

All in the Holy Family

News and updates for the families of Holy Family School

September 25, 2019



What a terrific start we have had to the 2019-2020 school year. Thank you to all of you who have already begun assisting us with Lunch Duty, Wednesday Packet distribution, our Winter Wonderland Fundraiser, used uniform sales and the many other great things that have been going on here in the "family"!

🍎 Please note the following changes/additions to our school calendar:

- November 7th is Confirmation here at Holy Family. ALL Nursery through Grade 8 students will be dismissed at 11:15am. After Care is available for those students that are registered.
- Our "Family Thanksgiving Feast" for students, faculty and staff will be held on Tuesday, November 26, 2019. More information will be sent home as the date gets closer.

🍎 Additionally;

- Grades 4 & 7 will take the CogAT's between October 1 and 11. This is simply a test of their cognitive ability. It is NOT a State Test.
- Grades 2 through 8 will take the IA's between October 15 and 30. This is an achievement test of academics. Again, not a State Test. We use these

tests to see if the student's performance is in line with their ability, and if there is reason to offer enrichment and/or remediation.

❖ Winter Uniforms are to be worn beginning Monday, November 4, 2019.

- 🍌 We are in desperate need for Lunch Parents. Please be advised that Lunch Duty is for BOTH the café and recess. We greatly appreciate all the volunteers that assist us in this and all areas of our school!!!
- 🍌 The Health Education Prevention Program, HEPP, will be at our school once again this year. It will be taught in grades 4, 5, and 6 on Monday mornings. It will begin on October 7th. HEPP is an eight-week program taught by certified Health Educators. It covers a core curriculum of basic healthy choices including, but not limited to: self-esteem, bullying, stranger safety, drug, alcohol, & tobacco awareness and prevention skills. I hope both you and your child see the benefits of this worthwhile program. If you have any questions, please feel free to contact me.
- 🍌 PLEASE NOTE: The handbook and additional handout at Back to School/Meet the Teacher Night has clearly defined rules for uniforms, appropriate dress down attire, hair, nails, jewelry and make-up. In consultation with our School Board, it has been decided that students violating these requirements will have consequences. I spoke with the entire student body yesterday and have been handing out "warning" notes for them to discuss with you. In fairness to every family's busy schedule, we will not begin "consequences" until after this weekend; giving all time to address the issues. On Monday, September 30th students will receive consequences for all violations of our Holy Family School Handbook. Please help us help the children follow the rules!

I take this opportunity to thank you for entrusting your child/children to us here at Holy Family. I remind you that we can only improve if we know where we are lacking. PLEASE always feel free to talk with me about any concerns or suggestions you may have for our children and our school.

Be well,

Mrs. Robert 😊

Nutrition Nuggets™

Food and Fitness for a Healthy Child

Holy Family School
Mrs. Maryalice L. Doherty, Principal



BEST BITES

Prevent overeating

Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, "I love the color of carrots," he may respond, "I like how crunchy they are." By stopping to think, he'll slow down his eating pace, giving him time to feel full.

Kangaroo hop

Try this fitness idea from Down Under. Have your children hop like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room or yard to the other. Or they could take turns being the leader and play Follow the Kangaroo.



DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

Just for fun

Q: What's the worst thing about being an octopus?

A: Washing your hands before meals!



Snack attack

When your child bursts through the door after school or activities, she'll probably want something to eat. Try these tips for healthy snacks that will give her the energy she needs to play and do homework.

Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, sliced mushrooms, and then bake until the cheese melts.

Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. 🍓

Feeling good about sports

Participating in sports can build your youngster up... or drag him down. Make athletics a positive experience for him with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage your child to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on his effort and the friends he is making ("I love how you tried to get the rebound"). 🏀



Cafeteria plan

Why should your child buy school meals? Here are two reasons! Cafeteria meals are healthier than ever because of updated national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list. Consider these steps.



1. Go over the school menu together. Your youngster could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items. (“The chicken burrito sounds really good!”) If you’re excited about the choices, he will share your excitement.

2. Discuss what he ate. What did he like best? What would he try again? You might suggest that your child write to the cafeteria manager to tell her about his favorite meals. He could also make recommendations for new foods to serve.

Note: If your youngster has food allergies, alert the cafeteria manager, as well as his teacher and the school nurse. Give each of them a list of foods he’s allergic to, possible reactions, and what to do if he accidentally eats one of them. 🍓



Q&A How much juice?

Q: My children love to drink juice. Should I try to limit how much of it they drink?

A: The short answer is “yes.” While juice has nutrients, it also has a lot of sugar.



Believe it or not, a 12-ounce glass of apple juice can contain 10 tsp. of sugar — the same as in a can of cola — and a glass of grape juice can have 15 tsp. of sugar.

Encourage your children to eat fruit rather

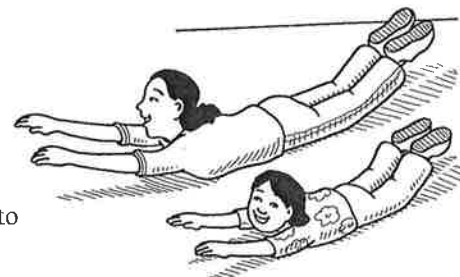
than drink juice. They will consume fiber along with more nutrients.

If your kids do have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. 🍓

ACTIVITY CORNER

Exercise = fun

When children are young, exercise isn’t exercise — it’s just plain fun! Use these ideas for putting more physical activity into your youngster’s day.



Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. “Fly” 10 more times.

Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. 🎵

IN THE KITCHEN

Rice bowls

For a quick and healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add healthy toppings.

Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese

Chicken: Cubed, cooked chicken (use last night’s leftovers), microwaved frozen

vegetables like corn, peas, and carrots, and low-sodium teriyaki sauce

Taco: Lean ground beef (browned and drained), canned kidney beans (drained and rinsed), shredded cheddar cheese, and salsa

Note: One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it’s a great choice for children with celiac disease or wheat allergies. 🍚



OUR PURPOSE
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.
 Resources for Educators,
 a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 800-394-5052 • rfeustomer@wolterskluwer.com
 www.rfeonline.com
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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HOLY FAMILY PARISH **and the** **Knights of Columbus**

Council 11222

Blood Drive

Sunday, October 20, 2019

8:30am – 2:30pm

**Holy Family School Cafeteria
25 Fordham Avenue, Hicksville**

Donating is Safe & Simple.

Give the gift of life and donate blood!

Your Donation Helps Save 3 Lives!

For more information, please contact:

Don Cardone ~ (646) 208-3311

♥♥ Eligibility Criteria ♥♥

Please Bring **Donor Card** or ID.

Minimum Weight: 110lbs.

No New Tattoos for past 12 months.

Ages 16 – 75(16-year old must have parental permission
76+ with doctor's permission).

For questions concerning medical eligibility:

www.nybc.org | 1-800-688-0900

