

# Lapham



# Lookout

Vol. 4 Issue #7

March 2011

## Elementary

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

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Principal

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Dear Parents:

February was an interesting month with the closing of our schools for four days. We are sorry for any inconvenience this may have caused parents and families. We are so happy to be back in school teaching your children. They have done a great job in remembering school routines and we are well on the way back to normalcy.

March should be a great month for us. Our entire school is taking a trip next week to the Overture Center to see the play The Surprising Story of the Three Little Pigs. We are using a Madison Public Schools' Foundation grant to cover the cost of the buses. We are very excited about this school wide trip.

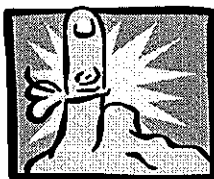
Our Math night is rescheduled for Tuesday, March 15<sup>th</sup>, at 5:30. New sign up slips are attached to this newsletter. To ensure we have enough pizza, please complete the form again for us. This annual event has been a favorite for our families. This event provides many examples of how parents can support their children in learning math concepts.

March also brings the annual allocation information for schools. This year, as you might expect, could be more challenging than usual. We are expecting one less section due to our current enrollment, but there could be decreases in other areas. We will keep parents informed the best we can.

We love teaching your children and hope you see this in our work. Please feel free to contact any of our staff if you have any questions. We hope to see you soon at a Lapham event.

With gratitude for your support,  
Mike Hertting

### Dates to remember:



March 7		Kindergarten registration
March 8		CTM field trip
March 8	6:30 p.m.	PGT meeting at Lapham
March 14	10:45 a.m.	early release
March 15	5:30 p.m.	Math Night
March 29	10:45 a.m.	early release

## 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

**How did teachers discuss the recent time off with students?** Our teachers know they have to remain neutral in talking with the children about controversial issues. There is MMSD Board Policy which requires that (3170 and 8253 <http://boeweb.madison.k12.wi.us/policies/index> ). We do our best to honestly answer children's questions in a way that is developmentally appropriate. We know that many of the Lapham parents and children were at the capitol. It is likely they shared their experiences. Our teachers work to describe items without taking sides.

**How will time be made up?** With the recent closing of school we have to make up days as well as minutes. MMSD will post the plan as soon as it is available. You can check the MMSD home page which will always have the latest information [www.mmsd.org](http://www.mmsd.org) .

**How will the current budget issue affect my child at Lapham?** We really do not have the answer to this question. We will communicate with parents as soon as we know something. We do expect one less section due to our current enrollment. We expect there may be some other cuts as well.



## From the Art Room

This is the first announcement of the Second Grade Art Show at Café Zoma. Every year I put up an art show somewhere in the neighborhood to foster pride in our young artists. This year Café Zoma on Atwood Ave. has agreed to show our student work during the month of April. Every second grade student will have a two-dimensional art work in the show. Also, Café Zoma/Absolutely Art will have an opening for our show on Friday, April 1<sup>st</sup> (no fooling!). It will be an early evening celebration for the artists and their families. More information will follow about this soon. Once I select the art work for the show and mat it on colored paper, I will send home the rest of your child's work in a rolled-up "sleeve." (I hold on to their work to pick out one of their best ones for the show.)

Thank you for being such a supportive community for the arts. Our students produce some wonderful images and this show is a great way to get an overview of the year.

Sally Behr

## **Hancock Center's In-School Therapy and Prevention Program**

Since 1993 therapists from Hancock Center for Dance/Movement Therapy have been working at Lapham Elementary School to provide a program of Violence Prevention and Pro-Social Skills through Movement for all children as well as weekly Dance/Movement Therapy sessions for children dealing with trauma or violence or for children needing help with anger management and self-regulation skills. In the last decade, we have increased our presence with five dance/movement therapists providing services in eight other Madison elementary and middle schools.

Dance/Movement Therapy (DMT) is a form of psychotherapy that uses creative and everyday movement as well as words to work toward emotional and behavioral change. Children learn best when all their senses are occupied, in other words, the whole child is involved in learning. This implies the integration of the body, non-verbal connections, and the mind. DMT offers creative approaches for working toward this connection.

Rena Kornblum, neighborhood parent and Executive Director of Hancock Center, developed the violence prevention program at Lapham. She wrote and edited a book and DVD series describing the curriculum, called *Disarming the Playground: Violence Prevention through Movement and Pro-Social Skills*. The book and DVDs have enabled teachers, therapists and counselors to apply this curriculum in school districts around the country and internationally. It has currently been used with people of all ages, in schools, parenting programs, therapy centers and even in a jail.

This program teaches all children the safety options to use when faced with unsafe situations. Two research studies have shown that this program is effective; helping children take responsibility for their behavior while increasing the number of options they have at their disposal. Children feel empowered by their ability to calm down when getting agitated, manage conflicts and potentially aggressive situations, make positive choices when stressed or frustrated, ignore distracting behavior from others, and control their anger. Pictorial handouts and classroom practice helps to ensure the use of these techniques in the school community. Teachers generally notice a significant improvement in classroom functioning within four weeks of participating in the program. Parents receive letters and handouts to help them reinforce this program.

Both the therapy groups and the prevention classes help children feel empowered socially and emotionally, increasing communication, focus and energy modulation so children are more able to function, learn, and not disrupt others from learning. Parent contact helps family communication to occur in a more supportive manner. Hancock Center receives United Way, PTG funds, and school funding to help support this program.

## **March Report Cards**

We will issue an abbreviated report card at the end of March. The main purpose of this report card is to assess students in literacy to determine which of our children would benefit from MMSD summer school. This summer our children will attend Marquette School if they are going to summer school. We are excited to have the summer school program right in our neighborhood.

Mark your calendar for . . .

Family Math Night  
Tuesday, March 15<sup>th</sup>  
5:30 - 7:00 p.m.  
in the Lapham Gym and Cafeteria

Join us for Math and Pizza!

Do math activities with your child/children and have a slice of Cheese Pizza (near the end).

Please note: There will be NO childcare Available.

To help in our planning, please return the bottom portion to your child's teacher by Friday, March 11<sup>th</sup> .

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Child's Name \_\_\_\_\_

\_\_\_\_\_ Yes, we are planning to attend  
Family Math Night.

\_\_\_\_\_ Total number of people from  
your family that will eat pizza.

\_ No, We will not be able to attend

# Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2011

Madison Metropolitan School District

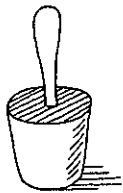
## BEST BITES



### All tangled up

Here's a fun game for a family or group of children. Stand in a circle. Each of you reach across and grab someone's hand with your left hand and someone else's hand with your right hand. Once everyone is connected, say, "1-2-3, untangle!" Players have to step over or wiggle under to get back into a circle. *Note:* You need an even number of players.

### Pudding pops



For an occasional sweet treat, try this idea.

Make a box of sugar-free pudding, and mix in a small container of fat-free whipped topping. Put the mixture into paper cups, stick a plastic spoon in each one, and put them in the freezer. When they're frozen, your child can tear off the paper cup to eat the pudding pop.

### DID YOU KNOW?

Consuming too much sodium can lead to weight gain and other health problems. While shopping, look for packages marked low-sodium or low-salt. Try to find foods containing servings with less than 200 mg sodium. *Note:* The daily recommended sodium limit is 1,900 mg for children ages 4–8 and 2,200 mg for ages 9–13.

### Just for fun

**Q:** What is black and white and has 16 wheels?



**A:** A zebra on roller skates.

## Around the dinner table

When families enjoy meals together, they often eat healthier food and develop stronger relationships. Try these ideas to make eating together a part of your family life.



**Keep a routine.** Having meals at set times lets your children know what to expect. Together, look at your schedules, and pick a time that will work most days. You might make adjustments for the seasons—for example, meeting for a picnic after Lisa's soccer practice on Tuesdays or eating later on the day Brad has play rehearsal.

**Keep it simple.** Sometimes the pressure of cooking a meal keeps families from sitting down at home together. The idea is to eat together, not to have a fancy meal. Make sandwiches, grill hamburgers, or pick up a rotisserie chicken. Add a salad, or microwave fresh or frozen vegetables to go along with the main course. *Idea:* Serve certain favorite meals the same day of the week (Wednesday = pasta).

**Keep it fun.** Share a joke or tell a funny story. Play a game like "Two Truths," where you describe three things that happened that day—two are true, and one isn't. Everyone guesses which one isn't true. Can you stump each other? *Note:* Save discussions of money or problems at school for another time—keeping the conversation pleasant will encourage kids to stay at the table.

*Note:* Meals are a time to enjoy each other. Turn off TV, cell phones, laptops, or handheld video games. ♣

### Don't sit still!

Your child probably has to sit quietly in class, and he may have to sit to do his homework, too. Make sure he gets some time for active play after school with these ideas:

- When your youngster gets home, you might offer a healthy snack and then go outside with him so he can ride a scooter, shoot baskets, or play tag with neighbors.
- Let him invite friends home from school, and encourage them to play outdoors. You might suggest that he get together with kids you know are active, such as those who play on sports teams or ones you see biking or playing outside.
- If your child is in an after-school program, check on how much time the kids get outside. You can also ask about rainy-day alternatives, such as access to a gym or a room for active games. ♣

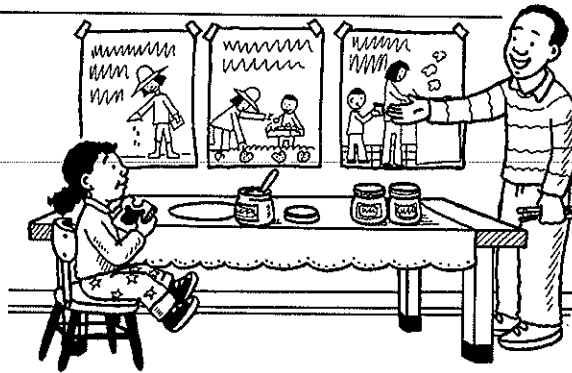


## Farm to table

Learning about where food comes from can help children make healthier food choices. Use these ideas to teach your youngster more about the food he eats.

### Find the source

As you have breakfast, discuss each food. For example, cereal may contain corn or wheat that grew in a field, and sausage may be from a pig or a turkey. *Idea:* Let your child see for himself that orange juice comes from fruit, not cans or cartons. Cut a few oranges, and have him squeeze them into a glass. Does fresh orange juice taste different?



### Write a story

Ask your youngster to write the "life story" of a food he eats often (strawberry jam). Together, list the steps involved (plant strawberries, pick the ripe fruit, make the jam, put it into jars). He can use the list to write an autobiography for the jam ("I started out in a strawberry patch").

### Take a trip

Try to visit a nearby farm or orchard to see food growing. Or go to a dairy where your child can watch cows being milked. Have him sketch pictures or take photos. Then, he could make a scrapbook showing where different foods come from. ●

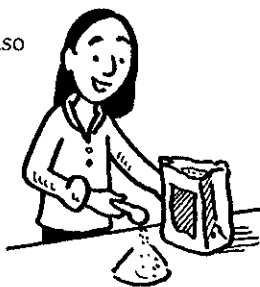
## PARENT TO PARENT

### Cutting out soda

As I heard more about childhood obesity, I got worried about how much soda my daughter Sophie was drinking. I asked the school nurse about ways to cut down, and she gave me some good ideas.

First, she suggested that I explain to Sophie why I don't want her drinking soda. I showed her how much sugar is in each can of soda—10 teaspoons! I also explained that soda doesn't have any vitamins or minerals that will help her grow strong.

The nurse also said we could simply make soda less available—if we don't keep it in the house, Sophie won't



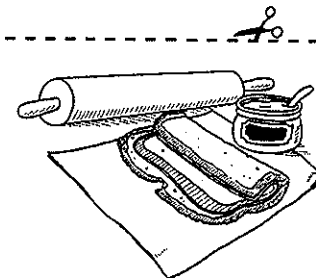
be able to drink it. I'm trying to have her drink mostly water or fat-free milk now. But to help her get used to the change, I've been giving her seltzer water mixed with juice—that way, she still has the "bubbles" she was used to. ●

## IN THE KITCHEN

### Roll it up

Roll-ups are fun for kids to make and eat. Try these healthy ideas for snacks and meals:

- Spread a thin layer of marinara sauce on a tortilla. Cover with fresh spinach leaves and sliced mushrooms. Sprinkle on shredded part-skim mozzarella cheese. Microwave until cheese melts (30–45 seconds). Cool slightly, and roll up.
- Use a rolling pin to flatten a slice of whole-grain bread. Spread with honey mustard. Add thinly sliced turkey, low-fat Havarti cheese and avocado, and roll up.



- In a skillet, sauté tilapia with paprika and lime juice until the fish flakes easily (about 3 minutes per side). Cut into bite-sized pieces, and place on a tortilla. Add a thin layer of salsa, and roll up.
- Place a stick of low-fat string cheese on a slice of lean ham. Top with grape halves, and roll up. ●

## ACTIVITY CORNER

### Fitness challenge

Want to increase your family's fitness levels? Try stepping up to the challenge!

Together, choose a different exercise each week. Hang up a tracking sheet with each family member's name, and write in your daily total (example: 25 sit-ups). Then, see who can win each week's challenge. Here's a plan to get you started.

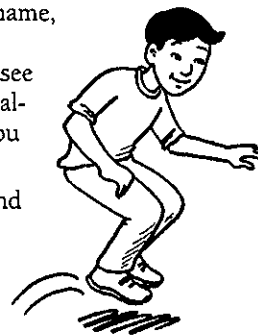
**Week one. Ski jumps:** Stand with both feet together, and jump from side to side.

**Week two. Star crunches:** Lie on your back with your legs and arms stretched out

at your sides (in a star shape). Lift your left leg, and touch your foot with your right hand. Alternate (touch left hand to right foot).

**Week three. Lunges:** Step forward with your right leg, and bend both knees until your back knee almost touches the floor. Stand up, put your feet back together, and repeat with your left leg.

**Week four. Jump squats:** Stand with feet hip-width apart. Lower your hips toward the floor as if you were sitting in a chair. Jump up into a standing position. Repeat. ●



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

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