

# Lapham Lookout Elementary

Vol. 4 Issue #6  
February 2011



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

Dear Parents:

Dr. Michael Hertting  
Principal

The second semester is off to a great start. You should have received your child's report card last Friday. Please be sure to contact your child's teacher if you did not or if you have any questions about your child's progress.

Lapham Students are also in the midst of a food drive for Second Harvest Food Bank. This is in conjunction with the 100<sup>th</sup> day of school. Each classroom has a goal of bringing in 100 items. Our students raised over \$1000 for Unicef this year. This was celebrated at a recent assembly. This effort helps students right here on the East Side of Madison.

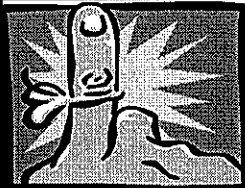
MMSD is working hard to plan for 4 year old Kindergarten. I believe this will make a positive difference here in MMSD. We do expect to have some classes here at Lapham and are excited about it. See Page 2 for some recent questions that I have received.

This is the half way point in the year. It is a good time to reflect on the year and think ahead. One area we are reviewing is attendance. Letters will be sent to those families with a lot of tardies and absences. We send these letters in the spirit of making parents aware of the totals and to help parents make the connection between their student's progress and being in school. As I work with the high school students I now more than ever see the importance of good attendance early in the school career. Habits set in the Lapham years seem to set the stage for the school career. Parents have a key role in this work.

I expect we will have another snow storm or two. Our children would love high snowpiles on the playground! Thank you for all you do to support our school

See you soon,  
Mike Hertting

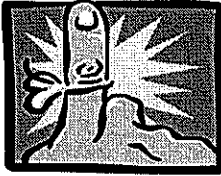
mhertting@madison.k12.wi.us



February 2-14  
February 8  
February 11  
February 22  
February 25

6:30  
9:15am  
5:30

Book Fair  
PTG meeting @ Marquette  
Awards Assembly  
Math Night  
No School SWEIO



## 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

**I noticed that Marquette was selected for 4 year old Kindergarten. What does this mean?** Marquette/O'Keefe have room for a site. While parents have a choice, students in the Lapham and Marquette neighborhoods should attend here at Lapham to help make a smooth transition into regular kindergarten. Parents can also register on Monday, February 7<sup>th</sup> at Lapham.



**Is there early entrance for 4 year old K?** No! Your child must be 4 years old by September 1<sup>st</sup>! We will have some spaces for 3 year olds in our Early Childhood Program to serve as peer models. This is a three day per week commitment.

**Where can I go for additional information?** Here is a link to a site: <http://deelweb.madison.k12.wi.us/4k> You will find a lot of information at this site and it is updated often as new information becomes available. There is also an information line at 442-2933

### **Can I stay inside in the morning with my child when it is cold out?**

We ask that parents dress their child warmly enough so that they can wait outside with the rest of the class. Our morning routine is to wait outside and have parents drop off their child at their line when the bell rings. We request parents follow this procedure so that it does not create a problem with our youngest children who eat breakfast and then on their way outside encounter children waiting inside. They do not understand why they also cannot wait inside. We do not have enough supervision available to have children wait inside or outside. In addition, teachers are using those precious last minutes to plan.

## A Note From the Health Office

Parents and guardians, the health office lends out winter clothing to children who are in need for the day (sometimes days). Currently, our mitten and glove supply is VERY low. Please make sure your children are sent to school with mittens or gloves every day.

It may be a good idea to send an extra pair, if you have them, in case the original pair gets wet. We have many more days of cold weather ahead of us. Also, if your child wears our mittens home, please remind them to return them to the Health Office.

Thank you!

## Flu Shot Procrastination Might Lead to the Flu Influenza Season is Almost Here

The full force of the flu season is making its presence known all over Canada, and in several neighboring states. Health authorities are expecting that it will hit Dane County soon. This means that the time for procrastinating about getting a flu shot is over unless you want to risk losing a week of work suffering the miseries of fever, coughs, head and body aches.

For the elderly, people with immune system problems, the very young and those with chronic health problems, these unpleasant symptoms can turn into a very serious health risk.



People with lung problems like asthma and pregnant women are also more likely to end up in the hospital as we found out in 2009, when H1N1 flu struck.

The good news is that this threat can be avoided with a simple vaccination. This year, the vaccine covers H1N1 along with two other strains, so only one dose is needed to get the job done. The CDC now recommends EVERY person over age 6 months get an annual influenza (flu) shot. Every day you put it off is a day you become more at risk of catching this nasty virus.

Flu shots are readily available through local clinics, other health care providers, some pharmacies and other retail outlets. Public Health Madison and Dane County (PHMDC) has flu vaccine free at its immunization clinics for uninsured children over 6 months of age. On Wednesday, January 26th, between 4 and 6 pm, there will be free flu shots available for uninsured adults. This opportunity is available by appointment only. Call 266-4821 to make the appointment or for more information.

Check the website [www.publichealthmdc.com/disease/immunizations](http://www.publichealthmdc.com/disease/immunizations) for detailed clinic schedules.

Other steps you can take to minimize the risk include:

1. Wash your hands frequently
2. STAY AWAY from sick people
3. Know the symptoms of flu—fever, cough aches. (It's not the diarrhea and vomiting bug), Stay HOME when you're sick—don't spread flu to others,
4. Take care of yourself
  - ⇒ Rest
  - ⇒ Fluids
  - ⇒ Over-the-counter pain medications for body aches (children should NEVER be treated with aspirin. Reyes syndrome, a serious illness, can result)

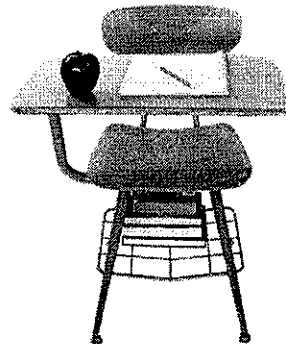
Talk to your doctor or nurse if fever remains high or breathing problems develop.



## Top Ten Reasons for Being to School on Time

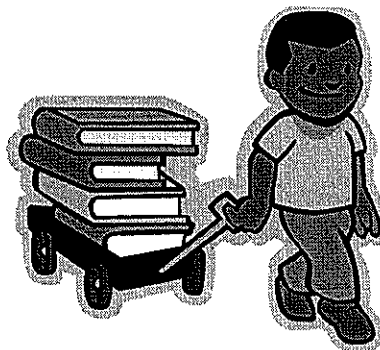
Thanks for your efforts in making sure your child is here on time.

10. Students get to play and greet their friends before the bell rings.
9. Parents get to greet their children's friends and their parents.
8. Other children's learning is not disrupted when everyone looks to see who is entering the classroom late.
7. Children who develop good habits early in their school career tend to maintain these habits as they get older.
6. Teachers who have larger class sizes this year do not have to spend extra time catching up children who have missed initial instruction.
5. Students do not miss important information shared by their teacher which sets the stage for the day
4. Students do not have to be late to their specials classes if they are 2nd graders, miss reading instruction if they are 1st graders or miss math if they are kindergarteners.
3. Children will not have gaps in their learning which affects future learning.
2. Children will not be embarrassed when they arrive late.
1. Chronic tardiness has a long lasting impact on children.



# Lapham Book Fair

February 2 2:30-4:00  
February 3 2:00-4:00  
February 4 1:15-4:00  
February 7 1:00-6:30 in the Library  
February 8 11:00-3:00  
February 9 2:30-4:00  
February 10 2:00-4:00  
February 11 8:30-12:30 Awards ceremony at 9:15  
February 14 1:00-4:00



The Book Fair will be in the Lapham Library.

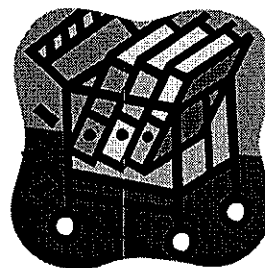
We invite you to participate by visiting the Lapham Book Fair.

Come to the Library before or after the Awards Ceremony on Feb 11!

The Classroom Wish List Program will continue. Teachers may identify books they would like for their classroom libraries. Families may purchase these books at the Fair and each book will include a gift bookplate.

All proceeds benefit the Lapham Library.

Questions, call Jean Dunn, Lapham Librarian  
204-4152 or [jadunn@madison.k12.wi.us](mailto:jadunn@madison.k12.wi.us)



## Lapham 100th Day Food Drive

In the past Lapham has participated in a food drive for Second Harvest Food Bank. This year we are doing it in conjunction with the 100<sup>th</sup> day of school. Each classroom has a goal to donate 100 items to the drive. Participation is voluntary, but we hope your family will be able to participate. Donations can be sent in anytime before February 22<sup>nd</sup>. Each class will be tracking their donations on a graph.

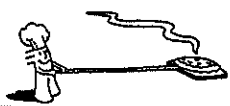
# Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2011

Madison Metropolitan School District

## BEST BITES



### Name that food

Would your child rather eat “egg canoes” than hard-boiled eggs? Or “upside-down umbrellas” instead of mushrooms? Giving playful names to nutritious foods can encourage him to try them. Let your youngster join in the fun, too. List five healthy foods, and have him invent a new name for each one.

### An activity a week

Plan one physical activity as a family each week. You might set aside Saturday mornings or Sunday afternoons as your “family fit time.” Rotate activities, taking everyone’s favorites into account and also introducing new ideas. *Examples:* hiking, indoor climbing, backyard volleyball.

### DID YOU KNOW?

Children as young as seven years old can be at risk for heart disease if they have high cholesterol. Celebrate American Heart Month this month by visiting your family doctor to check everyone’s cholesterol levels. Then, take steps (eat a healthier diet, exercise more) to bring down levels or keep them in a healthy range.

### Just for fun

**Mom:** Here are your boots for playing outside.

**Lexi:** Those aren’t my boots—mine had snow on them!



## Turning off the TV

Too much time in front of a TV is a triple whammy for children: they’re not active, they tend to snack, and they’re bombarded with ads for sugary foods. Here are ways to tame the television habit in your house.

### Find alternatives

Kids often watch TV because they can’t think of anything else to do. Together, brainstorm active alternatives (practice cartwheels, throw a Frisbee around). Write each suggestion on a slip of paper, and put the slips in a jar. Place the jar by the television, and have your youngster reach for an idea instead of the remote!

### Make a schedule

Each Sunday, decide on the shows your family will watch in the coming week, and post the schedule. Then, turn the set on when the show starts, and turn it off when it’s over. That can help break a habit of surfing channels to find the next thing to watch. *Idea:* Cut down on screen time—and on commercials



watched—by taping shows and fast-forwarding through commercials.

### Be a participant

Try to get your child used to *doing*, rather than *watching*, activities. For instance, if she usually turns on basketball games, have her shoot hoops outside instead. If she likes nature documentaries, visit the zoo or take binoculars outdoors and look for birds. Instead of viewing a game show, play a game. Your youngster will find that it can be much more fun to do an activity herself than to watch other people do it.

*Note:* Try to limit television to an hour a day.

## Pantry secrets

Having a stocked pantry makes it easier to put together healthy meals on busy days. Consider these suggestions:

- For one week, jot down the ingredients you need for everyday meals. Take the list when you go grocery shopping, and pick up those items.
- Avoid being out of something you “always” have (flour, milk) by tacking a sticky note to the refrigerator and jotting down items when you’re getting low on them.
- Shop once a month for pantry staples. Consider these categories: canned goods (beans, vegetables, soup, seafood, fruit); nut butters and jam; baking products; spices and dried herbs; whole-grain cereal, pasta, and rice; oils (olive, canola); and vinegars (white, balsamic).



# I made it myself!

When your child is hungry, encourage him to fix a bite for himself. He'll become comfortable in the kitchen as he learns to prepare healthy snacks. Try these steps:

- Talk about nutritious ingredients like fruit, vegetables, whole grains, and dairy products. Together, write down snack ideas, such as fruit salad, a turkey sandwich, a microwave-baked potato, or grape tomatoes and cheese cubes on a skewer. You can also look online or in cookbooks for fun



snacks like "banana balls" (mash a banana, mix in ½ cup chunky peanut butter, form into balls, and roll them in crushed nuts, low-fat granola, or coconut).

- Show your youngster how to handle tools like measuring spoons, a colander, and a can opener. Explain the rules (example: he needs supervision for using the stove, microwave, or knives).  
Tip: Go over clean-up time, too.

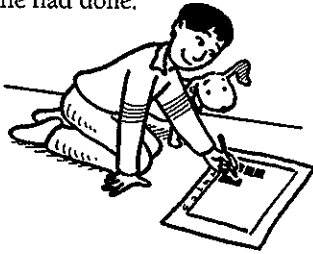
- Encourage him to be creative. Make sure he knows that cooks don't always have to follow recipes. Your child can mix and match healthy ingredients to make food that is truly his own. ●

## PARENT TO PARENT

### Graphing nutrition goals

I was having trouble getting my son to eat enough vegetables. When he told me that his class had graphed favorite pizza toppings in math, I thought, why not have Austin graph the vegetables he eats?

I suggested a goal of three servings a day. On a small poster board, he wrote the days of the week across the bottom and the numbers 0–5 going up the left column. Each time he ate a serving of vegetables, he colored in a box for that day. At the end of the week, he could see how he had done.



The first week, Austin had one or two servings a day. I'm hoping he'll be able to color in more boxes this week. Graphing is a great way to work toward our nutrition goals—and it gives Austin a way to practice math, too. ●

#### OUR PURPOSE

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

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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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## IN THE KITCHEN

### Fold and cook

Here's a simple formula for delicious meals: Place ingredients on aluminum foil, fold and tightly seal the foil, and bake. For each portion, use a large piece of heavy-duty aluminum foil.

**Chicken.** Top foil with 1-inch chunks of boneless, skinless chicken breasts, sliced apples, and sliced pears. Drizzle on honey-mustard salad dressing, and season with garlic salt and pepper. Bake at 350° until chicken is cooked thoroughly (about 20 minutes).

**Fish.** Place 1 fish fillet (red snapper, halibut, cod) on foil. Add diced tomato



and onion, black olive halves, and a little thyme. Cook at 450° about 20–25 minutes, until fish flakes when tested with a fork.

**Beef.** Put a hamburger patty, sliced carrots, and cubed potatoes on foil. Bake at 375° for 20 minutes, or until meat is completely cooked.

Note: These packets can also be cooked on a barbecue grill. ●

## ACTIVITY CORNER

### Bundled-up fun

Whether it's snowy or sunny (or both), your child can get healthy exercise with games like these.

#### On snowy days...

- Build and decorate a snowman, but leave off its hat. Mark a line 10 feet away, and take turns trying to toss a hat on its head.

- Make colored ice cubes (fill an ice cube tray with water, add drops of food coloring, and freeze). Hide the cubes in the snow, and run around to find them.



#### On any day...

- Move like cold-climate animals. Mark start and finish lines. Call out an animal's name, and players race to the finish line waddling like a penguin, "swimming" like a seal, or lumbering like a polar bear.

- Play a game of grass hockey with a small foam ball and child-sized hockey sticks or small brooms. Or take turns shooting goals: one person is the goalie, while the other person tries to score. ●