

# Lapham



# Lookout

Vol. 4 Issue #9  
May 2011

# Elementary

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:

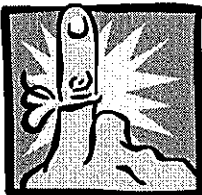
Maybe Spring has finally arrived. We sure hope so. Our playground and garden has had plenty of moisture to last us for a while. Hopefully some sunshine and warmer weather will bring the flowers up. This is a busy time for schools as they work hard to plan for next year as well as finishing strong in literacy and math skills.

This time of year also brings some wonderful events for our students and families. It was great to see such a good turnout at the recent Awards Assembly. We are also appreciative of the many parents who volunteer at our school. The next family event is the PTG Family Fun Night held at Marquette. Then around the corner is our Annual Lapham Field Day.

Please remember a couple of important safety rules: 1) Children **cannot** be dropped off in our parking lot at any time. You may park and walk them to the playground. 2) Some of the streets across from the school are marked **No Parking**. There is an area on Ingersol Street where some parents have been parking where pedestrians are not able to see if cars are coming. Other parents have complained about this unsafe situation and we have requested additional parking enforcement around our school. No Parking really does mean No Parking. Thank you for understanding our concern for our children.

Finally, with the sun setting later in the day, sometimes bed times creep later. Hopefully students are playing outside more so they are really tired when they go to bed. Remember our students do better when they have had 9 – 10 hours of sleep. Please make sure our children are getting to bed on time. It makes such a difference in their day and learning.

Thank you for all you do to support our school.  
Your principal, Mike Hertting  
[mhertting@madison.k12.wi.us](mailto:mhertting@madison.k12.wi.us)



### Dates To Remember

May 13	5:30	Family Fun Night
May 24th	9:00am/6:45pm	Drama
May 30		No School– Memorial Day
June 2nd		Second Grade Celebration
June 10th	10:20	Last Day of School Release
June 10th	9:00	Kindergarten Graduation



## Questions and Answers

### **What is the instructional design for next year?**

Here is our current design:

3Yr Old Early Childhood – 4 sessions – Kishel-Cross, Dold

4K – 3 sessions – Teachers To be Determined (TBD)

5K – 4 Sections – Huemmer, Lorge, Riddle, Yttri

Grade 1 – 3 sections – Freng, Hodkiewicz, Stern

Grade 1/2 - 1 Section – Anton

Grade 2 – 3 Sections – Beery, TBD, TBD

### **Are there other staff changes for Lapham?**

Ken Swift has announced his retirement. Also, Lisa Schuster was selected as the Math IRT for Lapham and Marquette, replacing Julie Melton who is retiring.

**Is this plan final?** As usual, it is not final until after school starts in the fall. In three out of the last four years we have made changes after the school year has started.

**How many regular classroom sections will Lapham have next year?** We have been allocated for 11 sections. This year we have 12 sections. We will add 4 year old kindergarten.

## **Get Ready for Family Fun Night May 13**

Plan to attend Family Fun Night Friday, May 13 from 5:30 to 8:00 p.m. at Marquette! This great event has fun for all: Roman Candle pizza, exciting games, a fantastic auction (both live and silent), entertaining student talent show, and more.

This year, auction items will be available to preview online. Access the auction starting May 6 by clicking View An Auction at <http://www.32auctions.com> and logging in with: Auction ID: Family-FunNight; Auction Password: LaphamMarquette

There will also be a student raffle. Students can preview items at school, then purchase tickets during lunch at Lapham from a volunteer. Tickets are available in the office at Marquette. Prizes include dress your principal for a day, classroom pizza party, one-hour bounce house use before Family Fun Night, and more.

Proceeds from this event, organized and run by the Lapham-Marquette Parent Teacher Group, support Lapham and Marquette programs and activities. For more information or to volunteer, get in touch with Diane Scherschel at 255-8438 or [booshouse@hotmail.com](mailto:booshouse@hotmail.com).

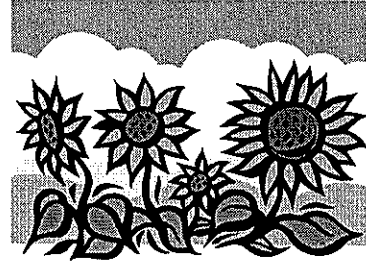
## **Class Placement for Next Year**

Please be sure you have completed the classroom placement form for next year. They are available in the office if you need another one. We will be using these soon. Also, if your plans have changed with regard to your school placement next year, we would appreciate knowing that, too.

## SUMMER SCHOOL ENRICHMENT 2011

The Madison Metropolitan School District will offer Summer School Enrichment courses in 2011. In March, you should have received the Madison School and Community Recreation (MSCR) Program Guide through the US Postal Service, with detailed information about Summer Enrichment.

If you have not received Summer School Enrichment information, you can get the program guide in hard copy by calling MSCR at (608) 204-3000 or visiting the website at [www.mschr.org](http://www.mschr.org). Please see additional information below.



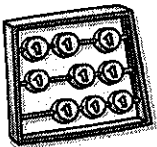
Enrichment courses are offered to students who will be entering grades 1-8 in the fall of 2011. The registration deadline is May 20, 2011. Please see MSCR Program Guide for registration information and registration form. Online registration is also available. Find the MSCR Program Guide at [www.mschr.org](http://www.mschr.org). To register, click on: Registration Info & Policies and 2011 Summer Program Guide.

Summer Enrichment courses will be offered at the following sites in 2011: Glendale Sandburg, Hawthorne, Marquette/O'Keeffe, Leopold, Thoreau, and Orchard Ridge/Toki. Most classes are held for three weeks (June 20-July 8 or July 11-July 29). Please see MSCR Program Guide for details. Questions, please call Laurie Benzine at (608) 663-5201.

We are looking forward to Summer 2011 and hope your child/children will join us in our exciting course offerings.

### Bake Sale Thanks

A big thank you from the Lapham-Marquette Parent Teacher Group to all who baked for (and ate at) the Spring Election Bake Sale. Many teachers and staff, parents and grandparents contributed scrumptious goodies. Thanks are due as well to the Madison Sourdough Company, and to the Willy Street Co-op for their donations. Together we raised \$1028.00! Way to go!

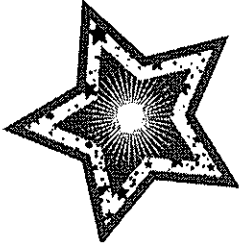


### Thank You Glass Nickel

Thanks to Glass Nickel Pizza for supporting Family Math Night. Their delicious pizzas fed our hungry mathematicians. We appreciate their discount for our school.

### Lost and Found

Please, please, please be sure to check the Lost and Found before the end of the year. Many items show up there. Each year we take several bags full of items to St. Vinny's. Also, if your child's items are labeled, they will be returned.



## MMSD Summer Enrichment

June 20, 2011 – July 29, 2011

The Madison Metropolitan School District will offer Summer Enrichment to students in 2011. We are excited about our offerings for this summer as we've created some new courses for your child to attend.

We are offering the following courses: Art Expressions, Biographies Investigated, Digital Photography, Drama Design, Exploring Today's Math, Field Biology, Math Everywhere, Recycle It!, Science All Around, Science Wizards, Spoken Word/Spoken Heart, Summer Music Experience, Think World Cultures, Upside Down/Inside Out, and Swing Choir.

Course descriptions can be found in the MMSD Enrichment section of the MSCR brochure you received in US Mail or by viewing the program on-line at [www.mschr.org](http://www.mschr.org). If you do not have access to either, contact MSCR at 204-3000.

The courses are offered at the following schools: Glendale, Hawthorne, Marquette, Sandburg, Leopold, Orchard Ridge, and Thoreau. See the MSCR brochure for details. (*The location of Summer Music Experience listed as Leopold has changed to Toki.*)

Register your child today for fun and exciting learning in the summer months! All registration must be done through MSCR following the instructions in the brochure. *The MMSD Summer Enrichment registration deadline is May 20, 2011.* We look forward to seeing your child in Summer Enrichment 2011!

### Emergency Contact Info

Has your contact information changed? If so, please be sure to let us know. In an emergency it is so important for us to have up to date contact information. Each year we have several times where we need to contact parents to have them take their child to the doctor.



### Wish List

- ✓ sponsorship for Opera for the Young
- ✓ high quality wall hangings representing cultures at Lapham Elementary School.
- ✓ funds for playground equipment (such as balls, etc.)

# Nutrition Nuggets™

Food and Fitness for a Healthy Child

May 2011

Madison Metropolitan School District

## BEST BITES

### Thank cafeteria staff

At this time of year, students often give thank-you gifts to teachers. Suggest that your youngster think about the people who prepare his school breakfasts and lunches, too. He could write a note to the cafeteria staff, adding a picture of his favorite meal or a poem about a dish he likes.

### DID YOU KNOW?

If your child is thirsty, she's already a little dehydrated. Encourage her to drink water all day long. You might get her a reusable water bottle in her favorite color or decorated with her favorite sport. She'll



enjoy drinking out of it at home or when she's out.

### Playground safety

Heading to the park? Go over safety rules with your youngster first. For example, he should use both hands when climbing, slide feetfirst down a sliding board, and sit—not stand—on swings. Also, make sure he walks at a safe distance from children on swings. *Note:* Have him wear closed shoes and avoid hoods or drawstrings that can get caught on equipment.

### Just for fun

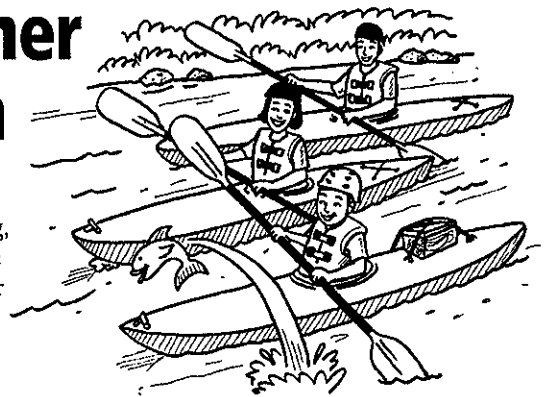
**Q:** Why did the policeman go to the baseball game?

**A:** He wanted to catch the players stealing bases!



## Avoid summer weight gain

With extra time on their hands and more opportunity for snacking, children often gain weight over the summer. Help your youngster steer clear of this problem with these suggestions.



### Eat healthy

- Show excitement about the fresh foods of summer, and your child will catch your enthusiasm. Let him pick out fruits and vegetables at farmers' markets or produce stands, and showcase those items in meals and snacks. *Idea:* Cut peaches, plums, and nectarines in half (remove the pit), and grill for a delicious side dish or dessert.

- Stick to a schedule. Continue serving meals and snacks around the same time each day. Your youngster will stay in an eating routine, and he'll be less likely to want extra treats. Of course, it's fun to vary the setting in summer—try picnics by a pond, at the park, or in your backyard.

### Stay active

- Make plans that include physical activity. Consider enrolling your child in a structured program like a day camp or sports clinic so he'll get regular exercise. Or help him set up playtime with friends, and encourage them to be active (play outdoor games, run through the sprinkler). *Tip:* If your youngster attends a program that provides meals or snacks, check to see that they serve healthy foods.

- Have active family fun. Brainstorm ways to spend time together outside, and choose different ideas each week. You might go kayaking, walk around the zoo, or play tennis, for example. If you're planning a family vacation, build in physical activity like hiking, biking, or swimming.

## Play with your food

Give your child healthy ingredients, and let her play! The bonus? She gets to eat along the way. Here are a few ideas:

- Create a 3-D vegetable collage. She could use broccoli florets for trees, carrot and celery pieces for flowers, cauliflower for clouds, and a slice of yellow squash for a sun. *Tip:* Add a "river" of fat-free ranch dressing for dipping.

- Read a story, and build a character. Your youngster might read Dr. Seuss's *If I Ran the Circus* and then make fanciful figures from the book using cucumbers, radishes, blueberries, and raisins. Suggest that she hold the pieces together with peanut butter or toothpicks.

- Play games, using fruit as markers. For example, you can use strawberries and grapes for checkers—and eat the pieces you jump. Or play hangman, and make the figure with pieces of fruit instead of drawing it.



## Run a relay race

Warmer weather and longer days mean more time for active fun outside. Help your child organize family members or neighbors into teams for relay races like these.

**Push a ball.** For each team, mark a start line and a line for turning around. Place a Ping-Pong ball at each start line. Crawling on hands and knees, use your nose to push the ball to the turn-back line and then back to the start line. Tag the next player, and she does the same thing. The team that finishes first wins.



**Fill a carton.** Put an empty egg carton and 12 pennies in a bowl at each turn-back line. Team members run to the egg carton, put a penny in an empty section, and run back to the start line so the next person can go. Which team can fill its carton (one penny per cup) the fastest?

**Play tic-tac-toe.** Use sidewalk chalk to draw a tic-tac-toe board, and give the first person on each team a piece of chalk. One team is Xs, and the other is Os. Race to the tic-tac-toe board, make a mark, race back, and hand your chalk to the next runner on your team. The winner is the first team to get tic-tac-toe.

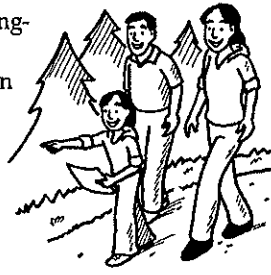
*Note:* Teams should have the same number of runners, or one person can go twice. ●

## ACTIVITY CORNER

### Family walks

This summer, consider starting a family walking routine. Walking is easy to do—and, with no special equipment needed, it's always available. Try these ideas:

- Take a "right-turn-only" walk. Start walking, and make only right turns until you get back home. The next time you walk, make it "left-turn-only."
- Let your youngster map out a walking route in your neighborhood. As you walk, she can take notes. When you get home, have her draw the map—and then use it to lead you on another walk tomorrow.
- For a change of scenery, drive to other areas and walk there. Try to find places with points of interest for your child, such as streams, parks, or unusual buildings.



*Tip:* Get your youngster involved in your walks by making her the timekeeper. Say you want to walk for 30 minutes. After 15 minutes, she can announce that it's time to turn around. ●

### 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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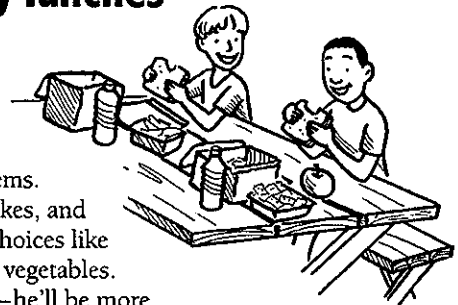
## Q & A Packing healthy lunches

**Q:** During the school year my son buys lunch at school. But this summer he's going to camp, and I'll have to pack his lunch. What advice do you have?

**A:** Start by shopping together for lunch items. That way, he can help pick out foods he likes, and you'll get a chance to talk about healthy choices like whole-grain bread, lean meats, fruits, and vegetables.

Then, have your child pack his lunch—he'll be more likely to eat it. A fun idea is to put in items he can assemble himself at lunchtime. For example, you can include separate containers of baked crackers, slices of low-fat cheese, and shelled sunflower seeds. He'll be able to make his own nutty cracker sandwiches. Also, try to pack fruits that travel well, such as grapes or orange slices, since kids often won't eat mushy or bruised fruit.

*Note:* If your youngster's lunch will be refrigerated, you can include perishable foods. If not, put a frozen ice pack or a frozen carton of milk or 100% juice in his lunch box. Or avoid items like yogurt, meat, or mayonnaise that could spoil. ●

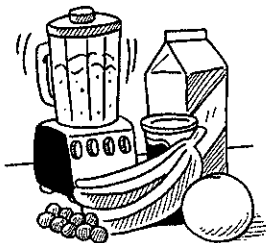


## IN THE KITCHEN

### Smoothie secrets

Looking for a quick breakfast or snack? Mix up a smoothie. Filled with fiber, vitamins, and protein, smoothies are like a healthy milkshake! Here are a few tips:

- In a blender, mix any combination of fruit with low-fat yogurt, fat-free milk, or vanilla soy milk. *Tip:* To get an ice-cold smoothie, freeze the fruit for about an hour ahead of time, or blend in ice cubes.



- If the smoothie is too thick, add a little milk. If it's too thin, put in more fruit, yogurt, or ice cubes.
- Freeze berries when they're in season (and cost less) so you can use them in smoothies year-round.
- For a nutrition boost, add tofu, flaxseed, or wheat germ before blending.
- Serve with a fruit kebob. Thread strawberries, pineapple chunks, or pieces of melon onto a straw, and stick the straw into the smoothie. ●