

QUICK NOTES

Wisconsin Conservatory of Lifelong Learning
3120 West Green Avenue
Milwaukee, WI 53221
www2.milwaukee.k12.wi.us/wcll
414-304-6800 Main Phone
414-304-6815 Main Fax
414-304-6884 HS Fax

MISSION STATEMENT

The mission of the Wisconsin Conservatory of Lifelong Learning is to prepare our children who are diverse in cultural and ethnic backgrounds, ability levels and learning styles, as caring individuals, and responsible citizens. We provide quality education through a cooperative relationship of home, school and community. It is our goal to empower students to meet the global challenges of today, and realize the dreams of tomorrow.



JANUARY 26, 2010

UPCOMING EVENTS

DATE

Awards Program Grades 1-7 - HS Gym	Thursday, January 28 th , 9:30am
Incentive Field Trips:	Friday, January 29 th
Chuck E. Cheese Grades 1-3	10:30am - 1:00pm
Increda-Roll Grades 4-6	11:00am - 2:00pm
Zoo Field Trip Room 3	Monday, February 1 st , 9:30am - 1:00pm
Wehr Nature Center Field Trip	Friday, February 5 th , 9:30am - 11:45am
Advanced Placement Field Trip	Wednesday, February 10 th , 10:30am - 1:30pm
Valentine Dance Grades 6-12 - HS Gym	Thursday, February 11 th , 2:00pm - 3:15pm
NO SCHOOL - BANKING DAY	Friday, February 12 th
NO SCHOOL - MID-SEMESTER BREAK	Monday, February 15 th
EAA Field Trip Grade 4 (Overnight)	Wednesday, Feb. 17 th 9:30am - Thursday, Feb. 18 th 2:00pm
Plug Into Parenting (Parent/Guardian Day)	Thursday, February 18 th , 8:45 am - 10:30am
Fashion Show - HS Gym	Friday, February 19 th , 1:30pm

PROCEDURES FOR VISITORS TO MPS SCHOOLS

ALL visitors **MUST** sign-in at the office. If you are visiting a classroom or teacher, you must wear an assigned pass and be escorted to the room and back to the office to sign out. We appreciate your cooperation in this matter to keep our schools safe for all children.

STUDENTS BEING PICKED UP

If you are picking up your child, you must be here or call by 3:30pm or your child will be placed on his/her assigned school bus.

ATTENDANCE

When your child is absent, please call the school at 304-6800 by 10:00am to avoid the automatic phone call to your home. Also, you will need to send a written or doctor's excuse to school within 48 hours. Please note that you can call to report your child's absence 24hrs a day.

Change of Address / New Phone

Please make sure your child's ECC information is correct. If your child is injured / ill it is crucial that we are able to contact you. If there is a change in information, please call the school at (414) 304-6800.

HS FAX NUMBER

The high school now has its own fax number. The new number is 414-304-6884.

SCIENCE FAIR

Congratulations to the two students that participated in the Marquette Clinical Lab Science Program, Olivia Case and Stephanie Sanchez. They learned how to do a variety of lab tests and analyze the results in order to accurately diagnose cases of diabetes. If they go to Marquette University, they will get a free credit of science for their successful participation.

PEE WEE BASKETBALL

There have been two additional Pee Wee Games added to the schedule, February 13, 2010 at 2:00pm and February 20, 2010 at 3:00pm. Please have players arrive by 1:30pm for the February 13th game, we will be taking team pictures.



WICKLE PICKLE

Congratulations to our outstanding students who earned Pickles for their good deeds: Keelan Merriwether, Marcus Cotton, John MaGee and Nathan Mendoza.

STUDENT OF THE WEEK

Congratulations to the following students who were Students of the Week:

Week Dec. 14th thru Dec. 18th: Sienna Spirewka, Abigail Rodriguez, Daesha Winston, DeAndre McClure, Angelina Seelig, Jovani Yang, Jabari Miller, Jeromy Vukobrat, Shyanne Yang, Alexia Toliver and Princess Turner.

Week Jan. 11th thru Jan. 15th: Kristal Villagomez, Abigail Rodriguez, Maricelia Rodriguez, Keelan Quiej, Damar Tomlinson, Amareyna Knox, Shamarr Wilder-Thompson, Kevin Salinas, Te'Erica Blanton, Roshelle Murphy, Ricki Thao and Cheyenne Cornell.

DONATIONS

We are still in need of boys and girls clothing, sizes 4-14. Any donations would be greatly appreciated.

A-B CREDIT UNION

As a reminder, the A-B WCLL Wizard Credit Union is still in our building. It is located in room 161, the multi-purpose room. Parents and students are able to open accounts for as low as \$5.00. The credit union hours are Tuesday and Thursday from 12pm-2pm. Please consider supporting our business partner.

PICK N' SAVE (ADVANTAGE PLUS SAVERS CLUB)

WCLL is a participant in the "We Care" program with Wisconsin Pick 'n Save stores. The "We Care" program helps non-profit organizations raise additional funds through supportive shoppers who use their Advantage Plus Savers Club Card. Upon visiting a Pick 'n Save location, stop by the Customer Service counter and have them add WCLL's Account No. 940720 to your Advantage Plus Savers Club Card.

SEE ATTACHED FLYERS:

Recruiting Flyer for 2011-2012 School Year
Plug Into Parenting (Parent/Guardian Day 2010)
Save the Date Flyer (Parent orientation and training)
Spring 2010 Program Offering - Safe Place Mural
Life Skills Training Family Night (English, Spanish, Hmong)
Free Cooperative Tutoring Program Sites
Getting Money for College
Reading Connection
2009-2010 Six Flags Six Hour Reading Club
Newest BlueKids Course: Mission: Health
Helping Kids with Colds or Flu
The Nurturing Program (Spanish)
Middle Years (Working Together for School Success)
Parents Make the Difference
2009-2010 School Calendar Revised w/Banking Days
February Breakfast/Lunch Menu



**MILWAUKEE
PUBLIC SCHOOLS**

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3120 West Green Avenue
Milwaukee, WI 53221
www2.milwaukee.k12.wi.us/wcll
414-304-6800

LOOKING FOR A UNIQUE SCHOOL FOR THE 2010/2011 SCHOOL YEAR?

WCLL PROMOTES:

STRONG SENSE OF COMMUNITY

As the only K4 through grade 12 Milwaukee Public School, Wisconsin Conservatory of Lifelong Learning

- ⇒ Takes the time to get to know students—personally, emotionally, academically
- ⇒ Creates a sense of belonging among students
- ⇒ Works closely with families over a longer period of time
- ⇒ Eliminates the anxiety of changing schools during transition years
- ⇒ Allows for more success through a smaller middle and high school setting

DIVERSE STUDENT POPULATION & EXPERIENCED STAFF

- ⇒ Milwaukee students from diverse cultural & ethnic backgrounds succeed at WCLL.
- ⇒ Most of WCLL teachers have been teaching more than ten years & have a master's degree.



Home of the Wizards
K4-12 Grade
Year-round School

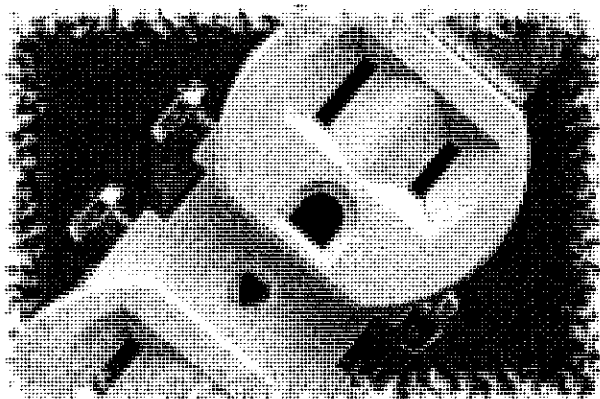
Wisconsin Conservatory of Lifelong Learning is located on the southwest side of Milwaukee, north of 27th and College Avenue.

If you have any additional questions or would like to schedule a tour, please call 414-304-6800 between 8:30 am – 4:00pm.

Applications are now being accepted for all grade levels.

The mission of the Wisconsin Conservatory of Lifelong Learning is to prepare our children who are diverse in cultural and ethnic backgrounds, ability levels and learning styles, as caring individuals, and responsible citizens. We provide quality education through a cooperative relationship of home, school and community. It is our goal to empower students to meet the global challenges of today, and realize the dreams of tomorrow.

PLUG INTO PARENTING
PARENT/GUARDIAN DAY 2010
TITLE ONE MINI SERIES



PARENTS/GUARDIANS:
COME JOIN US FOR COFFEE AND DONUTS WITH YOUR CHILD AT WCLL
AND LEARN ABOUT YOUR CHILD'S AMAZING BRAIN.

TIME: 8:45am to 10:30am
WHEN: Thursday, 2/18/10
WHERE: WCLL small gym
GRADES: K4 - 5th

Presentation by: Parents Plus

Imagine that a child's brain is like a house that has just been built. The walls are up, the doors are hung. Then you go to the store and buy electrical wiring, switches, a fuse box and other electrical supplies. You bring these supplies to the new house and set them on the floor. Will they work? Probably not. You first must string the wiring and hook up all of the connections. This is quite similar to the way our brains are formed. We are born with as many nerve cells as stars in the Milky Way galaxy. But these cells have not yet established a pattern of wiring between them — they haven't made their connections.

Come find out how to create the best blue print for your child's brain so they can experience the most out of their education and life!

BRING YOUR PARENT, GUARDIAN OR OTHER ADULT RELATIVE!

Number of adults attending parent day: _____

Your child(ren)'s name(s): _____
(students in grades K4-5th only) _____

Return bottom portion of this announcement
to Ms. Emma in the main office.

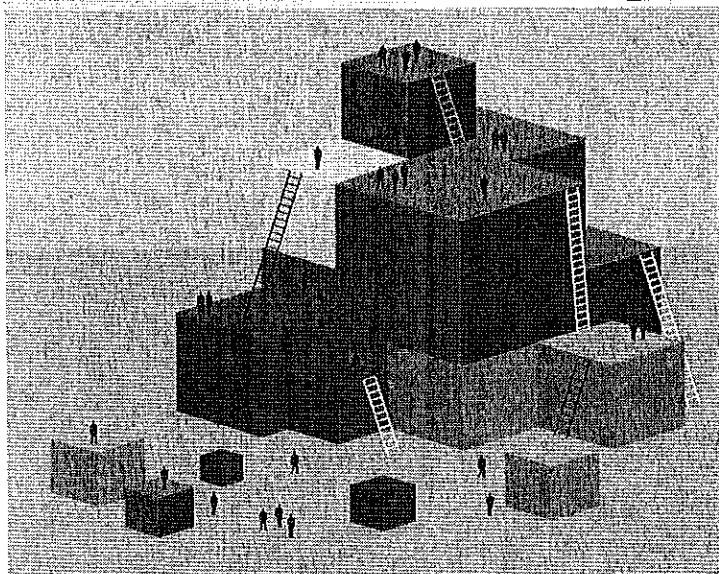
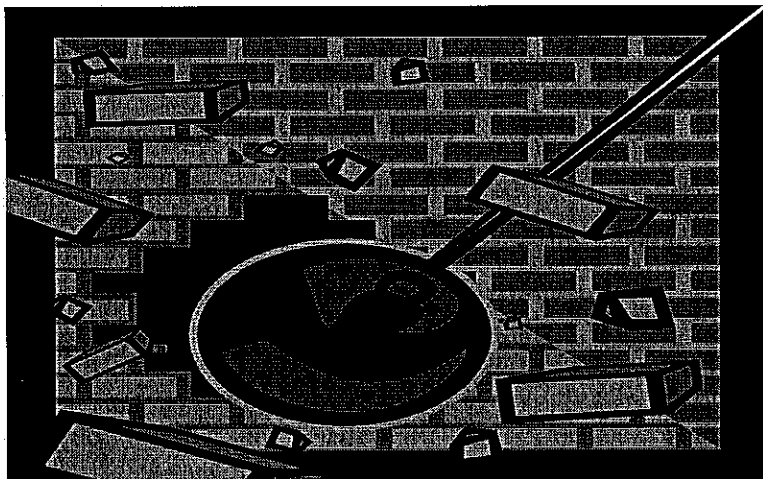
Save the Date!

Parent Orientation and Training January 30, 2010

Theme

*Parents, School, and Community:
the building blocks that support student achievement*

Last year we knocked
down the barriers.



This year, we build.

For more information
contact the Title I Office: 475-8009

Parent Orientation and Training

District Title I Annual Parent Meeting

Family, School, & Community:
the building blocks that support student achievement

Workshop Strands

Shared Decision Making

Technology

Educational Programs

Parenting

Rights & Responsibilities

This year's orientation and training will feature a

"Fatherhood Panel"

A man to man discussion on the role of fathers play in their child's education.

Saturday, January 30, 2010

8:00 a.m. - 2:30 p.m.

Humphrey Scottish Rite Masonic Center

790 N. Van Buren Street

Milwaukee, Wisconsin, 53202

Parking

Validated parking available in the lot located on 770 N Jefferson St.

Available parking is also located on 786 N Jackson St.

Childcare will be provided

Contact the Title I Office to RSVP

(414) 475-8009

Sponsored by Milwaukee Public Schools - Title I Office, District Advisory Council, Parent and Student Services, Division of Bilingual and Multicultural Education, and the Department of Educational Services.



SPRING 2010 PROGRAM OFFERING

Program Name: **Safe Place Mural: *Designing and producing a hand-made indoor mural to communicate positive possibilities for our communities.***

Program Wage: All Apprentice Artist positions are paid \$6.00/hour, with the possibility of a pay increase at the mid-point of the program based on your performance.

Program Dates: **March 1, 2010 – April 30, 2010 (8 weeks)**

Program Manager: **Katie Van Velzer, current Artist at Project Excel**

Program Description: In collaboration with Safe & Sound, Inc. and WCS-Project Excel, Youth Apprentice Artists will work together to design and produce a one-of-a-kind indoor mural, whose message/theme reflects a commitment to strengthening our communities. Apprentices will work under the guidance of the Lead Artist to: Learn about mural making, brainstorm and create mural images that reflect unifying themes of Milwaukee neighborhoods, meet with the mural customers to "pitch" design ideas, and then make the commissioned mural a reality by working together to produce a 12-foot X 8-foot hand-painted indoor mural for the WCS-Project Excel location.

Program Schedule: **Mondays, Wednesdays & Fridays, 5:00 pm – 8:00 pm.**
This job will work during the Spring Break/Easter holiday.

Program Location: **Project Excel: 1115 S. 7th Street, Inside St. Patrick's Church**

Program Transportation: Must be able to transport yourself to & from the work site

Candidate Qualifications: You must be enrolled in high school for the duration of the program. Must reside in Milwaukee County. **We accept candidates with & without art experience.**

About ArtWorks: We're a non-profit organization that serves Milwaukee high school students, with and without disabilities, who face the following significant barriers to graduation and/or employability:

1) Underperformance in School -- We teach youth that earning a high school diploma is key to finding employment success. **2) Disabilities** -- We teach our apprentices to overcome employment barriers inherent to misperceptions about their abilities. **3) Lack of resources and/or mentors** -- We provide our apprentices with resources/mentoring opportunities that can increase their chances of employment success

- Our apprenticeships in arts-based programs teach critical 21st Century soft employability skills young people will need for future success in any industry.
- Our programs promote teamwork, tolerance for diversity, and boost the employability of young people in our communities.

How to Apply: **Fill out attached application & return to Meghan Koven, Executive Director, by the deadline via any of 3 methods listed below:**

Mail to: ArtWorks for Milwaukee, 1421 N. Water Street, Milwaukee, WI 53202
Fax to: (414) 277-8547
Email to: Director@artworksformilwaukee.org

Deadline for Application: **Friday, February 5, 2010 by 3:00 pm CST**

Apprentice Position Status: All Apprentices are allowed to work no more than 10 hours per week. A total number of 8 Apprentice positions are available, and we will contact you if we would like to invite you in for an interview. If you have any questions, please contact Meghan Koven at 414-708-9996 or at Director@artworksformilwaukee.org.

Contact Ms. Anna for an application @ 304-6832



**MILWAUKEE
PUBLIC SCHOOLS**

Office of School and Community Support

Wellness and Prevention Office

Denise Sather

(414) 475-8438 Fax: (414) 475-8455

Email: satherdl@milwaukee.k12.wi.us

Patricia Scrutchions

(414) 475-8834 Fax: (414) 475-8455

Email: scrutepd@milwaukee.k12.wi.us

Life Skills Training Family Night

WHO: The Life Skills Training Family nights are for parents and their school-aged children. The Life Skills Training Parent Program is designed to help parents strengthen communication with their children and helps build a skill set that promotes healthy lifestyle choices. The children's educational activities will be geared towards school-aged children 4 years and older.



WHEN: **Wednesday, February 10th, 2010 5:30-7:15 P.M.**
Dinner will be served from 5:30 – 6:00 P.M.
Parent program and children's educational activities begin at 6:00 P.M.
Closing activity begins at 7:00 P.M.

**PARENT
TOPIC:** "Parental Monitoring"

WHERE: River Trail Elementary School (12021 W. Florist Ave.)

Cost: **FREE**, but you **must REGISTER** to attend.

How: Complete the attached form to register for the workshop. Only register if you plan on attending. The registration form may be turned in by:

- Fax to Denise Sather at 414-475-8455
- The information can be e-mailed to Denise Sather at satherdl@milwaukee.k12.wi.us
- Dropped off at MPS Central Services (5225 W. Vliet St.) Room 265
- Turned in at your child's school to be faxed to Denise Sather at 414-475-8455

Registration deadline: Tuesday, February 2nd, 2010

For more information you may call Denise Sather at 475-8438 or e-mail at satherdl@milwaukee.k12.wi.us.



Sponsored by:



Life Skills Training Family Night

Registration Form

Name of adults attending (Please Print): _____

Home address/City/Zip code: _____

Phone Number: _____

E-mail address: _____

Number of children *attending* in the following grades: K-2nd grade: _____ 3rd grade and up: _____

Schools your children attend: _____

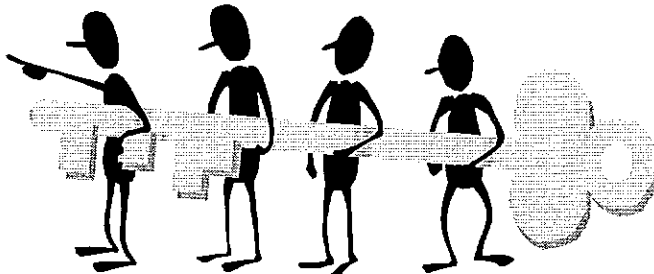
Need for Interpreter: Yes Spanish Hmong Other _____

You MUST Pre-Register by Tuesday, February 2nd, 2010
Registration is limited to the first 30 adults!

Only register if you plan on attending. The registration form may be turned in by:

- Fax to Denise Sather at 414-475-8455
- The information can be e-mailed to Denise Sather at satherdl@milwaukee.k12.wi.us
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Noche de capacitación familiar sobre habilidades de vida

QUIÉN: Las noches de capacitación familiar sobre habilidades de vida son para padres y sus hijos en edad escolar. El programa de capacitación para padres está diseñado para ayudar a los padres a fortalecer la comunicación con sus hijos y ayuda a formar habilidades que promueven las elecciones saludables de vida. Las actividades educativas de los niños serán para niños mayores de 4 años.

CUÁNDO: **Miércoles 10 de febrero de 2010 5:30-7:15 P.M.**
Se servirá la cena de 5:30 a 6:00 P.M.
El programa para padres y las actividades educativas de los niños comienzan a las 6:00 P.M. La actividad final comienza a las 7:00 P.M.

**TEMA PARA
PADRES:** “Control parental”

DÓNDE: Escuela Primaria River Trail (12021 W. Florist Ave.)

Costo: **GRATIS**, per usted **debe INSCRIBIRSE** para asistir.

Cómo: Llene el formulario anexo para inscribirse en el taller. Sólo inscribese si piensa asistir. El formulario de inscripción puede enviarse:

- Por fax a Denise Sather, al 414-475-8455
- La información puede ser enviada por email a Denise Sather al satherdl@milwaukee.k12.wi.us
- Entregarse a la oficina de servicios centrales de MPS (5225 W. Vliet St.) Salón 265
- Entregarse en la escuela de su hijo para ser enviado por fax a Denise Sather al 414-475-8455

Plazo para la inscripción: martes 2 de febrero de 2010

Para obtener más información, llame a Denise Sather al 475-8438 o envíe un e-mail a satherdl@milwaukee.k12.wi.us.



Patrocinado por:



Noche de capacitación familiar sobre habilidades de vida

Formulario de inscripción

Nombre de los adultos que asisten (en letra de imprenta): _____

Dirección de la casa/Ciudad/Código postal: _____

Número de teléfono: _____

Dirección de e-mail: _____

Cantidad de niños *que asistirán* de los siguientes grados: K-2^{do} grado: _____ 3^{er} grado y más: _____

Escuelas a las que asisten sus hijos: _____

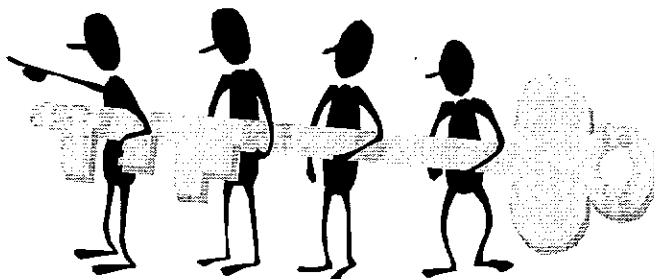
Necesita intérprete: Sí Español Hmong Otro _____

**Usted DEBE preinscribirse antes del martes 2 de febrero de 2010
La inscripción está limitada a los primeros 30 adultos.**

Sólo inscribese si piensa asistir. El formulario de inscripción puede enviarse:

- Por fax a Denise Sather, al 414-475-8455
- La información puede ser enviada por email a Denise Sather al satherdl@milwaukee.k12.wi.us
- Entregarse a la oficina de servicios centrales de MPS (5225 W. Vliet St.) Salón 265
- Entregarse en la escuela de su hijo para ser enviado por fax a Denise Sather al 414-475-8455

Patrocinado por





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Email: scrutcpd@milwaukee.k12.wi.us

Kev Kawm Txawj Ua Neej Rua Tsev Neeg

LEEJ TWG: Kev kawm txawj ua neej rua tsev neeg yog npaaj rua cov nam txiv hab puab cov miv nyuas noob nyoog nto moog kawm ntawv. Yaam kawm rua nam txiv nuav yog tsim lug paab cov nam txiv kuas sis cev lug tau zoo nrug cov miv nyuas es lug sis qha kuas puab xaiv txuj kev zoo rua lub neej. Ntawm cov miv nyuas qhov kawm yuav tsom rua cov noob nyoog 4 xyoo hab dlhau moog.

THAUS TWG: **Wednesday, Ob Hlis tim 10, 2010 5:30-7:15 P.M.**
 Caij noj mo yog 5:30 – 6:00 P.M.
 Kev cob qha cov nam txiv hab cov miv nyuas yuav pib thaus 6:00 P.M.
 Pib xaus cov num thaus 7:00 P.M.

NAM TXIV
QHOV: “Nam txiv soj ntsuam”

HOV TWG: River Trail Elementary School (12021 W. Florist Ave.)

Nqe: **SLAWB XIB**, kuas koj yuav tsum **TSO NPE** ha nkaag tau.

Yuav ua caag: Ua dlaim ntawv xaa tuaj ua ke nuav tso npe nkaag qhov kev cob qha. Yog koj yeej npaaj moog kawm ces le ua. Xaa dlaim ntawv tso npe raws le nuav:

- Fax rua Denise Sather ntawm 414-475-8455
- E-mailed moog rua Denise Sather ntawm satherdl@milwaukee.k12.wi.us
- Coj kag moog rua huv MPS Central Services (5225 W. Vliet St.) Chaav 265
- Coj moog rua koj tug miv nyuas lub tsev kawm es puab le fax rua Denise Sather ntawm 414-475-8455

Nub kawg rua kev tso npe: Tuesday, Ob Hlis tim 2, 2010

Xaav paub ntxiv hu rua Denise Sather ntawm 475-8438 los e-mail satherdl@milwaukee.k12.wi.us.



Txhawb lug ntawm:



Kev Kawm Txawj Ua Neej Rua Tsev Neeg

Dlaim Ntawv Tso Npe

Tug laug yuav tuaj koom npe (Thov Print): _____

Chaw nyob/Nroog/Zip code: _____

Xuv tooj: _____

E-mail address: _____

Cov miv nyuas *kawm* cov qeb nuav: qeb K-2 : _____ Qeb 3 hab sab dlua: _____

Puab cov kawm ntawv npe: _____

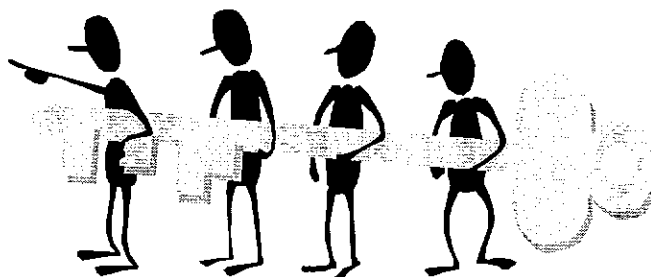
Puas yuav tug txhais lug: _____ Yuav _____ Spanish _____ Hmong _____ Other _____

Koj YUAV TSUM Tso npe tsi pub dlhau Tuesday, Ob Hlis 2, 2010 Tsuas txais 30 Leej xub xaa npe tuaj xib!

Yog koj yeej npaaj moog kawm ces le ua dlaim ntawv nuav. Xaa dlaim ntawv tso npe raws le nuav:

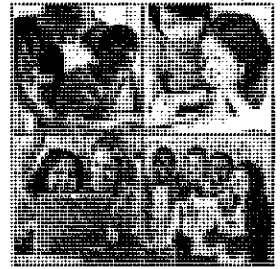
- Fax rua Denise Sather ntawm 414-475-8455
- E-mailed moog rua Denise Sather ntawm satherdl@milwaukee.k12.wi.us
- Coj kag moog rua huv MPS Central Services (5225 W. Vliet St.) Chaav 265
- Coj moog rua koj tug miv nyuas lub tsev kawm es puab le fax rua Denise Sather ntawm 414-475-8455

Txhawb lug ntawm





Free Cooperative Tutoring Program Sites



**MILWAUKEE
PUBLIC SCHOOLS**

2009–2010

For elementary school and some middle/high school students

LOCATION	DAYS/HOURS	LEAD TUTOR	MPS SCHOOLS NEARBY
Bethesda C.O.G.I.C Buford Memorial 2810 W. Highland Blvd., Milwaukee, WI 53208 (414) 344-9881 Rev. R. Bates	Tuesday and Friday 7:00–8:00 p.m.	Pecola Bates	<ul style="list-style-type: none"> • Milw. H.S. of the Arts • 27th Street • MacDowell • Story • MACL
Community Baptist Church of Greater Milwaukee 2249 N. Sherman Blvd., Milwaukee, WI 53208 (414) 445-1610 Dr. Roy B. Nabors	Tuesday and Wednesday 4:00–5:00 p.m.	Donna Beard Patricia Simmons	<ul style="list-style-type: none"> • Washington H.S. • Milw. Frech Immersion • Hi-Mount
Greater Mount Zion MBC 2479 N. Sherman Blvd., Milwaukee, WI 53210 (414) 871-5673 Rev. Aaron F. Cain Jr.	Thursday 4:00–8:00 p.m.	Alexis Anthony	<ul style="list-style-type: none"> • Clarke Street • Milw. French Immersion • Sherman • Townsend • Washington H.S.
Metropolitan Missionary Baptist Church 1345 W. Burleigh St., Milwaukee, WI 53206 (414) 562-7200 Rev. Willie Wanzo	Tuesday and Thursday 4:00–6:00 p.m.	Brenda Beckley	<ul style="list-style-type: none"> • LaFollette • Keefe
Mount Ararat Missionary Baptist Church 3118 W. Atkinson Ave., Milwaukee, WI 53206 (414) 871-1318 Rev. Weathers	Tuesday and Thursday 6:00–7:00 p.m.	TBD	<ul style="list-style-type: none"> • Garden Homes • King H.S.
Mount Zion Baptist Church 2207 N. 2nd St., P.O. Box 12545 Milwaukee, WI 53212 (414) 372-7811 Rev. Louis Sibley III	Tuesday and Thursday 3:00–5:00 p.m.	Geneice Spencer Jerri Stanford	<ul style="list-style-type: none"> • O.W. Holmes • Carver
New Testament Church 10201 W. Bradley Rd., Milwaukee, WI 53224 (414) 365-1690 Pastor Dan Whitelaw, Youth Pastor Julius R. Malone, Sr. Pastor	Tuesday 5:00–7:00 p.m.	Jill Jackson	<ul style="list-style-type: none"> • Engleburg • Fletcher • Maple Tree • River Trail
New Testament Central City Church 2400 W. Center St., Milwaukee, WI 53206 (414) 263-0130 Pastor John Dailey	Wednesday 4:30–6:30 p.m.	Pennie Beach	<ul style="list-style-type: none"> • Clarke Street • Gwen T. Jackson • Metcalfe • Wheatley

LOCATION	DAYS/HOURS	LEAD TUTOR	MPS SCHOOLS NEARBY
Peace Lutheran Church 5229 N. 51st Blvd., Milwaukee, WI 53218 (414) 461-2767 Pastor Earnest Tate	Wednesday, 5:00–7:00 p.m. & Saturday, 12:00–2:00 p.m.	Ulysses Leonard	<ul style="list-style-type: none"> • Hampton • Custer H.S.
Pilgrim Rest MBC Educational Center 3737 N. Sherman Blvd., Milwaukee, WI 53216 (414) 873-1045 Rev. Martin Childs, Jr. <i>K–12 Grades (All Subjects)</i>	Monday 4:00–6:00 p.m.	Tanesha Harris	<ul style="list-style-type: none"> • 35th Street • Townsend
Providence Baptist Church 3865 N 82nd St. Milwaukee, WI 53222 (414) 461-3405 Rev. Games	Tuesday and Thursday 4:30–6:30 p.m.	Mary Euell	<ul style="list-style-type: none"> • 81st Street • Milw. School of Languages • Milw. German Immersion
Project Focal Point, Inc. 811 W. Burleigh St., Milwaukee, WI 53206 (414) 372-1070 Vickie Boston, Director	Monday – Friday 3:00–6:00 p.m.	Vicki Boston Bobbie Benton	<ul style="list-style-type: none"> • Martin Luther King, Jr. • LaFollette
St. Mark's AME Church The Lovell Johnson Quality of Life Center 1530 W. Atkinson Ave., Milwaukee, WI 53206 (414) 562-6776 Rev. Darryl Williams; Margaret Broom, Director <i>K4–12 Grades (All Subjects)</i>	Tuesday and Wednesday 3:45–6:00 p.m.	Jerry Jordan	<ul style="list-style-type: none"> • Rufus King H.S. • Keefe
Solomon Community Temple-UMC 3295 N. Martin Luther King Dr., Milwaukee, WI 53212 (414) 372-2101 Pastor Marvin Spence	Monday – Wednesday 3:00–6:00 p.m.	Marilyn Higgins	<ul style="list-style-type: none"> • LaFollette • Keefe Ave • Luther King, Jr.
Tabernacle Community Baptist Church 2500 W. Medford Ave., Milwaukee, WI 53206 (414) 562-1129 Rev. Paul Owens *Math – High School Inclusive	Tuesday and Thursday 4:00–6:00 p.m.	Katie DePass	<ul style="list-style-type: none"> • Clarke Street • Wheatley
Triumph The Church and Kingdom of God in Christ 2222 N. 6th St., Milwaukee, WI 53212 (414) 263-3331 Rev. LeHarve Buck <i>K–12 Grades (All Subjects)</i>	Saturday 9:00 a.m. – 1:00 p.m.	Lullie Hortman Elston D. Hortman	<ul style="list-style-type: none"> • Carver Academy • Golda Meir • Lloyd
Union Hill Missionary Baptist Church 2190 N. 49th St., Milwaukee, WI 53208 (414) 444-8947 Rev. William Walker, Jr.	TBD	Paulean Wilson	<ul style="list-style-type: none"> • Hi-Mount • Milw. French Immersion • Washington H.S.



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Milwaukee Public Schools ■ Division of Recreation and Community Services

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Phone: (414) 475-8701 ■ FAX: (414) 475-8183 ■ Web Site: www.MilwaukeeRecreation.net

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Milwaukee Area Technical College

Stormers Hall (Technical Building)

1101 N. 6th Street

Free parking available on 8th & State St

Sunday, February 21, 2010

Pulaski High School

2500 W. Oklahoma Avenue

(Main Entrance at 25th & Oklahoma)

Riverside High School

1615 E. Locust Street

(Main Entrance off of Locust)

Milwaukee Area

Waukesha

Saturday, February 20, 2010

University of Wisconsin – Waukesha

1500 N University Drive

(Commons Building)

Racine

Sunday, February 21, 2010

Gateway Technical College

Racine Conference Center

1007 South Main Street

(Lake Side Entrance)



PLEASE NOTE: You should bring your parents', as well as your own, completed federal income tax return for 2009, W-2 statements, and other 2009 income and/or benefit information. If parents are unable to attend, students may attend alone and bring this information. Independent students may bring just their own income and asset information.

www.wicollegegoalsunday.org

866-578-GOAL (4625)

Reading Connection

Tips for Reading Success

Beginning Edition

February 2010

Wisconsin Conservatory of Lifelong Learning

Book Picks



Read-aloud favorites

■ Celebrating Chinese New Year



Colorful photographs and simple sentences

tell the story of Chinese New Year. Diane Hoyt-Goldsmith's nonfiction book shows how families celebrate ancestors, make special meals, decorate their homes, and watch a parade.

■ Somebody Loves You, Mr. Hatch

Lonely Mr. Hatch doesn't know who sent him a valentine, but its loving message gives him courage. For the first time, he gets to know his neighbors and coworkers. And when the mystery is solved, he discovers how much his new friends care. A nice read-aloud by Eileen Spinelli.



■ The Alphabet Tree

In Leo Lionni's clever tale, each letter has its own leaf—until the wind starts to blow. To fight the wind, the letters learn to stick together to make words. What will happen when a caterpillar suggests that the words form sentences?

■ Big Frank's Fire Truck

This book by Leslie McGuire shows youngsters how firefighters spend their days. In addition to putting out fires, Frank and his team rush to the scene of an accident, teach fire safety at a school, and do a fire inspection. (Also available in Spanish.)



Keeping a journal

A journal is a place for your child to draw pictures and record his thoughts. It's also a great way to inspire him to write more.

Give your youngster a spiral notebook or lined paper stapled between two pieces of construction paper. Then, share these ideas for filling the pages.

Write about hobbies

Your child will enjoy writing and drawing about something he loves. And basing a journal on a special interest will teach him to stay on topic. He might write about art projects ("Today I made a snowy picture with cotton balls"). Or he could start a baseball journal ("I got a base hit").

Think about animals

Your youngster can learn about point of view (who tells the story) by keeping a journal for a pet or stuffed animal. Have him pretend to be his hamster or his teddy bear when he writes in his journal. What would the animal draw? What might it write about? ("I took a



nap. I drank from my water bottle. I ran on my exercise wheel.")

Tell about books

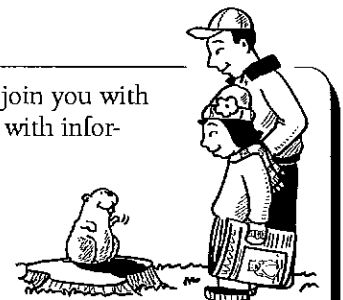
This journal will encourage your child to read *and* write. When he reads a book, suggest that he draw his favorite part and write a few words or a sentence about it. Or he might write a summary. He can also tell what he liked or didn't like about the story.

Tip: Encourage your youngster to write in his journal a little each day. ♥

Newspaper fun

When you read the newspaper, invite your child to join you with activities like these. She'll learn that the paper is filled with information—and she'll get used to a daily reading habit.

- Visit the scene. Read an article aloud about an upcoming local event (Groundhog Day ceremony, craft fair). Then, go to the event so your child can see the connection between what she reads and real life.
- Look at photos. Ask your youngster to describe what's happening ("The skier got a medal"). Let her choose a theme (outer space, sports) and cut out pictures for a week. She can glue them on paper and write captions.
- Do a letter search. Have your child circle one word in the paper that begins with each letter of the alphabet. When she's finished, help her read all 26 words. ♥



Reading strategies

“What’s this word?” When your child reads a book, she may come across words that she can’t sound out easily. Show her these three ways to handle tricky words:

1. “Chunk” it. Ask your youngster to find a familiar part of a tough word. In *myself*, for instance, she may recognize *my*. Then, she can sound out the chunk that is left (“I did it *my-self*”).

2. Re-read it. Your child may be able to use the meaning of a sentence to figure out a word. Have her cover the tricky word



with her finger and read the sentence without it. Example: “David (*mixed*) red and blue paint to make purple.” Next, she can uncover the word and read the sentence again. She’ll see that the missing word begins with M and can think of the word *mixed*.

3. Picture it. Have your youngster look at the book’s illustrations for clues that will help her read a word. Say

there’s a picture of several animals along with the sentence “A tiger lives in the jungle.” She might think, “There’s a tiger in the picture, and that word starts with T. I bet it’s tiger.” ♥

Fun with Words Alphabet art

Bring out your youngster’s creative side with these projects that will help him practice his ABCs.

Hidden letters

Ask your child to draw and color a picture that includes hidden letters. For example, he might put an L in the bottom corner of a house, or a C on the edge of a sun. How many letters can he fit in one picture?

Letter creatures

Have your youngster choose a letter. Let him write his letter in the center of a sheet of paper with a marker. Then, give him paint, yarn, and glue to turn the letter into an animal. For example, O could become an octopus. He might paint eyes, a nose, and a mouth and add eight pieces of yarn for the arms. ♥



Q&A Play and write

Q My son needs to work on his handwriting. He does the practice sheets that his teacher sends home. Is there anything else we can do?

A You can fit writing into playtime—your child won’t even know he’s practicing his handwriting!

For example, he can write names, words, and numbers while playing bank or store. Give him an extra checkbook register and old deposit slips, or a store catalog and paper to use for receipts. He and a friend can take turns pretending to be a teller or a store clerk.

You might also put writing materials with your youngster’s toys. Place sticky notes next to his blocks so he can make street signs (Speed Limit, One Way) and label buildings (School, Toy Store). Put a notepad in his pretend kitchen, and let him take your order, serve your meal, and write up your bill. ♥



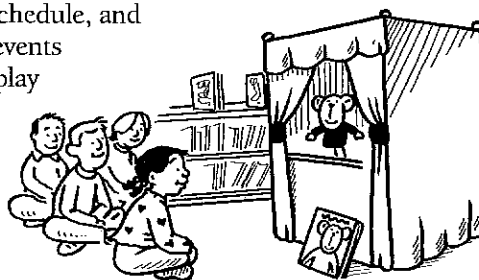
Parent to Parent Library entertainment

A few months ago, my daughter Mara and I stopped by the public library to check out books. We were surprised to find a puppet show going on.

The librarian explained that the branch hosts special activities based on books. She gave us a schedule, and we’ve been to several events so far. First, we saw a play of the book *Amelia Bedelia and the Baby* by Peggy Parish. After it was over, we looked for other books about

Amelia Bedelia. Another time, the librarian used *Five Little Monkeys Storybook Treasury* by Eileen Christelow to lead a sing-along. Mara was excited when I suggested that she choose a book of songs to take home and learn.

Now Mara can’t wait to visit the library. The activities make it easy to find great books, and she’s enjoying reading more than ever. ♥



OUR PURPOSE

To provide busy parents with practical ways to promote their children’s reading, writing, and language skills.

Resources for Educators, a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
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www.rfeonline.com
ISSN 1540-5648

Reading Connection

Ideas para triunfar en la lectura

Beginning Edition

Febrero de 2010

Wisconsin Conservatory of Lifelong Learning

Libros del mes



Para leer en voz alta

■ Celebrating Chinese New Year



Vistasas fotos y frases sencillas cuentan la

historia del Año Nuevo chino. Este libro de no ficción de Diane Hoyt-Goldsmith muestra cómo las familias celebran a sus antepasados, hacen comidas especiales, decoran sus hogares y contemplan un desfile.

■ Somebody Loves You, Mr. Hatch

El solitario Mr. Hatch no sabe quién le ha enviado una tarjeta de san Valentín pero sus cariñosos mensajes lo animan. Por primera vez logra conocer a sus vecinos y compañeros de trabajo. Y cuando por fin se resuelve el misterio, descubre cuánto lo estiman sus nuevos amigos. Una bonita historia para leer en voz alta de Eileen Spinelli.



■ The Alphabet Tree

En esta inteligente historia de Leo Lionni, cada letra tiene su propia hoja hasta que empieza a soplar el viento. Para luchar contra el viento, los lectores aprenden a unirse para hacer palabras. ¿Qué sucederá cuando una oruga sugiera que las palabras formen oraciones?

■ Big Frank's Fire Truck

Este libro de Leslie McGuire enseña a los niños cómo pasan el día los bomberos. Además de apagar fuegos, Frank y su equipo se apresuran a llegar a la escena de un accidente, enseñan medidas de seguridad en una escuela y hacen una inspección de incendios. (Disponible en español.)



Llevar un diario

Un diario permite a su hijo dibujar y anotar sus ideas. Es también una manera estupenda de inspirarlo a que escriba más.

Dele a su hijo una libreta de espiral o folios con rayas cosidos con grapas entre dos trozos de cartulina. A continuación comparta con él estas ideas para llenar las páginas.

■ Escribir sobre aficiones

Su hijo disfrutará cuando escriba y dibuje sobre cosas que le gustan. Y basar su diario sobre algo que le interese especialmente le enseñará a no desviarse de un tema. Podría escribir sobre sus proyectos de arte ("Hoy he hecho un paisaje nevado con bolitas de algodón"). También podría empezar un diario de béisbol ("Hoy he bateado a base").

■ Pensar en animales

Su hijo puede aprender qué es el punto de vista (quién cuenta la historia) si lleva un diario sobre su mascota o su animal de peluche. Dígale que se imagine que es su hamster o su osito de peluche cuando escriba en su diario. ¿Qué dibujaría ese animal? ¿Sobre qué podría escribir? ("Me eché



la siesta. Bebí agua de la botella. Di vueltas en mi rueda de hacer ejercicio".)

■ Hablar de libros

Este diario animará a su hijo a leer y a escribir. Cuando él lea un libro, sugiérale que dibuje la parte que más le guste y que escriba unas cuantas palabras o una frase sobre esa parte. También podría escribir un resumen. Puede así mismo contar lo que le gustó o lo que no le gustó sobre la historia.

Idea: Anime a su hijo a escribir en su diario un poquito cada día.♥

Divertirse con el periódico

Cuando usted lea el periódico, anime a su hija a unirse a usted con actividades como éstas. Su hija aprenderá que el periódico está lleno de información y adquirirá el hábito de la lectura diaria.

● Visiten el lugar. Lean un artículo en voz alta sobre un acontecimiento próximo (ceremonia del Día de la Marmota, feria de artesanía). A continuación vayan al evento para que su hija pueda ver qué conexión existe entre lo que lee y la vida cotidiana.

● Miren fotos. Diga a su hija que describa lo que está sucediendo ("El esquiador ganó una medalla"). Deje que ella elija un tema (espacio, deportes) y que recorte fotos relativas a esos temas durante una semana. Puede pegarlas en papel y escribir debajo pies de foto.

● Hagan una búsqueda de letras. Diga a su hija que elija una letra del abecedario y rodee con un círculo las palabras que empiecen con esa letra. Cuando haya terminado, ayúdela a leer las palabras.♥



Estrategias de lectura

“¿Qué palabra es ésta?” Cuando su hija lee un libro quizá se encuentre palabras que no puede pronunciar con facilidad. Enséñele estas tres maneras de hacer frente a palabras complicadas:

1. “Trocéala”. Dígale a su hija que encuentre un fragmento familiar dentro de un término más difícil. Por ejemplo, en *misma*, podría reconocer *mi*. A continuación podría pronunciar el trozo que queda (“Lo hice yo *mi-sma*”).
2. Vuelve a leerla. Su hija puede usar el sentido de una frase para descifrar una palabra. Dígale que cubra la palabra complicada



con el dedo y lea la frase sin ella. Ejemplo: “David (*mezcló*) pintura roja con pintura azul para conseguir color morado”. A continuación puede destapar la palabra y volver a leer la frase. Verá que la palabra complicada empieza con M y puede pensar en la palabra *mezcló*.

3. Imagínala. Diga a su hija que busque en las ilustraciones del libro pistas para

leer una palabra. Digamos que hay una ilustración de varios animales junto con la frase “Un tigre vive en la jungla”. Podría pensar: “Hay un tigre en la ilustración y esa palabra empieza con T. Seguro que es tigre”.♥

Jugando con palabras



Arte con el abecedario

Estimule la creatividad de su hijo con estos proyectos que le ayudarán a practicar el ABC.

Letras escondidas

Diga a su hijo que dibuje y coloree letras escondidas. Por ejemplo, podría poner una L en la esquina inferior de una casa y una C en un lado del sol. ¿Cuántas letras puede descubrir en un dibujo?

Criaturas de letras

Diga a su hijo que elija una letra. Que escriba esa letra con un marcador en el centro de un folio. A continuación, dele pintura, cuerda y pegamento para convertir la letra en un animal. Por ejemplo, la O podría convertirse en un pulpo (octopus en inglés). Podría pintar ojos, nariz y una boca y añadir ocho trozos de cuerda para los tentáculos.♥



P&R Escribir y jugar

P Mi hijo necesita mejorar su caligrafía. Hace en casa las planas de práctica que la maestra le da. ¿Podríamos hacer algo más?

R Pueden incluir la escritura como parte de sus juegos (y su hijo ni siquiera se dará cuenta de que está practicando la caligrafía!

Por ejemplo, podría escribir nombres, palabras y números cuando juegue a los bancos o a las tiendas. Dele un registro de su chequera que le sobre y formularios viejos de ingresos o el catálogo de una tienda y papel para que haga facturas. Se puede turnar con un amigo haciendo de cajero del banco o de dependiente.

Podría también poner materiales de escritura entre los juguetes de su hijo. Coloque papelitos adhesivos con los bloques para que pueda hacer señales de tráfico (Límite de velocidad, Dirección única) y etiquetar edificios (Escuela, Tienda de juguetes). Coloque una libreta en su cocina imaginaria. Dígale que anote lo que usted pida, le sirva la comida y le escriba la cuenta.♥



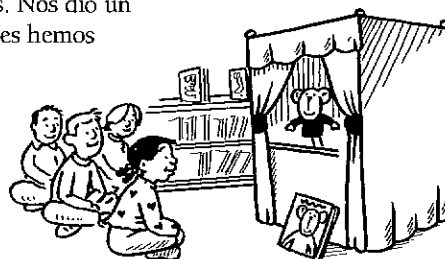
De padre a padre Divertirse en la biblioteca

Hace unas semanas mi hija Mara y yo fuimos a la biblioteca a sacar unos libros. Nos sorprendió enterarnos de que había un espectáculo de marionetas.

La bibliotecaria nos explicó que a veces la biblioteca organiza actividades especiales relacionadas con los libros. Nos dio un calendario y desde entonces hemos acudido a varios eventos. Primero vimos una obra sobre el libro *Amelia Bedelia and the Baby* de Peggy Parish. Al terminar buscamos otros libros sobre

Amelia Bedelia. Otro día la bibliotecaria usó *Five Little Monkeys Storybook Treasury* de Eileen Christelow para dirigir canciones en grupo. Mara se entusiasmó cuando le sugerí que sacara un cancionero para aprender canciones en casa.

Ahora a Mara le apetece mucho ir a la biblioteca. Las actividades nos facilitan descubrir lecturas estupendas y mi hija disfruta más que nunca con la lectura.♥



NUESTRA FINALIDAD

Proporcionar a los padres atareados ideas prácticas que promuevan la lectura, la escritura y la expresión oral de sus hijos.

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ISSN 1540-5656



Get Wild About Reading with the 2009-2010 Six Flags Six Hour Reading Club®!

Dear Families,

Your child's school is participating in an exciting program that encourages children in grades K through 6 to read for fun. The Six Flags Six Hour Reading Club is part of Read to Succeed®, a free language arts program from Six Flags and Weekly Reader. Every student who completes six hours of recreational reading before the school's deadline noted below is eligible for a free admission ticket valid at participating Six Flags theme parks. (Note: Schools must submit their information to us by March 3, 2010.) We hope that you have fun encouraging your child to get wild about reading and reach this goal!

Here's what you need to know:

- Only students in grades K through 6 are eligible to take part in the Reading Club.
- Review the reading log that your child brought home. Your child should use this sheet to record what and how long he/she reads.
- Your child must complete six hours, or 360 minutes of recreational reading. Please initial each entry and then sign the reading log to show that the six hours of reading has been completed.
- Your child can read books, magazines, newspapers, or comic books. What doesn't count is any reading your child must do for homework or a class assignment. Kids can read silently, aloud, or with an adult—you can read to your child, or your child can read to you.
- Remind your child to return the reading log to his/her teacher by the date on the form. Late entries will not be accepted.

About the tickets:

Tickets will be distributed to students by the school's Reading Club coordinator. The ticket is valid for admission from June 14 through August 8, 2010 only. (Note: Valid dates for The Great Escape ONLY: June 28 through August 15, 2010.) Lost, stolen, or damaged tickets cannot be replaced.

Look for the Family Discount Offer! Each Read to Succeed ticket will come with a discounted admission ticket offer for families so that they can celebrate their child's accomplishment. This discount information will be printed on the student ticket and can be accessed at sixflags.com/rts.

We hope that you and your child enjoy this free program and spend time reading together. Happy Reading!



Please encourage your child to complete six hours of recreational reading and return the reading log to his/her teacher by:

March 1st, 2010

(Date to be filled in by Reading Club coordinator)



Participating Parks

Six Flags America
Baltimore, Maryland/
Washington, DC

Six Flags Discovery Kingdom
Vallejo/San Francisco, California

Six Flags Fiesta Texas
San Antonio, Texas

*Six Flags Great Adventure
& Wild Safari*
Jackson, New Jersey

Six Flags Great America
Chicago, Illinois

Six Flags Kentucky Kingdom
Louisville, Kentucky

Six Flags Magic Mountain
Los Angeles, California

Six Flags New England
Springfield, Massachusetts

Six Flags Over Georgia
Atlanta, Georgia

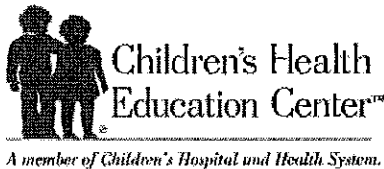
Six Flags Over Texas
Arlington/Dallas, Texas

Six Flags St. Louis
St. Louis, Missouri

The Great Escape
Lake George, New York



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**MILWAUKEE
PUBLIC SCHOOLS**
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**Safe Schools
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Announcing the Newest BlueKids Course: *Mission: Health*

MPS contracts with Children's Health Education Center and BlueKids.org to offer you free obesity prevention curriculum that uses technology to help you teach your students:

- The importance of eating three healthy meals a day.
- How to choose physical activities they enjoy to stay healthy through the use of the Activity Pyramid.
- How to choose healthy foods and beverages.
- The basics of MyPyramid.gov and how it can help students make healthy food choices.
- The importance of goal-setting in living a healthy lifestyle.

This is a brand new health program for K5, 1st, 2nd and 3rd Grade. Each grade level features a unique curriculum consisting of six short, 10-12 minute, grade-specific core lessons, along with a variety of engaging online games and activities. This teacher-lead program delivers lessons and activities that are projected or used with a smart board in the classroom. It's a fun and easy way to teach and get the students up and moving.

When combined with the existing BlueKids e-learning courses Energy Extreme for 4th and 5th grades and 4 UR Health for 6th to 8th grade, your school can offer a progressive and comprehensive K-8 health and nutrition curriculum.

Take advantage of these healthy, online programs that are supplied to you by your district for no cost. MPS Learning Technologies Group manages the teacher training and user logins.

If you'd like to learn more about delivering this curriculum at your school **please contact:**

Mary Zelenka – MPS Learning Technologies

E-mail: zelenkma@milwaukee.k12.wi.us or phone: 414-438-3604

Upcoming 2009-2010 paid teacher training sessions:

Wednesday, Feb. 10 4:15pm - 6:15pm
Wednesday, Mar. 24 4:15pm - 6:15pm

Register to attend at: enroll.milwaukee.k12.wi.us (Click on Staff Development → Health/Phy Ed→BlueKids)

Visit: www.HealthyKidsLearnMore.com

Reach for heart-healthy snacks

WANT SOME popcorn with your movie this holiday season? Eat up: Research shows that popcorn and other snack foods, such as breakfast cereals, have the potential to reduce the risk of heart disease, cancer and other chronic diseases.

Scientists at the University of Scranton recently announced that whole-grain cereals and snacks, lauded as good sources of fiber, also contain powerful antioxidants known as polyphenols, which remove

free radicals (potentially harmful chemicals) from the body.

Whole-grain products have comparable antioxidants per gram to other sources of polyphenols, including chocolate, tea, coffee and wine. Popcorn, in particular, reigns supreme among whole-grain snack foods, with the highest level of antioxidants.

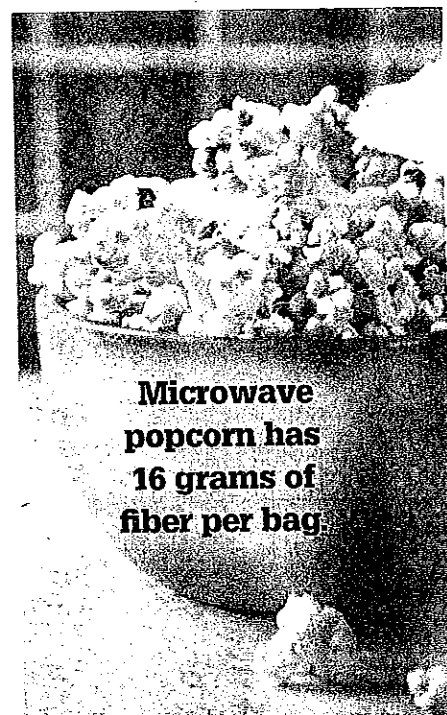
University of Scranton researcher Joe Vinson, lead author of the study, warns that consumers must read food labels carefully to make

sure the whole grain is listed as the first ingredient. If it's listed farther down, he says there is no way to tell if there is enough whole grain to be beneficial.

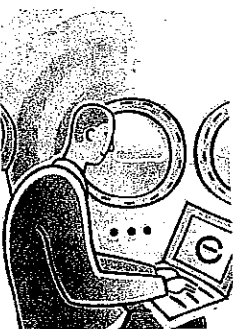
"We are eating a lot of fiber; the government is urging us to do so. But it's refined fiber, where polyphenols are removed," Vinson says. "Focus on looking for whole grains, which are rich in antioxidants."

And if you make popcorn your go-to snack, skip the butter.

— Bhavna Batra



Microwave popcorn has 16 grams of fiber per bag.



Wi-Fi in the sky

Despite being hit hard by the recession, many airlines are forging ahead with plans to offer internet connectivity at 35,000 feet. Virgin America and AirTran already have their networks up and running; Delta and Southwest are still in the rollout phase.

Airlines that will offer Wi-Fi in 2010

Alaska	Delta
Virgin America	AirTran
United	Southwest
American	JetBlue

Quick tip

A reason to obey the speed limit: Speeding by only 5 mph on highways can mean reducing your fuel economy by 7%.

Have advice to share?

Go to usaweekend.com

6 simple ways to help kids with colds or flu

YOU TRIED TO prevent it, but your child caught a cold or even the flu. Now you have a miserable kid on your hands.

There are ways to help your youngster feel better without over-the-counter medicines. Kathi Kemper, chair of the American Academy of Pediatrics Section on Complementary and Integrative Medicine, offers these home remedies to relieve some of the symptoms.

Sore throat. Make a cup

of warm tea with honey and lemon. Use herbal teas with slippery elm or cherry bark,



or Yogi Throat Comfort tea, which you can find in supermarkets.

Cough. Offer mints for your child to suck on; menthol is soothing.

Stuffy nose. You don't need to buy a humidifier. Have your child eat dinner leaning over a steaming bowl of pasta or soup. And tuck extra pillows under his head while he sleeps to help relieve nasal congestion.

Sleeplessness. Put

chamomile or lavender fragrances into a warm bath. The steam from the bath also helps soothe nasal dryness.

Fever. If your child is alternating between hot and cold, dress him in layers so he can adjust as needed.

Headaches. Use a cool, damp towel on his forehead. The cool temperature shrinks dilated blood vessels. ❖

— Allyson Dickman



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Main Office • 7950 Jones Branch Dr., McLean, VA 22107
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Printed in the USA. The magazine that makes a difference.

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*¿Desea ser un mejor padre o madre?
¿Quiere aprender cómo enseñarle a su hijo que lo quiere sin condiciones?
¿A veces tiene problemas con sus hijos?
¿Le importa que su hija sea buena persona en el futuro?
¿Quiere conocer a otros padres que tienen niños de la misma edad?*

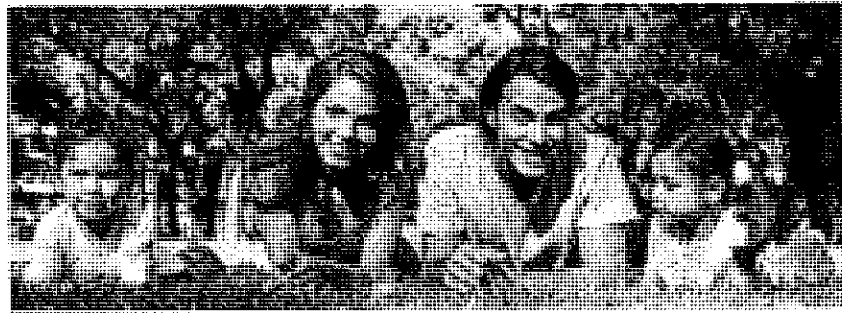
Venga a:

CRIANZA CON CARIÑO

The Nurturing Program en español

¿QUÉ ES?

Un curso de clases sobre la crianza- especialmente para padres y madres de niños de 0 a 5 años de edad.



¿QUIÉN?

Todos los padres, madres y maestros/as están invitados. Los maestros/as se ganarán 20 horas de crédito.

Llame al 647-5971 y pregunte por Nicole para registrarse antes del viernes 5 de febrero.

¿CUÁNDO?

Los lunes de
4:00 a 6:00pm
por 11 semanas.
15 de febrero-
26 de abril,
2010.

¿POR QUÉ?

Se convertirá en un mejor papá o mamá.
Recibirá un certificado de participación o cumplimiento.
Pasará tiempo con otros padres y aprenderán uno del otro.
Comeremos una cena al principio de cada clase.
¡Nos divertiremos, jugaremos juegos, y haremos rifas!
Puede traer a sus hijos- tendremos cuidado de niños gratis.

¿DÓNDE?

El Centro de Recursos para las Familias de La Causa
804 W.
Greenfield Ave.,
Milwaukee

¿QUÉ HAN DICHO LOS PARTICIPANTES?

"Prácticamente todo lo que estudiamos me ha ayudado muchísimo y me siento más confidente."

"Me gusta de lo que aprendamos, de las experiencias de otras personas, cosas positivas de cómo educar a nuestros hijos y cómo saber que no hacer con los hijos."

"Lo que más me ha ayudado de este programa es cómo comunicarme mejor con mi familia y las personas que me rodean."



L A C A U S A

Children's Trust Fund
Grant Supported Program

Middle Years

Working together for school success

Short Stops



► Homework questions

If your middle schooler is stuck on a homework assignment, you can help her by asking questions. For instance, “Where could you look for more information?” or “What have you already tried?” Your prompting may be just what she needs to get back on track.

► Taming paperwork

Field trip forms, sign-ups for extracurricular activities, picture orders... middle school parents sign a lot of papers. To keep paperwork moving, get two file folders or paper trays. Have your child put everything that needs your signature in one (the “inbox”). Check it daily, and move signed papers to the other (the “outbox”).

► Vocabulary booster

Your middle grader can learn new words just by having casual conversations with you. When you talk, agree to try to trade everyday words for more interesting ones. *Examples: mediocre instead of so-so, hysterical instead of funny.* You can both use a thesaurus to help you find words.

► Worth quoting

“The secret of joy in work is contained in one word—excellence. To know how to do something well is to enjoy it.” *Pearl Buck*

► Just for fun

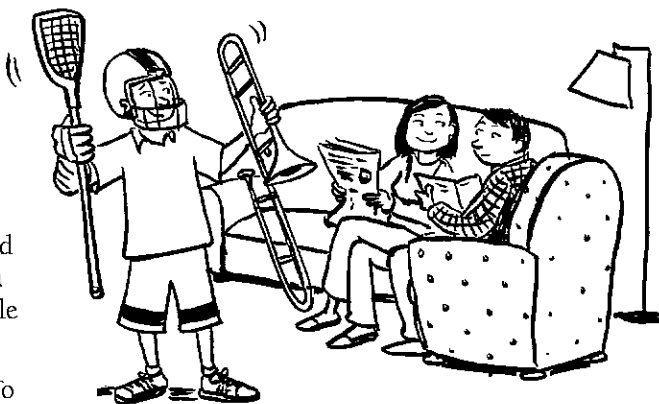
Q: How does a farmer know when it’s cold?

A: When he milks a cow and gets ice cream!



Making wise decisions

Your child is deciding whether to stay in band or to play lacrosse. It’s a tough choice—but it’s also a good opportunity for him to practice making decisions. Considering different possibilities and picking the best one is a skill he’ll need for middle school and beyond.



Gather information. To make an informed decision, your middle grader needs all the facts. What is the time commitment for each activity? How would he get home from after-school practices? Will there be travel to band competitions or to lacrosse tournaments? Suggest that he speak to the band director and the lacrosse coach to get answers to all his questions.

Consider pros and cons. Have your youngster list the benefits and drawbacks of each choice. For example, lacrosse would be a great way to exercise

and meet new friends, but it might take time away from homework and other activities. If he stays in the band, he could become a better trombone player and be in performances, but he’d need to find a way to work out.

Rate options. Which choice has more pros? How important are the cons? Suggest that your middle grader rate each pro or con with one to five stars. The more stars he awards, the more important a pro or con is to him. Looking at how the stars add up will help make the right decision clearer. 👍

Joy in poetry

Silly or serious, poetry can motivate your child to read. Here are ideas the whole family will enjoy:

- Read poems by candlelight or flashlight. Try a volume for middle graders, like *Swimming Upstream: Middle School Poems* by Kristine O’Connell George or *The Dog Ate My Homework* by Sara Holbrook.
- Surprise each other with poems. Find ones you like in a book or on a Web site, and write down a favorite verse. Tuck it into your youngster’s lunch, or she might tape one to your bathroom mirror.
- Hold a poetry scavenger hunt. Take turns naming a household object (quilt, plant) or favorite animal (panda bear, leopard). Each of you can search online or in the library for a related poem and read it aloud. 👍



Project primer

Successful school projects start with organization and time management. Your middle grader can get off on the right foot with these tips.

Make a schedule

A project will seem more manageable if it's divided into steps. Whether your middle grader is working alone or in a group, she will need to understand what her tasks are (doing research, writing an outline) and to remember the due date for each one.



Collect supplies

Your child's work will go more smoothly when she has supplies on hand. Before she begins, she can write down everything she'll need (printer paper, poster board). She can find items around the house and ask you to help her get the rest.

Practice teamwork

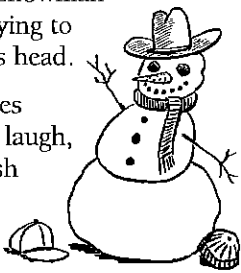
If your middle schooler is involved in a group project, encourage her to be a valuable member of the team. She might start by suggesting that the members meet regularly to bounce ideas off one another. They can also agree to touch base frequently by phone or e-mail. 👍



Laugh out loud

Laughing together can help parents and children get along better. Try these ideas:

- When you hear a funny joke, write it down. Cut out cartoons from newspapers and magazines, too. Post them on the refrigerator, and share them at dinner or in the car for a good laugh.
- Have fun in the snow together. You could play a game of catch with snowballs. Or build a snowman and take turns trying to throw a hat on its head.
- Play board games that make people laugh, such as Balderdash or Pictionary. Or get moving with a few rounds of Twister or charades. *Idea:* Try a version of charades in which you act out scenes from funny movies.



- Make up stories. One person starts with a silly sentence ("I was traveling to the jungle when..."). The next person adds a line ("...I saw an ape dressed in a tuxedo"). Continue until the story is complete. 👍

Parent to Parent

Talking about tolerance

The other day I overheard my daughter and her friends imitating their new classmate's accent. When they left, I reminded Alexis how she felt when kids made fun of her glasses. She said this was different, because the girl didn't hear them. But I explained that their attitude would affect how they treated her.

Alexis admitted that she felt bad, but she didn't want to go against her friends. So we talked about ways she could react next time, like speaking up or changing the subject.

A few days later, Alexis told me she had tried one of our ideas. When her friends started to make comments, she changed the subject and asked them if they were going to the game that night. Then, later in the day, she saw her new classmate and introduced herself.

I'm proud of my daughter—and she's happy to have made a new friend. 👍



Q & A How much freedom?

Q My son wants me to drop him off at the movies. What should a seventh grader be allowed to do?

A There's no "magic age" for giving a child more independence. You might judge what he's ready for by gradually giving him more freedom. For example, you could start by taking him and a couple of his friends to the movies and sitting in a different row. Once you're both comfortable, you

might drop him off with friends at the community center or skating rink and plan to pick them up in an hour.

You can also satisfy your son's need for freedom—and help him feel independent—by giving him other privileges. Although some issues aren't negotiable (curfews, smoking), a middle grader might decide how to cut his hair or how to spend his allowance. 👍

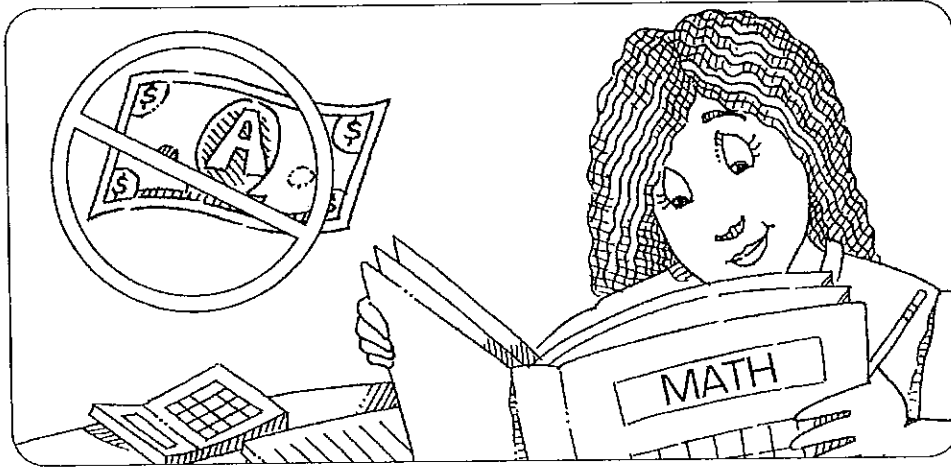


OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5540

Elementary School Parents[®] *make the difference!*



Experts say paying for grades is not an effective motivator

You're worried about your child's math grades. Then she makes a suggestion. "I would do better if you paid me for every A on a math test," she says.

Should you get out your wallet? *No*, say most experts on motivation. Here's why paying children for good grades is not an effective motivator:

- It puts the emphasis in the wrong place. If you promise your child \$1 for a good grade, she'll be working for the money. She may find that she wants the dollar so badly that she's willing to cheat to get it.
- It doesn't help your child learn the satisfaction of doing a job well. Children need to learn the joy that comes just from doing something to the best of their ability. There's a lot of pleasure that comes from walking into a newly-cleaned room. There's great pride in

handing in a paper that was the best your child could do. Those are the rewards your child ought to be working for.

- It puts **all** the focus on the outcome. Children need to learn the importance of sticking with a challenging subject. They need to learn that practice really does make perfect. Putting all your attention on a reward at the end of the process will make it harder for your child to learn those lessons.

So what should you do? Let your child know that school is important. Set aside time and space for her to do homework. Celebrate her successes with time spent together. And keep your money in your pocket!

Source: Melissa Kossler Dutton, "How to Motivate Kids to Succeed in School," Columbus Parent Magazine, www.columbusparent.com/live/content/issue/stories/2009/08/01/cpfeature_grades.html.

Bring history to life with some historical fiction



History can be fascinating. But history books can sometimes be dull and dry.

That's where historical fiction can come in. The best historical fiction brings a past time to life. It shares the details about what people wore, what they ate and how they really lived. It gives the reader a vivid glimpse of history.

If you are looking for a good historical fiction book to help make history come alive, here are things to keep in mind:

- Ask a **children's librarian** to suggest a book that presents history accurately and avoids myths or stereotypes.
- Look for a **book with illustrations**. This is one time when a picture really is worth a thousand words.
- Try **reading the book aloud** if the book is a little challenging for your child.
- **Read more than one book** about the same period. Talk about how people see the same event differently.

Source: Esmé Raji Codell, *How to Get Your Child to Love Reading*, ISBN: 1-565-12308-5 (Algonquin Books of Chapel Hill, www.workman.com).

Teach your child to respect other people's property, belongings



A classmate brought a really neat toy car to school. Your child really wanted a car like that. So he "borrowed" it.

Helping children learn to respect another person's property is an important skill for getting along with others. Talk with your child about a time when someone did not respect his property. Did they take something without asking? Did they borrow it and not return it? Did they break something while they were using it?

Talk with your child about how he felt when that happened. Then talk with your child about how he can show respect for another person's property.

Here are some ideas:

- Always ask permission before using something that belongs to someone else.
- Be careful when using something that belongs to another person.
- Return things when you said you would.

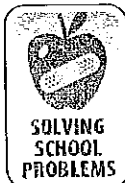
Talk about how these same rules apply to things at school. Your child should take care of his math book so he can return it in good condition.

Source: Gwendolyn Cartledge, James Kleefeld, *Taking Part: Introducing Social Skills to Children PreK-Grade 3*, ISBN: 9780-8782-2613-9 (Research Press, www.researchpress.com).

"In the end there is no program or policy that can substitute for a parent."

—President Barack Obama

Face family-school challenges with confidence, common sense



Throughout your child's education, you may disagree with school staff about minor—and occasionally serious—issues.

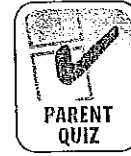
Although this can feel pretty uncomfortable, remember that conflicts are a natural part of relationships. What's important is *how* they're resolved. When serious issues need to be discussed:

- Listen to your child. Kids are often the first to mention school concerns. Take your child's feelings to heart, and use intuition and common sense to guide your actions. You might ask yourself, "Do my child's worries make sense to me?" "Has my child raised this concern more than once?" "Is it important to step in now?"

- Listen to the teacher. There are two or more sides to every story. It's valuable to keep an open mind and reserve judgment until all the facts (and opinions) are in.
- Stay positive. If you don't like a teacher, working together can be a challenge. Focus on your shared goal: a successful classroom experience for your child. By maintaining a calm, respectful attitude, you'll be the best advocate for your student.
- Ask for help. Sometimes, despite your hard work, a problem persists. Consider meeting with the guidance counselor or principal for help. Be confident that together, you'll find a solution.

Source: "Addressing Problems," PBS Parents, www.pbs.org/parents/goingtoschool/address_prob.html.

Are you helping your child attend school every day?



Kids can't learn if they aren't in school. Yet every day, children are tardy or absent from school for reasons that could be avoided. That means they're missing out on important learning.

Are you doing everything you can to be sure your child is in school every day? Answer *yes* or *no* to each question below to find out.

1. Does your child know you expect her to go to school every day?
2. Do you get ready for the next day at night so you get out the door on time in the morning?
3. Do you know the school's attendance policy? Do you call the school to report if your child is too sick to come to school?
4. Do you avoid scheduling appointments during school time?
5. Do you practice hand washing? One study shows it can reduce absences by as much as 50 percent.

How well are you doing?

Each *yes* means you are helping your child get to school regularly. For *no* answers, try those ideas in the quiz.

Elementary School
Parents
make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1046-0446

For subscription information call or write:
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P.O. Box 7474, Fairfax Station, VA 22039-7474.
Fax: 1-800-216-3667.

Or visit our website: www.parent-institute.com.

Published monthly September through May by The Parent Institute®, a division of NIS, Inc., an independent, private agency. Equal opportunity employer. Copyright © 2010 NIS, Inc.

Publisher: John H. Wherry, Ed.D.

Editor: Rebecca Miyares.

Writers: Kristen Amundson & Susan O'Brien.

Illustrator: Joe Mignella.

A 'think-through' sheet can help your child learn *how* to learn



Your child has to learn many important things in elementary school.

But perhaps the most important thing he can

learn is how to take responsibility for his own learning.

A "think-through" sheet can help your child accomplish this. Here's how it works:

1. Divide a sheet of paper into three columns.
2. Label the first column "I have to." Label the second column "Do I know how to?" and the third, "Where can I get help?"
3. Have your child write the things he has to do for homework in the first column. For example, his list might include, "Multiply two-digit numbers in math" and "Write a book report."

4. Have him fill in the second column. Does he know how to multiply two-digit numbers? If the answer is *yes*, then he can go ahead and do the math problems. If the answer is *no*, he needs to move on to the third column.
5. Have your child think about where he can get help if he doesn't feel confident. Should he look back in his math book? Can he check with a friend? Should he ask the teacher for extra help? Have him write down all of her options.

Using this type of checklist will help your child see that there are things he can do when he's stuck. Over time, he will actually have a better sense of how he learns best.

Source: Rona F. Flippo, *Texts and Tests: Teaching Study Skills Across Content Areas*, ISBN: 0-325-00491-9 (Heinemann Publishing, www.heinemann.com).

Discipline is an opportunity to teach your child how to behave



Some parents think that the word *discipline* means something negative. But actually, discipline is much more

than just the times you say *no* or punish your child.

In fact, the word discipline comes from the Latin word that means "student" or "pupil." Experts say parents will be much more effective if they think about discipline as a way of *teaching* their children to behave in appropriate ways.

And one of the best ways to do that is by rewarding kids who are doing something right. Suppose you are working at your computer. You see your child is sitting quietly at the kitchen table working on his book

report. So take a short break. Say, "I am just so happy you started working on your book report without a reminder from me. And you gave me a little extra time to finish what I was working on. Now we can spend some time doing something together."

Then spend five or 10 minutes playing together, reading or doing something your child enjoys. Kids love getting undivided attention from a parent.

Spend a few minutes with a child who is behaving well. Otherwise, you'll spend much more time with a child who is misbehaving!

Source: Tara Parker-Pope, "It's Not Discipline, It's a Teachable Moment," *The New York Times*, www.nytimes.com/2008/09/15/health/healthspecial/15discipline.html.

Q: My daughter is in first grade. She was adjusting well to school until her dad was deployed to Afghanistan. Now she is having trouble. Her teacher says she doesn't want to take part in class activities. She talks to me a lot about what will happen if her father doesn't come home. How can I help her, and how can I help her get back on track at school?

Questions & Answers

A: Clearly the deployment has affected your child, both at school and at home. But there are some ways to help her. All of them involve opening up the lines of communication:

- Tell your child that it's not her fault that her father is away. Even if you've told her that this is her father's job, you need to tell her again. Children sometimes blame themselves when a parent goes away.
- Find ways for your child to communicate with her father. If possible, arrange for a phone call so she can hear her dad's voice. Just having Dad say, "I'll be home soon" may help her adjust.
- Be sure your child's teacher knows how you're handling this issue at home. She may be able to get your child to talk about her feelings. Sometimes, children will tell a teacher something they don't want to worry their parent by discussing.
- Teach your child the art of writing letters. Each day, have her write a sentence or two to her father. All these things will help your daughter feel more in control until her father returns from overseas.

—Kristen Amundson,
The Parent Institute

It Matters: The Home-School Team

Do you know what teachers really think?



Wouldn't it be nice to know what teachers really think? Wonder no more. In an informal survey, Education World.com asked

teachers what they wanted parents to know, and the responses were fascinating. For example:

- **No matter how much I care about your child, I need to distribute my energy among all students in the class.**
- **Let your child's strengths develop naturally over time. Too much pressure actually hurts kids' learning.**
- **We need to work as a team.** Without parents' support, it's hard for me to succeed.
- **Set limits on TV viewing.** Promote healthy alternatives, including exercise and reading.
- **I don't play favorites, but I am especially touched by students who use good manners.**
- **Choose school clothes that are appropriate, comfortable and non-distracting. That's more important than being stylish.**
- **When I send paperwork home, such as homework guidelines, I need you to read it.**
- **Parents make a big difference at home by planning fun, educational activities and modeling respectful behavior.**
- **I appreciate compliments because they help me know what's working for students.**

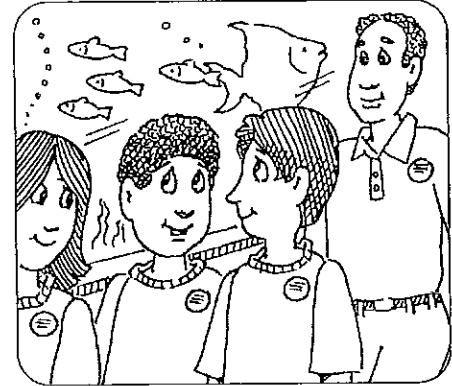
Source: Linda Starr, "What Teachers Want Parents to Know," Education World, www.educationworld.com/a_curr/profdev/profdev103b.shtml.

Find volunteer opportunities that match your personality

Research shows that parent involvement helps students succeed. But volunteering doesn't happen on its own. It takes generous parents to step up and pitch in!

To find the perfect job for you, consider:

- **The school's needs.** Many teachers rely on volunteers. In addition to helping in your child's class, consider art, computer, P. E., foreign language, music and other subjects. Talk with parent-teacher organization leaders, too. They are usually overwhelmed with volunteer roles to fill.
- **Your personality.** Think about which volunteer jobs match your interests. You may dislike organizing parties, but love interacting with kids. You could read to the class, lead games or work with small groups.
- **Your availability.** Some tasks require a weekly or monthly



commitment, but others are occasional, such as chaperoning a field trip or decorating for an event. Check the school schedule often so you have the best chance of participating.

- **Your child.** Is there a volunteer activity that would mean the most to your child? Ask! Perhaps he's always wanted you to attend a class party or field trip. Or maybe he needs extra help in a certain subject.

Consider volunteer activities you can do after school hours



If you can't volunteer during school hours, don't feel guilty. There are countless ways to help out at home or on the weekends. All contributions, big and small, make a difference. For example:

- **Prepare a project.** Teachers spend lots of time cutting, gluing, stapling, collating and more. Much of this work can be done at home. If you're willing to help, let the teacher know!
- **Spruce things up.** Do the school grounds need landscaping, such as weeding or planting flowers? Does the teachers' lounge need fresh paint? Do library books need shelving? Ask which areas could use the most attention.
- **Get technical.** Computer skills are a valuable asset to busy teachers and staff. Offer to create a newsletter, publish a class directory, set up an email list, build a website, or organize and distribute a volunteer schedule.

Milwaukee Public Schools
2009-2010 YEAR ROUND SCHOOL CALENDAR

MON TUE WED THUR FRI

JULY

		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

1 through 30 - Summer intersession - no student attendance
 31 Organization day - no student attendance

AUGUST

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

3 First day of school for students

SEPTEMBER

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

7 Labor Day - no student attendance

OCTOBER

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

2 Banking Day – no student attendance
 12 Parent-Teacher conference day - no student attendance
 13 through 28 - Fall intersession - no student attendance
 29 & 30 Convention days - no student attendance

NOVEMBER

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

2 Classes resume
 26 & 27 Thanksgiving recess - no student attendance

DECEMBER

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

18 Report cards
 22 Record Day - no student attendance
 23 through 31 Winter intersession - no student attendance

MON TUE WED THUR FRI

JANUARY

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

1 through 8 Winter recess - no student attendance
 11 Classes resume
 18 M. L. King Jr. Day - no student attendance
 25 Banking Day – no student attendance

FEBRUARY

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

12 Banking Day – no student attendance
 15 Mid-semester break – no student attendance

MARCH

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

19 Banking Day – no student attendance
 22 Parent-Teacher conference day - no student attendance
 23 through 31 Spring intersession - no student attendance

APRIL

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

1 through 9 Spring intersession - no student attendance
 12 Classes resume

MAY

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

14 Banking Day – no student attendance
 31 Memorial Day – no student attendance

JUNE

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

18 Last day of student attendance
 21 Record day - no student attendance
 22 Emergency make-up day
 23 through 30 Summer intersession – no student attendance

Shaded days have no student attendance. Individual schools may have additional non-attendance days which do not appear on this calendar. Also, methods and dates for distributing report cards may vary from school to school.

MENU FEBRUARY, 2010

Menu subject to change without prior notice



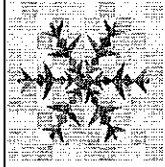
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BREAKFAST Apple Juice Yogurt, 4oz Breakfast Cracker LUNCH Mini Corn Dogs Baked Potato Wedges/ Fries Hot Vegetable Ketchup/Mustard Fruit	2 BREAKFAST Chilled Diced Pears Pancake Sandwich with Glaze LUNCH +Italian Parmesan Sandwich Baked Potato Rounds Hot Sweet Corn Fruit	3 BREAKFAST Orange Juice Cold Cereal Breakfast Cracker LUNCH Nachos Supreme + Taco Meat Nacho Cheese Sauce Tortilla Chips Lettuce & Salsa Fruit	4 BREAKFAST Chilled Fruit Juice Blend * Breakfast Pizza LUNCH Diced Chicken & Gravy Over Rice Hot Vegetable Pan Roll & Margarine Fresh Fruit	5 BREAKFAST Fruit Cocktail Hot or Cold Cereal Bug Bife Graham Crackers LUNCH +BBQ Shredded Turkey on Whole Grain Bun Coleslaw Fruit Happy Birthday Ice Cream Cup
8 BREAKFAST Chilled Orange Juice Cinnamon Bun Breakfast Cracker LUNCH Choice of Pizza Fresh Baby Carrots w/Dip Scrabble Junior Cheez-It Crackers Fruit	9 BREAKFAST Pineapple Chunks Scrambled Eggs with Salsa in Tortilla Shell or with Pan Roll LUNCH +Hot Homemade Turkey and Cheese Sandwich on Whole Grain Bun Baked Potato Wedges/ Fries Fruit	10 BREAKFAST Fruit Juice Blend Cold Cereal Breakfast Cracker LUNCH Chicken Patty on Whole Grain Bun Baked Potato Rounds Coleslaw Fruit	11 BREAKFAST Chilled Apple Juice PB & J Uncrustable or Cereal and Graham Crackers LUNCH Italian Pasta Bake Tossed Green Salad w/ Dressing or Green Beans Pan Roll & Margarine Fresh Apple Slices	12 BANKING DAY

MENU FEBRUARY, 2010

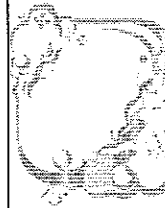
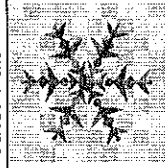
Menu subject to change without prior notice



<p>15 MID SEMESTER BREAK SCHOOLS CLOSED</p>	<p>16 BREAKFAST Chilled Fruit Juice Blend Cold Cereal Graham Cracker Sound Bites LUNCH Breakfast for Lunch French Toast +Sausage Patty Syrup Golden Hash Browns Fresh Orange Wedges</p>	<p>17 BREAKFAST Cinnamon Applesauce Mini Egg and Cheese Sandwich LUNCH Hot Homemade Ham* and Cheese Sandwich on Whole Grain Bun Pasta Salad Celery Sticks and Dip Pears</p>	<p>18 BREAKFAST Chilled Orange Juice Cinnamon Bun Stick LUNCH Spaghetti & Meat Sauce Over Spaghetti Noodles Tossed Green Salad w/ Dressing Breadstick & Margarine Fruit</p>	<p>19 BREAKFAST Peach Slices * Breakfast Pizza LUNCH Hot Dog + or *Bratwurst on Whole Grain Bun Picnic Style Beans Fruit Chewy Chocolate Brownie</p>
<p>22 BREAKFAST Chilled Orange Juice French Toast Breakfast Cracker LUNCH Mozzarella Pizza Dippers Marinara Sauce Mixed Vegetables Fruit</p>	<p>23 BREAKFAST Chilled Apple Juice Hot or Cold Cereal Breakfast Cracker LUNCH Hamburger on Whole Grain Bun Baked Potato Wedges / Fries Fresh Baby Carrots Herb Dip Kiwi or other fruit</p>	<p>24 BREAKFAST Chilled Fruit Mix + Sausage in a Blanket LUNCH +Soft Shell Taco Lettuce & Cheese Salsa Picante/Spanish Style Rice Cheesy Refried Beans Fruit</p>	<p>25 BREAKFAST Fruit Turnover LUNCH *Mock Chicken Leg Mashed Potatoes & Gravy or Glazed Sweet Potatoes Hot Vegetable Pan Roll & Margarine Fresh Fruit</p>	<p>26 BREAKFAST Chilled Apple Juice PB & J Uncrustable or Cereal and Graham Crackers LUNCH Chicken Nuggets Baked Potato Rounds Tossed Garden Salad w/ Dressing Bread Stick & Margarine Fruit</p>



Winter



All meals include ½ pint of milk. Students may choose skim, 2%, chocolate flavored skim or strawberry flavored skim for lunch and skim or 2% for breakfast.
*indicates Pork + indicates Turkey ***CARBOHYDRATE COUNT AVAILABLE AT www.wellnessandpreventionoffice.org DB:JMS 1/15/10