

September 2011

RICHARDTON-TAYLOR PUBLIC SCHOOLS

September Newsletter



Secondary Principal's Page...by Russell Ziegler

\This is my fifth year here as the Principal at Richardton-Taylor High School. This has also been the saddest beginning of a year in my educational career. We started the year off with the passing of a beloved student, Eva Scott. The funeral service for Eva was held at the school in the gymnasium on the second day of classes. Eva will be missed greatly by everyone who knew her. Then a week into school our superintendent's, Mr. Brent Bautz, mother passed away. Having these events happen at the beginning of a school year is a double edged sword. School at these times is not the happiest place, but it is good to be surrounded by your friends and other people who care about you.

We are continuing our efforts for improvements in reading and writing this year. As you may know we did not make AYP this last year in reading. Over 90% of all students need to be at the proficient or advanced proficient range for their grade level. As you know students do not all learn at the same pace or with the same depth as others. Having over 90% now and 100%

by 2013 is not going to be possible but that is what we have under No Child Left Behind. We are going to do the best we can and keep trying to meet the requirements and in doing so our focus must remain on reading and writing.

For our reading at the high school, teachers will be utilizing the SQ3R strategy to begin with. The SQ3R strategy has been taught to all 7th graders by Mrs. Messer during Study Skills for many years, and now all teachers will be utilizing this strategy with their students. SQ3R stands for Survey, Question, Read, Recite, and Review. With this reading strategy we are hoping to get all the students on the same page and helping them with their reading comprehension.

For our writing the staff will be going through a book study with the book 6+1 Traits of Writing by Ruth Culham. This will get the staff member all evaluating the students writing in a consistent manner. With these Traits the students will know what is expected of them when they write. I believe that this program will help raise test scores in all subject areas.

We also have some bragging to do with our students from last year. We had 6 out of the class of 13 qualify for the North Dakota State Scholarship. That is 46% which is outstanding. In order to receive the scholarship the student has to go to a ND university, have scored a 24 on the ACT or 5's on 3 WorkKeys exams, and have completed the required coarse work set by ND Department of Instruction. This scholarship is worth \$6,000 towards any expense the student may encounter during college.

We have had some changes to staff here at the high school this year also. Dodi Bohlman who was our Para-educator has taken a position in Dickinson which created an opening in our special education department. We also needed another Para-educator in the special education department to help Mrs. Steiner. To fill those two positions we hired Mrs. Genie Kelley and Mrs. Amber Bartz. They are both positive additions to our staff here at the high school. Mrs. Jacque Kitzan is working in the kitchen with Mrs. Gaab and is also doing an excellent job for

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Special points of interest:

- *New Raider Bus Arrives!*
- *Important meeting Gr 10-12 and parents*
- *RU Fit Exercise Challenge / community*



Secondary Principal (continued...)

us. I am very happy and excited that they decided to work for the district this year and hopefully many more years to come.

We just finished with Homecoming week and what a hectic week it was. Wednesday, Thursday, and Friday were all days in which the students had activities in the afternoon. On Wednesday we had a school wide dodge ball tournament in which the Juniors took the honors, Thursday the 5th and 6th grade girls basketball team came to the high school and played a game against New Salem/Almont. Both Raider squads defeated the Holsteins. The evening on Thursday the JV and Varsity Volleyball teams took on the Heart River Cougars. The JV lost the first game but



then came back and won the next two to win the match. The varsity girls swept the Cougars in three games. It is amazing to see the growth from year to year of our students. During the afternoon on Friday we had our class contests and also our senior auction events. This year students could pay for the right to stand toe to toe with a senior on a big inflatable banana and joust in the Richardton Pool. That was the highlight of the week. On Friday

evening the Richardton-Taylor-Hebron Raiders played the Grant County/Flasher Storm in the Homecoming football game. There was a dance following the game for all students in grades 9-12 from Richardton/Taylor and Hebron, and also any Alumni who liked to attend.

Since Homecoming week is over it will be nice to have a normal schedule for the students and staff at RTHS. My thoughts and prayers are with the Scott and Bautz families and I hope yours will be also. I am looking forward to an exciting year and as always am Expecting SUCCESS.

Attention: Students in Grades 9-12

Upon request, each of you is entitled to receive a consultative review of your high school educational plan at least once during each of your high school years. This may be done by seeing the counselor and asking to review your plan.

New Arrival!!

It's here! Thanks to the ND Clean Diesel Grant we were able to replace our Raider bus with this much needed new activity bus. So if you have time, stop in and check it out.



Counselor's Corner... by Scott Bohn

Sophomores, Juniors, and Seniors and Parents

On Wednesday, September 7th, at 6:30 P.M. there will be a representative here from Dickinson State University to speak about dual-credit courses. Following that presentation, a representative from the Bank of North Dakota will be here to explain both their dual credit assistance program and their student loan available to high school students. Please plan to attend and have many of your questions answered about these issues. It is best to hear this information from the experts than to get the information second hand.

Scholarships:

A GPA Isn't Everything Scholarship (Sept. 30)

www.cappex.com/scholarships

Wendy's High School Heisman (Oct. 3)

www.wendysheisman.com

Coca-Cola Scholarship (Oct. 31)

www.coca-colascholars.org

Horatio Alger Scholarship (Oct. 30)

www.horatioalger.com/scholarships

Healthy Respect Win-Win Scholarship

<http://healthrespect.org/win-win>

Wells Fargo CollegeSTEPS Program

www.wellsfargo.com/student/planning/scholarships

Former students enrolled in Ag Programs in ND Universities/Colleges:

ND Grain Dealers Educational Foundation Scholarship

www.ndgda.org Click on Education Foundation

Upcoming Events:

ACT PLAN for sophomores / September 14 beginning at 8:30

College Fair for juniors and seniors / September 14 1:00—3:00 pm

Deadline for ACT registration for October test / September 16

ACT EXPLORE for 8th grade / September 21 beginning at 8:30

Good Luck Gladys!

Superintendent Brent Bautz presented Gladys Isaak with an engraved clock in honor of her retirement during a recent faculty and staff gathering at Richardton-Taylor High School. Good Luck Gladys and enjoy your retirement!



SENIORS, JUNIORS, SOPHOMORES, AND PARENTS

Plan to attend this very important and informative meeting about dual credit courses, dual credit financial assistance, and a student loan program on Wednesday, September 7, 2011, at the Richardton-Taylor High School music room beginning at 6:30 p.m.

Representatives from Dickinson State University and the Bank of North Dakota will be here to answer any questions you may have about these subjects.



After Prom Party Committee

The After Prom Party Committee is in need of volunteers for the 2011- 2012 year.

Meetings are held usually 3 to 5 times before prom to decide on an event which is sponsored to keep students safe after prom.

Please consider volunteering your time to help with this worthwhile cause. Due to the small number of volunteers, the party is at risk of extinction. We are all equally busy, but it would be disappointing to see this event end. If you have a student in

high school or would just like to help anyway, please contact Sara Conlon at 974-3841 for more information.



The RAIDER BOOSTER CLUB is again accepting memberships for the 2011-12 school year. The cost is \$10 per person and the dues can be dropped off at either RTHS or TRE school office or you can bring it to the game with you.

If you are willing to take tickets or help with grilling at any of the games, call Rhonda at 974-4244 or 290-7932. Thanks for all your support of our teams!

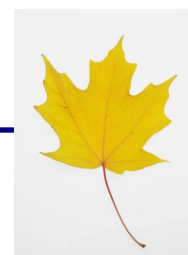
Name _____

email _____

Address _____

phone _____

RTHS Menus / September



BREAKFAST

Tues., Sept. 6: doughnut, cereal, juice, milk

Wed., Sept. 7: toast, ham patty, hash browns, juice, milk

Thurs., Sept. 8: sausage & cheese muffin, fruit, milk

Fri., Sept 9: blueberry bagel, cereal, juice, milk

Mon. Sept. 12: pancakes, sausage links, juice, milk

Tues., Sept. 13: egg bake, toast, juice, milk

Wed., Sept. 14: fruit muffin, cereal, juice, milk

Thurs., Sept. 15: toast cereal, juice, milk

Fri., Sept. 16: caramel roll, cereal, fruit, milk

LUNCH

Tues., Sept. 6: chicken nuggets, rice pilaf, peas, dinner roll, fruit cup, milk

Wed., Sept. 7: baked ham, buttered noodles, creamed corn, dinner roll, peaches, milk

Thur., Sept. 8: hamburger, cheese slice, pickles, oven fries, juice bar, milk

Fri., Sept. 9: knoepla soup, cold meat sandwich, crackers, banana, milk

Mon. Sept. 12: deli turkey & cheese sub, oven potatoes, fruit salad, milk

Tue. Sept. 13: super nachos, veggies & dip, apple crisp, milk

Wed. Sept 14: diced chicken and gravy over biscuits, corn, peaches, milk

Thurs. Sept 15: southwest salad with popcorn chicken, bread sticks, apple wedges, rice krispie bar, milk

Fri. Sept 16: hot dog on bun, baked beans, potato wedges, strawberry cup, milk

September 2011

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Mon

Tue

Wed

Thu

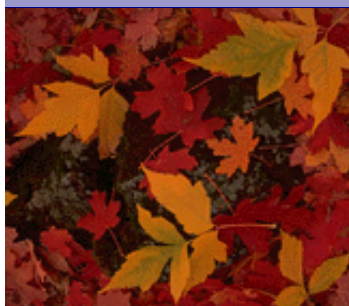
Fri

Sat



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|-----------|---|--|---|---|---|---|
| | | | | 1 AB VB vs. HR @ RT 5:30 JHVB @ Hebron 4:00 5/6 GB vs. NS @ RT 2:00 | 2 FB vs. Grant Co/Flasher @ RT 7pm | 3 |
| 4 | 5 NO SCHOOL - Labor Day | 6 AB VB @ NE 5:30 JHFB vs. M/R @ RT 4:30 JHVB @ Trinity 4:30 5/6 GB vs. M/R @ TRE 4:30 Gr. 5 band display TRE | 7 DSU Dual Credit/ Bank of ND presentation (gr. 10-11-12 and parents) 6:30 pm | 8 AB VB vs. M/R @ RT 5:30 JH VB vs. M/R @ RT 4:00 5/6 GB @ Killdeer 4:30 Bus Inspection | 9 FB vs Southern McLean @ Wilton 6:00 MT | 10 A VB Tournament @ Watford City |
| 11 | 12 JH/JV FB vs. HR @ RTHS 4:30/6:00 | 13 AB VB @ Trinity 5:30 JH VB @ Killdeer 4:30 5/6 GB vs. GU/H @ TRE 4:00 RU Fit Mtg | 14 ACT PLAN -Gr 10 College Fair/DSU—Gr 11-12 | 15 5/6 GB vs. Killdeer @ TRE 4:30 Band Tour Parent Mtg./RTHS/7pm CSTAND/Bis— | 16 V FB @ Standing Rock 6:00 MT CSTAND/Bis— | 17 C VB Tournament 2 RTHS 9:00 a.m. CSTAND/Bis |
| 18 | 19 JH VB @ Hazen 4:00 | 20 AB VB vs. Hazen @ RT 5:30 JH FB @ Beulah 4:00 5/6 GB @ Heb 4:00 | 21 ACT Explore—Gr 8 AD Mtg. @ Hebron 5:30 MT | 22 AB VB @ Bowman 5:30 JH VB vs. Killdeer @ RTHS 5:15 5/6 GB vs. Trinity @ TRE 4:30 | 23 V FB vs. Hazen @ RTHS 7:00 MT Student Congress @ Mandan — | 24 B VB Tournament @ RTHS 9 AM 7 VB Tourn. @ SH Student Congress @ Mandan |
| 25 | 26 NO SCHOOL—RESP Inservice Day JH/JV FB @ Killdeer 4:30/6:00 JHVB vs. H/GU @ TRE 4:00 | 27 AB VB @ Glen Ullin 5:00 5/6 GB @ New Salem 4:00 | 28 LifeTouch Photo Day (TRE a.m.) (RTHS—p.m.) | 29 JH VB vs. NE @ TRE 4:30 5/6 GB @ Mott HS 4:30 | 30 V FB vs. New Salem @ RTHS 7:00 MT | Oct 1 A VB Tourn @ DHS 8 VB Tourn @ SH 5/6 GB Tourn @ Killdeer |

September, 2011



TRE September News

From the Principal's Printer...

The school year is off to a fantastic start! The staff is refreshed, the students are enthusiastic, and the building looks awesome! Now we are ready for another great year! We have new students and staff at our school and we would like to welcome them and their families to our district. WELCOME TO TRE!!

We have many new changes this year that we are trying to adjust to. For starters, the high school is now dismissing school at 3:30 PM. Therefore, the buses that come from Richardton to Taylor won't get to Taylor until 3:40 or 3:45. This means that the students on the Taylor routes will be getting home a little later than they did last year. We also have some changes to the routes and 2 new bus drivers. TRE would like to welcome Ray Fettig, Bus 3, and Deb Lucas, Bus 5, to the family. We hope they have a wonderful year driving your children to and from school safely.

School will begin at 8:25 in the morning and will dismiss at 3:15 in the afternoon. When the students arrive at school, we are asking them to put their backpacks by the door (K, 2, 4 by the South doors; 1, 3, 5, 6 by the West doors) and stay outside for recess (weather permitting) unless they eat breakfast, then they go into the school, eat and come out to play

when they are finished. We are hoping that this will alleviate students wandering the halls. There will be "Greeters" in the hallway to assist the students who want to test the system! Kindergarten and first grade students will be dismissed at 3:10 in order to get them to their bus before the older students come out.

Each year we struggle with illnesses and student absenteeism or just the opposite, students in school when they shouldn't be. Hygiene is very important. We will stress hand washing with the students, but we need your help, too. Please keep your child(ren) home if they are ill. If you send them to school they will contaminate other children and they aren't learning anyway. We understand that kids make things up and it is hard to take time off of work, but we ask that you use your best judgment and evaluate each situation.

The **No Tolerance Policy** is still in effect at TRE. Those students who continuously disrupt the learning environment of others will be removed from the classroom for the day. This may seem extreme, but unfortunately we have had to enforce this policy. Our primary responsibility at TRE is to educate the children. It is hard to educate some when others are behaving inappropriately.

Continued...

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Upcoming Events:

- *Monday, September 5, No School—Labor Day*
- *Wednesday, September 28, Picture Day,*
- *Monday, September 26, No School Inservice Day*
- *October 6, TRE Elementary Fall Concert, grades 1-3 performing.*

From the Principal's Printer continued.....

If you get a phone call from me or your child's teacher, please remember that we are doing this not to be mean, but to give the others students the opportunity to learn. Your support would be greatly appreciated.

In February during Parent/Teacher Conferences we conducted a survey. We asked for your definition of bullying, if your child feels safe at school, and if your child reports bullying, where it takes place. What we found out was that when or if bullying occurs it is mostly likely to happen 1 on the bus and 2 at recess. So, to assist with supervision of the children and reduce the chances for bullying, we have enlisted the 6th grade students to help with lunchroom and playground supervision. The 6th graders were asked if they would be willing to help the staff supervise the students in grades K – 3 during lunch and at the 2:00 recess. Of course, this group of 6th graders rose to the challenge and said yes. So they will be helping us supervise the students all year. This year's 6th graders are excellent role models and responsible citizens. I know they will do a fantastic job. As a reward for their unselfishness those who supervise in the lunchroom will receive a free lunch and for supervising the playground the whole class will receive quarterly surprises from Mrs. Olson! Thanks 6th graders!

Girls' basketball is already underway. Miss Karla Fandrich will be coaching this year. The first game is Thursday, September 1 at RTHS in conjunction with Spirit Week. The Little Lady Raiders will play New Salem at 2:00 PM. Remember admission is free to these games. So come and support our little lady Raiders when you can. Concessions will be available through the 6th grade at the TRE games. It is so enjoyable to watch our young athletes and support them.

Picture day is scheduled for Wednesday, September 28, 2011. Preschool children may have their pictures taken this day also from 7:30 – 8:30 AM. Packets will be sent home with students in grades K – 6, and will be available for preschoolers at the TRE office or from the photographer that day. Our photographer this year is LifeTouch. All the students will have their pictures taken for the annual regardless if you purchase the packet or not. All class pictures will also be taken that day. Dress up and smile pretty!

The Changing Program is scheduled to be presented to the 5th and 6th grade students again this year. The **5th grade parent meeting** will be held on Tuesday,

September 6th at 7:00 PM. This meeting explains the program and introduces the curriculum the students will be using. The students will have class on Thursday, September 8th and 15th in school. Then the **6th grade parent meeting** will be held on Thursday, September 15th at 7:00 PM. Your attendance and participation are greatly appreciated and encouraged.

Assessments are right around the corner. Each fall we do several different types of assessments to monitor students' growth/progress. This year the DIBELS Next assessment will be given to students in grade K – 3 the week September 12th – 16th. The NWEA Assessment window is scheduled for September 18th – October 7th for grades K – 6, and finally the North Dakota State Assessment window is scheduled for October 24th – November 10th for grades 3 – 6. These various assessments are some of the tools the staff uses to drive their instruction and assist students where they need it. It is vitally important that the students are well rested, have a good breakfast, and understand the importance of doing well on each assessment. That's where you come in. We appreciate all your assistance and support!

Volunteer Day is still Wednesday, but that can be adjusted if it doesn't fit your schedule. If you are interested in assisting the staff by reading with the students, running off papers, making bulletin boards, or helping in the classroom, please come in on Wednesday or give me a call. You may volunteer for the whole day or a couple of hours. Sign in at the office and someone will get you started. Besides offering rewarding projects to complete, we offer a FREE lunch! Can't pass that up! Please call if you have any questions. We are always looking for ways to involve the parents, grandparents and community members in our school! I would also like to encourage you to become members of PAWS (Parents Active with School). This is a wonderful organization that works for the benefit of our children. The first **PAWS** meeting will be September 17 at 5:00 pm beginning with pot luck. Please consider joining this organization! PAWS will again be sponsoring the Club's Choice fund-raiser this year. Kick-off is Friday September 22nd.



Fall is here!

Continued...

MORE From the Principal's Printer!

Our annual fall **Book Fair** has been scheduled. Mark your calendars for September 13th – 15th, 2011. The evening of the 15th the library will stay open late from 8:00 am – 7:00 PM to accommodate those who work. There is also a 5th/6th grade girls' basketball game that afternoon at 4:30 and the 6th grade Changing Program Parent meeting at 7:00. We encourage everyone to come!

TRE IS STILL GREEN! Recycling is important, so we will continue collecting Box Tops for Education, Campbell's labels (**UPC labels only**), used ink or laser cartridges, pop tabs and Coke Reward points. We NO LONGER collect the Pepsi Wraps. Their program has been discontinued. But, please drop off the items you have saved at the school or send them with your student. We earn extra money this way for projects/field trips throughout the year. Thanks for helping us! We appreciate your assistance. Every little bit helps our school.

If your child brings cold lunch to school, remember that cold means cold. Please do not send lunches that need to be warmed up. There is only one microwave in the staff room and we have 10 teachers at a time heating up and eating their lunches in less than 20 minutes. We do not have the equipment or the time to heat up your child's lunch, too. Sorry! Please be considerate of this rule! Also, there have been some questions as to what beverages students are allowed to bring into the lunchroom. According to the district's wellness plan, "Beverages allowed in the Elementary include:

water, fruit and vegetable juice containing 100% fruit/vegetable juice, and low-fat or fat-free milk (flavored or unflavored – which the school provides). Beverages NOT allowed are: soft drinks, iced tea, fruit based drinks that contain less than 100% real fruit juice, beverages containing caffeine, excluding low-fat or fat-free chocolate milk." If you have any questions, please feel free to contact the office at 974-3585. Thank you!

Remember last year we received an upgraded phone system. When you call the school you will be able to leave a message for the office or any staff member at TRE. So, take advantage of our new system and call in as soon as you know if your child will be absent from school. We know that this will help keep the lines of communication open between parents, community members and the school staff.

The student handbooks are being revised and have not been published yet. The students will bring them home as soon as they are. Thank you for your patience!

There will be NO SCHOOL on Monday, September 5th, for Labor Day and Monday, September 26th, for Teacher In-service!

Please stop in or call if you have any questions, comments or concerns. My door is always open.

Happy Fall!

Mrs. Janine Olson

Club's Choice

Kick-off - September 22

Orders due - October 3

Delivery - November 16



Book Fair

TRE Annual Fall Book Fair

September 13 & 14
8:00 am to 3:30 pm

September 15th
8:00 am to 7:00 pm





Ms. Pat Disrud, Art Teacher and Librarian at TRE

Hello—My name is Pat Disrud and I am the new librarian/art teacher at TRE. I am very pleased to be working for the Richardton-Taylor School District and I greatly appreciate the warm welcome I have received from everyone. Previously I worked as a third grade teacher and I'm looking forward to the challenge of expanding my horizons in Art and the Library.

Some of my interests are painting, drawing, cre-

ating Painted Ponies and reading. I also love animals and enjoy spending time with my lab "Trip" and visiting my son at his ranch and hanging out with the horses. I have three handsome boys and two adorable grandchildren.

It's going to be a great year and once again, thank you for the warm welcome.

PAWS Prints



The kick-off meeting for PAWS (Parents Active With Schools) will be on Saturday, September 17, beginning with a pot luck supper at 5:00 p.m., followed by a meeting at 6:00 in the TRE library.

Each year PAWS sponsors the Club's Choice Fundraiser that begins September 22 and runs through October 3. Money earned through this fund-raiser will be used to purchase items for the playground and classrooms.

Last year PAWS purchased new benches and a sign for the building, repaired the old sign on the corner of the playground, bought new books for K-6 classroom libraries, equipment for reading centers and puppets for K-3 music.

Fifth Grade Band Parents Night Tuesday, September 6, 3:30—6:30 p.m. Taylor Elementary Music Room

- Parents of all beginning fifth grade students
- Jacobsen Music will be present to help you obtain your instrument

Fifth and Sixth Grade Changing Program

- Tuesday, September 6—5th grade parent meeting 7:00 at TRE
- Thursday, September 15—6th grade parent meeting 7:00 at TRE



Get Ready for the 2011 RU-Fit Exercise Challenge!

Sept. 5 to Oct 15

The schools of Glen Ullin, Hebron, New England, Richardton-Taylor, and South Heart in partnership with the Roughrider Education Services Program received a Carol E. White Physical Education and Wellness Grant. One of the goals of this grant is to educate and encourage students, staff, and community members to get 60 minutes of moderate to vigorous physical activity every day.

The RU-Fit team of Amy Axtman, Yvonn Quijano, and Rhonda Herauf would like to extend an invitation to your school and community to join us in this exercise challenge. Certificates of achievement will be given to the school/community that has the most people participating and to the school/community that has the greatest number of activity minutes logged.

How to sign up: There are two ways to sign up. You can fill out the enclosed form and turn it in to your school at the end of each week or you can go to the RESP website - <http://www.resp-k12-education.org/> and click on the link - **RU-Fit Exercise Challenge** to enter your name, community you are representing, and minutes of physical activity for the week.

Anyone can join - we encourage you to invite friends and relatives that do not live in your community to take part and represent your school!

We want you to keep track of the minutes of moderate, hard, and very hard physical activity you get each day. Remember your goal is 60 minutes, but if you haven't been exercising, start with 15- 20 minutes a day and build from there. You will total your physical activity minutes for the week and record it on the RESP website or on the enclosed form.

Light Activities- require little or no movement with slow breathing

Moderate Activities- require some movement and normal breathing

Hard activities- require a moderate amount of movement and increased breathing

Very Hard Activities- require quick movements and hard breathing

You can win a RU-Fit t-shirt just by participating! A winner from each of the five schools will be drawn each week.

For more information contact: Rhonda Herauf, RU-Fit Education Coordinator,

TRE September Menu

BREAKFAST:

September 5-9:

Monday- Labor Day - no school
Tuesday- Cereal, bagel, juice, milk
Wednesday- Cinnamon roll, fruit, milk
Thursday- Cereal, toast, juice, milk
Friday- Egg & cheese biscuit, fruit, milk

September 12-16:

Monday- Cereal, muffin, juice, milk
Tuesday- Scrambled eggs, sausage pattie, toast, fruit
Wednesday- Cereal, banana bread, juice, milk
Thursday- Breakfast combo bar, toast, fruit, milk
Friday- Cereal, yogurt, juice, milk

September 19-23:

Monday- Sausage on a stick, fruit, milk
Tuesday- Cereal, toast/jelly, juice, milk
Wednesday- Caramel roll, fruit, milk
Thursday- Cereal, lemon bread, juice, milk
Friday- Breakfast pizza, fruit, milk

September 26-30:

Monday- In-service - No school
Tuesday- Cereal, donuts, juice, milk
Wednesday- Egg omelet, toast/jelly, sausage pattie, fruit
Thursday- Cereal, English muffin, juice, milk
Friday- French toast, ham pattie, syrup, fruit, milk

LUNCH:

September 5-9:

Monday- Labor Day - no school
Tuesday- Corn dogs, tator tots, baked beans, chocolate chip bar, chocolate milk
Wednesday- Meatballs, mashed potatoes, corn, whole wheat dinner roll, jello/whipped cream, milk
Thursday- French toast, syrup, sausage pattie, juice, ½ banana, chocolate milk
Friday- Super nachos, carrots/celery, cantaloupe, rice krispie bar, milk

September 12-16:

Monday- Finger steaks, buttered noodles, mixed veggies, muffin, mandarin orange cup, chocolate milk
Tuesday- Hot ham & cheese, smile potatoes, pickles, pears, chocolate milk
Wednesday- Lasagna, bubble bread, green beans, applesauce, milk
Thursday- Chicken hotdish, peas, dinner roll, fruit salad, chocolate milk
Friday- Canadian bacon pizza, lettuce salad, grapes, cookie, milk

September 19-23:

Monday- Beanies & wieners, lettuce salad, cinnamon bread, chocolate pudding/whipped cream, milk
Tuesday- Burritos, chips/salsa, broccoli & cauliflower, brownie, juice bar, chocolate milk
Wednesday- Potato bar, meat sauce, California veggies, cheese sauce, bread sticks, jello/fruit, milk
Thursday- Chicken noodle soup, crackers, ham sandwich/lettuce leaf, carrot sticks, chilled apricots, milk
Friday- Chicken burger, tator wedges, coleslaw, ½ orange, milk

September 26-30:

Monday- In-service - no school
Tuesday- Chicken nuggets, rice pilaf, green beans, bubble bread, strawberry cup, chocolate milk
Wednesday- Scalloped potatoes & ham, corn, whole wheat dinner roll, cake, milk
Thursday- Tacos in a bag, lettuce/cheese, carrots & celery, ½ apple, cookie, chocolate milk
Friday- Macaroni and cheese, peas, muffin, apple crisp, milk

2011 RU-Fit Exercise Challenge

Name:

Representing the community of:

Address:

Phone Number:

Number of activity minutes for the week of Sept. 5 - Sept 11:

2011 RU-Fit Exercise Challenge

Name:

Representing the community of:

Address:

Phone Number:

Number of activity minutes for the week of Sept.12 - Sept 18:

2011 RU-Fit Exercise Challenge

Name:

Representing the community of:

Address:

Phone Number:

Number of activity minutes for the week of Sept. 19 - Sept 25:

2011 RU-Fit Exercise Challenge

Name:

Representing the community of:

Address:

Phone Number:

Number of activity minutes for the week of Sept. 26 - Oct. 2:

2011 RU-Fit Exercise Challenge

Name:

Representing the community of:

Address:

Phone Number:



Snack Attack!

Healthy snacks give kids fuel to learn, go and grow yet what and how much we eat can get out of control. Plan a *Snack Attack* today to enjoy healthy snacks.



Snack problem signs!

Do you spy any of these at your house?

- Nibbling while watching TV?
- Munching when talking on the phone?
- Eating when bored?

If you spy any of these habits, BEGIN A NEW WAY OF THINKING!

THINK about More or Less

How much is just right? A good size snack...

- Gives kids a "pick-me-up" without spoiling their appetite for the next meal.
- Varies with age and the amount of activity. What works for a 4-year-old, won't be the same for a 16-year-old!

It is okay to have MORE of some foods than others
MORE: Fruits and veggies.

LESS: Sugary and high-fat foods like sugary drinks, candy, and chips.

Snack Attack Goals

Place a checkmark by snack attack goals your family wants to set.

- ☐ Let kids help choose. Together, plan healthy snacks, write a grocery list and shop.
- ☐ Set regular snack times.
- ☐ Turn off the TV. Without the distraction, it's easier to recognize if you're eating too much.
- ☐ Keep a list of healthy ideas handy.
- ☐ Learn how much. Check labels and measure a serving size.

Menu Ideas! Whiz Kids' Healthy Snack Ideas!



- Frozen mini-waffles with peanut butter spread.
- Flour tortilla with low-fat cheese and veggie salsa.
- Cereal and low-fat milk topped with fruit.
- Chopped peaches or other fruit topped with a spoonful of low-fat pudding and sprinkled with crushed graham cracker.
- Cheese sticks, apple slices, pretzels (Tip: To save \$, slice low-fat cheese sticks from a block of mozzarella cheese).

Set your own healthy snack habits. Kids learn by your lead!

Write Your Family's Snack Food Ideas Here:

(Pretzels, fruit, veggies, graham crackers, low-fat milk and cheese, crackers, yogurt, 1/2 sandwich, cereal, low-fat mini waffles, whole-grain tortilla, peanut butter and more!)

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www.healthykidschallenge.com 1-888-259-6287

Dear Parents and Guardians,

Healthy snacks give kids fuel to learn, go and grow! Our lunch is served early and we encourage HEALTHY snacks for your child to help fuel them through their busy day. Your child may bring a healthy snack to be eaten later on in the day. Please remember that this is a snack, so please send snack size portions only.

Please eat healthy and be responsible when choosing the right snacks for school.

Below is a list of HEALTHY snacks that are recommended by the school.

- Pretzels
- Whole grain crackers
- Animal crackers (not iced)
- Graham crackers
- Granola bars (without chocolate)
- Popcorn
- Cereal bars
- Rice cakes
- Vegetables
- Fresh fruit (like orange wedges)
- Fruit cups (like applesauce)
- Low-fat cheese sticks
- Low-fat yogurt
- Low-fat pudding
- Trail mix

BUILDING READERS

Taylor Richardton Elementary
Janine Olson - Elementary Principal

How Families Can Help Children Become Better Readers

Make reading routines part of your child's plan for back-to-school success!

Heading back to school means more than buying supplies and going to class. It involves establishing routines that help students do their best—especially when it comes to reading. What your child does *after* school can have a big impact on her success at school! To help your child develop good reading habits:

- **Set aside time for daily reading.** Children who read at least 20 minutes a day (in addition to their regular homework reading) are more successful in school and develop larger vocabularies.
- **Make your routine special.** Read favorite books before school at the breakfast table. Visit the library every week and fill a bag with new books to read. Do whatever it takes to keep your child excited about reading!
- **Stick to a regular bedtime reading routine.** Allow time for getting ready for bed, reading a bedtime story and saying good-night.



istockphoto

"It is what you read when you don't have to that determines what you will be when you can't help it."
—Oscar Wilde

Textbook reading should not be rushed

Is there a wrong way to read a textbook? "Yes!" say experts. If kids simply glance at headings, dive in and close the book when they're done, they miss important details. It's better to slow down and:

- **Pre-read.** Look over material—noting headings, pictures, vocabulary words, charts and summaries.
- **Read.** Ask questions that promote thinking. For example, "Who was involved in that event?" or "Why did this happen in history?"
- **Review.** Your child can restate information in his own words, answer study questions or use a study guide.

Source: "Textbook Reading," Indiana University-Purdue University Fort Wayne, <http://new.lpfw.edu/offices/casa/study/index.html#textread>

Ask questions to build verbal skills

Every time you talk with your child about school, it's a chance to build oral language skills. The key is to ask open-ended questions that encourage detailed answers. For example, "Who did you sit with at lunch today?" "What have you been learning in science lately?" "If you could be one character from a book, who would you be?" "Which book you've read recently is your favorite?"



Tweet tweet!

Looking for more information on how to ready your child for reading success? Now you can get access to *Building Readers* tips, online resources and book recommendations on Twitter @BuildingReaders! Not on Twitter? You can still check out the fun by visiting www.twitter.com/BuildingReaders.



Renew your commitment to monitoring your child's screen time

If you relaxed screen-time rules over the summer, it's time to get back on track. Experts recommend no more than one or two hours of screen time per day. (That includes TV, computer and video game use.) Too much screen time is linked to problems with sleep, learning and socializing. Make sure your child has books, physical activities and other fun alternatives available.



Source: "Children and TV: Limiting your child's screen time," Mayo Clinic, www.mayoclinic.com/health/children-and-tv/MY00522.

Use prefixes and suffixes to expand vocabulary

Learning about prefixes and suffixes helps kids understand new words in almost every subject. Remind your child that:

- **Prefixes appear at the beginning of words.** For example, the prefix *pre-* means "before."
- **Suffixes are found at the end of words.** Words that end in *-able*, for instance, relate to "being able."
- **Prefixes and suffixes are clues.** They help kids comprehend new words, such as "predict" and "measurable."
- **Prefixes and suffixes are fun.** Can your child guess the meaning of "predate" or "excusable"? Can he name words with prefixes and suffixes for *you* to define?

Source: E. McDonald, "Reading Across the Curriculum," Inspiring Teachers, www.inspiringteachers.com/classroom_resources/articles/curriculum_and_instruction/reading_across_curriculum.html.



Family reading doesn't have to require books

When families think of reading, they usually think of books. But you don't need books, magazines or newspapers to read. All you need is your imaginations! Here's what to do:

- **Give each family member** a few sheets of lined paper and a pen or pencil.
- **Have each person write a story.** It can be silly or serious, fiction or nonfiction. Young children can write short stories or dictate stories to another person.
- **Save the stories** until you have time to read them aloud to each other. Then read and enjoy!



Afterwards, brainstorm about future activities. Maybe next time you'll write movie reviews or letters to each other.



Q: My child's teacher wants students to "think critically" about what they read at home. What can I do to help my child think critically about what she reads?

A: All elementary students—even kindergartners—can practice critical thinking. After your child reads something, ask questions that help her analyze information. For example, "What happened in the story?" "Why did it have a happy ending?" "Does the book remind you of anything in real life?" "What did you learn from reading it?"

Do you have a question about reading? Email readingadvisors@parent-institute.com.

Read, relax and get real results

Reading is fun. But your child may not believe it if he only reads at homework time. Encourage leisure reading by visiting the library or bookstore. Let your child browse and pick out books and magazines—even if they're below his reading level or written in comic-book style. Continue reading aloud to your child, too. This free-time reading will improve learning.



For lower elementary readers:

- ***A Friend for Einstein, the Smallest Stallion*** by Charlie Cantrell (Hyperion). Einstein is a miniature miniature horse—and is too small to romp around with regular-sized horses. Who will become his friend?
- ***The Watcher: Jane Goodall's Life with the Chimps*** by Jeanette Winter (Schwartz & Wade). Young animal lovers will enjoy this fascinating biography of scientist Jane Goodall.



For upper elementary readers:

- ***Basher: Rocks & Minerals: A Gem of a Book*** by Dan Green (Kingfisher). Science fans will enjoy this creative look at rocks and minerals, complete with a glossary and index.
- ***Powerless*** by Michael Cody (Yearling). Twelve-year-old Daniel moves to a new town—and there's something unusual about his new friends.

Building Readers®

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Inservice Day

RT and TRE Picture Day: Sept. 28