

Nutrition Nuggets

Food and Fitness for a Healthy Child

January 2011

Madison Metropolitan School District




BEST BITES

Learn from pets

If you have a pet, consider putting your youngster in charge of feeding it. Show her that a dog, cat, or hamster needs healthy food in just-right portions and water all day long—just like she does. And when she walks the dog or watches a hamster run on a wheel, point out that pets need exercise—again, just like she does!

Vegetable couscous



Combine a healthy grain with vegetables for this quick side dish. Dice 2 carrots, 1 onion, 1 bell pepper, and 1 zucchini, and sauté in a little olive oil for 5 minutes. Season with garlic salt and lemon-pepper seasoning. Stir in 1 cup couscous and 1½ cups chicken (or vegetable) broth. Remove from heat, let stand 5 minutes, fluff with a fork—and serve!

DID YOU KNOW?

Ice skating builds endurance, tones muscles, and provides an aerobic workout. Plus, it's fun! Take your family ice skating at an indoor or outdoor rink or on a safely frozen pond. Consider low-cost lessons at a community rink to build your child's skills and self-confidence.

Just for fun

Q: What can you serve but never eat?

A: A tennis ball.



The breakfast habit

Making time for breakfast on busy mornings can be a challenge. But eating a healthy breakfast will give your child the energy he needs after sleeping—and fasting—all night. After all, breakfast literally means to *break the fast!*

Here are easy ways to build a daily breakfast routine.

Get started the night before.

Have your child set out plates, bowls, silverware, glasses—and even cereal boxes. Also, he can choose his clothes and pack his backpack. Meanwhile, you can get a jump on breakfast by hard-boiling eggs or mixing up (and refrigerating) pancake batter. These steps will save minutes in the morning when you're trying to get to school and work.

Create family time. Sit down together for breakfast, even if it's only for a short while. Keep the conversation light and friendly, perhaps talking about the day ahead. If your child is too sleepy to talk, you could just let each person read a section of the newspaper. The important thing is to be together and eating breakfast.



Vary the options. Whole-grain cereal with fat-free milk is healthy and quick—try bumping up the nutritional value by sprinkling on wheat germ, dried cranberries, or chopped nuts. Keep breakfast interesting with other kid-friendly foods, too. *Examples:* mini bagels with peanut butter, leftover pizza, and yogurt layered with granola and fruit.

Note: School breakfast is another good choice, especially if you have to be at work early or if your child goes to before-school care or would enjoy eating with friends. ♥

Active, all by myself!

Does your child tend to be more active when she has a friend over? Encourage her to get exercise when she's alone, too, with suggestions like these:

1. Draw a hopscotch board on the sidewalk, and practice.
2. Time yourself in short races.
3. Hop on one foot across a room and back.
4. See how long you can keep a hula hoop going.
5. Move a different way through each room of the house (skip, jump, roll).
6. Learn to twirl a baton, and twirl while marching to music. ♥



Dealing with food allergies

Having a child with food allergies can be worrisome. Teach your youngster to take charge of her allergy, and you'll both feel safer when she's away from home. Consider these ideas:

- Make sure she knows exactly what she's allergic to. Teach her "code words" to watch for on food labels. For example, if she has a peanut allergy, she'll have to watch for peanuts, peanut oil, ground nuts, mixed nuts, peanut flour, or the words "may contain nuts." Also, point out how peanuts can show up in obvious foods (peanut butter) but also sometimes in other items



(cookies, chili, spaghetti sauce, and Thai or Vietnamese foods).

- Help her handle school meals by reading the cafeteria menu with her and discussing foods to avoid. *Idea:* Talk with the cafeteria manager about menu items or ingredients to watch for. Also, remind your youngster never to share food with classmates. And identify school staff (teacher, school nurse, cafeteria aide) who can help her in an emergency.

- Encourage your child to ask questions when she is at friends' houses or restaurants. She should explain the situation and ask about ingredients. ("I'm allergic to wheat. Is this food made with any wheat products?") If her host isn't sure, your child can just say, "No, thanks." ●

Q & A Buy organic?

Q: I've read that organic fruits and vegetables are healthier—but they're expensive! Is it really necessary to buy organic?

A: Some people prefer buying organic to cut down on the chemicals they eat. You can make choices that will make the most difference for your money. For example, pesticides aren't as likely to get through produce that has thick or removable coverings. So you could continue buying regular bananas, avocados, onions, corn, pineapples, mangos, melons, grapefruit, and oranges, for instance.

On the other hand, more pesticides get through fruits and vegetables with edible or thin skin. So you might choose organic for celery, apples, strawberries, bell peppers, greens (lettuce, spinach, kale, collard greens), or cherries.

Note: Whether you buy organic or conventional produce, wash all items (even melons) thoroughly before eating. ●



ACTIVITY CORNER

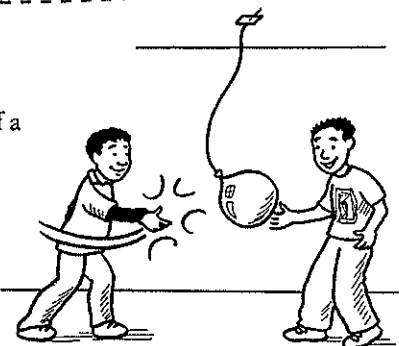
Balloon games

To help your child blow off a little steam inside the house on a cold winter day, just blow up a few balloons. Then, try games like these.

- Hit a balloon back and forth to each other. Reach, run, and dive to keep the balloon in the air. *Variation:* Catch the balloon and throw it back.

- Have each person bat his own balloon in the air. Count how many times you hit it before it touches the ground. Who can keep his balloon afloat the longest?

- Tie a 4-foot string to a balloon, and tape the end of the string to the ceiling. Play tetherball by hitting the balloon in a circular motion toward the other player. That player then hits it back to you in the opposite direction. ●



IN THE KITCHEN

One-dish meals

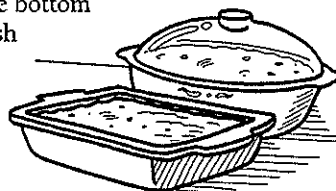
Having a whole meal in one dish is an easy way to put dinner on the table, especially with these two do-ahead casseroles.

Tortilla bake. Sauté 1 diced onion about 5 minutes, and stir in 1 grated zucchini, 1 can black beans (drained and rinsed), 1 can drained diced tomatoes, and 1 cup frozen corn (thawed). Cook until hot. Cover the bottom of a 9x13 inch baking dish with corn tortillas, and top with half the vegetable mixture, ½ can low-sodium enchilada sauce, and ½ cup low-fat

shredded cheddar. Repeat the layering. Bake at 400° about 25 minutes, until the cheese melts.

Chicken and broccoli. Spread 1 cup cooked brown rice in a casserole dish. Add fresh broccoli pieces and shredded rotisserie chicken. Mix 1 can cream of mushroom and 1 can cream of chicken soup (both low-sodium varieties), and spoon half the mixture

on top. Repeat the layering (rice, broccoli, chicken, soup mixture). Bake at 375° for 45 minutes. ●



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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 128 N. Royal Avenue • Front Royal, VA 22630
 540-636-4280 • rfeustomer@wolterskluwer.com
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