



EES NEWSLETTER ☆

After School Program Session 3 begins January 28-March 28. NO ASP on March 6 & 7.

School 2 Hour Delays If there is a delayed start to school, please note that the start time is 10:00 am. Doors will open at 9:50. This is the earliest time for children to be dropped off. No breakfast is served on delay opening days. Play/preschool will begin at 10:30. Thank you.

January Upcoming Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|-----------|--------------------------|--------|
| 28 ASP Session 3- January 28-March 28 | 29 | 30 | 31 Ski Day, 8:30-2:30 | |

February Upcoming Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---------------------|---|--|------------------------------------|
| 4 | 5 | 6 Walk to School Day | 7 | 8 |
| 11 | 12 | 13 Walk to School Day NAEP Testing- Grade 4 Grades 5 to Flynn, 8:30-12:00 | 14 Ski Day, 8:30-2:30 | 15 |
| 18 | 19 | 20 Walk to School Day | 21 | 22 |
| 25 NO School | 26 Winter Recess | 27 February 25 to | 28 March 5 Back to School March 6 | 29 NO ASP On 3/6 & 7 |

ASP Session 3-January 28-March 28
 Saturday, February 16, Sweetheart Dance, 5:00-7:00 p.m.
 March ski dates, 7 & 21



2018-2019 Enosburgh Elementary & Middle School Bodies in Motion Instructions:

Enosburgh Community Recreation, RiseVT, and ACTIONS are working together to support students in being healthy—each and every day.

Students can earn points for their activities during this two-week period. Any activity that gets kids moving around and breathing harder counts. Try walking, running, snowshoeing, skating, skiing, basketball, walking/biking to school, dancing, playing tag,...even sledding. *For every 1 minute of activity, earn 1 point—but there must be a minimum of 10 minutes to count it.* Even in 10 minute intervals throughout the day, there is great benefit!

Each week's logs will each have a "bonus" activity. Students will also be able to earn 30 points for each day they walk/bike to school—with Walking Wednesday or on their own. The highest point earners from each classroom will be recognized at ACTIONS quarterly recognition events.

Return the logs (even if you only completed 1 of the 2 weeks!) in the box near the front door on Monday, February 18th (and no later than Friday, February 22nd). We'll run 1 more challenge in the spring.

Questions? Contact
Enosburgh Recreation
Director at 933-4447 or
[recdirector@enosburgh
vt.org](mailto:recdirector@enosburghvt.org)

Watch ACTIONS' and/
or Enosburgh
Community
Recreation's Facebook
pages for updates and
more information.

Drop off both weeks'
logs together on
Monday, Feb. 18th!
(no later than Friday,
Feb. 22nd)



February 4th-
February 17th



Bodies in Motion—WINTER

| Day | Points (1 min. = 1 point) **minimum of 10 min. | How fun was it? | What activity did you do? |
|--|--|-----------------|--|
| Monday | | 😊 😊 😐 😞 😞 | |
| Tuesday | | 😊 😊 😐 😞 😞 | |
| Wednesday | | 😊 😊 😐 😞 😞 | Don't forget about Walking Wednesdays! |
| I walked to school today (30 points for each day) | I walked: M Tu W Th F | 😊 😊 😐 😞 😞 | |
| Thursday | | 😊 😊 😐 😞 😞 | |
| Friday | | 😊 😊 😐 😞 😞 | |
| Saturday | | 😊 😊 😐 😞 😞 | |
| Sunday | | 😊 😊 😐 😞 😞 | |
| Bonus | | 😊 😊 😐 😞 😞 | |
| Weekly Total | | | |

Bonus Activity: I snowshoed this week. (The Enosburgh Public Library has snowshoes to borrow) Yes or No (30 points if "Yes")

Student Name: _____ Date: _____

Teacher Name: _____

February 4th-
February 17th



Bodies in Motion—WINTER

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|--|--|-----------------|--|
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| Tuesday | | 😊 😊 😐 😞 😞 | |
| Wednesday | | 😊 😊 😐 😞 😞 | Don't forget about Walking Wednesdays! |
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| Thursday | | 😊 😊 😐 😞 😞 | |
| Friday | | 😊 😊 😐 😞 😞 | |
| Saturday | | 😊 😊 😐 😞 😞 | |
| Sunday | | 😊 😊 😐 😞 😞 | |
| Bonus | | 😊 😊 😐 😞 😞 | |
| Weekly Total | | | |

Week 2 Bonus Activity (30 points) : I ate a fruit or a vegetable from every color of the rainbow.



Student Name: _____ Date: _____

Teacher Name: _____

A sweet little get-together for EES students
to **BRING** someone special- **NOT A DROP-OFF EVENT**

Come in blue jeans, a ball gown, or anything in between

Someone Special Dance

Saturday, February 16th 5:00-7:00 pm
Enosburg Elementary School

Included:

1 Professional Photo booth picture strip & 1 Glow accessory
(extras available for \$1.00)

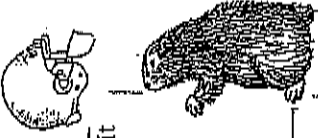
Snacks available for purchase

\$5.00 per couple

\$10.00 for family

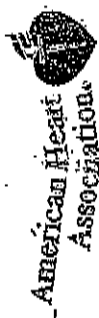
There will be strobe lights, bubbles, and a fog machines for fun!

EES Breakfast/Lunch Menu for February 2019



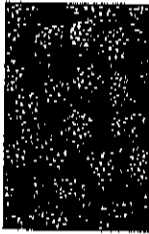
100th DAY!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 4 Bagel, c. cheese, juice, fruit Chicken noodle soup, grilled cheese sandwich, celery sticks, tri colored peppers/ dip, choice of 2 fruits | 5 Yogurt/ French toast, juice Chili, cabbage salad, cucumber coins/ dip, corn bread, choice of 2 fruits | 6 Cereal, toast, juice, fruit Lunch-A-Round pizza, baked beans, Caesar salad, carrot sticks, choice of 2 fruits | 7 Hard boiled egg, toast, juice, fruit Chicken fajita's, broccoli florets/ dip, shredded lettuce, diced tomatoes, choice of 2 fruits | 1 Banana bread, juice, fruit Super bowl Friday!! Ground Hog Day!!! Corn dogs, celery sticks, baby carrots/ dip, special cookie, choice of 2 fruits |
| 11 Zucchini bread, fruit, milk Fish sticks, mashed potato, corn, bread stick, choice of 2 fruits | 12 Cereal, toast, juice, fruit Cheese pizza, baked beans, cucumber coins, cauliflower florets/ dip, choice of 2 fruits | 13 Hot muffin, juice, fruit Macaroni and cheese, green beans, broccoli/ dip, choice of 2 fruits | 14 Waffle sticks, strawberries, juice Sweetheart chicken nuggets, seasoned rice, sweet peas, carrot sticks/ dip, w roll, rosy pears, fresh fruit | 15 Stuffed bage], juice, fruit Chicken pattie/ wheat bun, peppers and celery sticks/ dip, choice of 2 fruits |
| 18 Cereal, toast, juice, fruit Taco's, baby carrots, celery sticks/ dip, choice of 2 fruits | 19 Pancake, sausage on a stick, syrup, juice, fruit Pizza mix, baked beans, broccoli and cauliflower florets/ dip, choice of 2 fruits | 20 Applesauce, string cheese, Scooby crackers, juice, fruit Roast turkey, mashed potato coleslaw, corn, w/w roll, choice of 2 fruits | 21 Cin. bread, juice, fruit Hamburg casserole, sweet peas, Caesar salad, choice of 2 fruits | 22 Mystery Breakfast, juice, fruit Tuna boats / bun, veggie tray/dip, goldfish crackers, choice of 2 fruits |
| 25 VACATION!!!! | 26 | 27 | 1 | 1 |



Milk served with all meals, fat free chocolate, 1%, or skim, Choice of sandwich offered daily, Chef salad offered daily to grades K-5. Yogurt/crackers is offered daily as a main choice for breakfast. Menu subject to change. This institution is an equal opportunity provider.





Fresh Fruit and Vegetable Program Monthly Menu

Month: February 2019



Subject to change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|----------------|----------------|-----------------|--------------------|
| | | | | 1. Rainbow Carrots |
| 4 Apple | 5 Pet. Banana | 6 Orange | 7 Baby Carrots | 8 Blackberries |
| 11 Clementine | 12 Green Beans | 13 Apple | 14 Strawberries | 15 Celery |
| 18 Apple | 19 Raspberries | 20 Kirby Cukes | 21 Grapes | 22 Blueberries |



Cabbage

Home | VermontHarvestoftheMonth.org

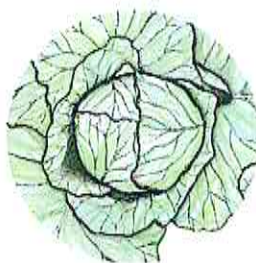
Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-Friendly Eating Tips

- Add cabbage to your favorite vegetable soup.
- Add raw cabbage to any salad.
- Shred cabbage into dishes such as stews or curries.
- Sauté cabbage with onion and add to pasta.
- Use cabbage leaves as a wrap substitute.

Storage Tips

- Cabbage will keep for about two weeks, if kept in the vegetable drawer of a refrigerator.
- Once cabbage is cut, wrap tightly in plastic for storage.
- Cabbage can be frozen after being blanched—1 minute for shredded and 2 minutes for wedges.



Tidbit

Cabbage is a leafy vegetable that varies in color from yellow-green to red-purple. It is a wonderfully neutral vegetable, so it can be used in a wide array of dishes, raw, cooked, or fermented.

Cooking Tips

- Peel off any outer leaves that are damaged and check for cabbage worms. If the cabbage is insect free, it can be washed under running water.
- To rid cabbage of insects, soak in salt water for 15-20 minutes.
- When cooking, use very little water, about $\frac{3}{4}$ inch. Once the water is boiling, add the cabbage and cook briefly, as it easily overcooks.

RECIPES

Cabbage and Noodles

Yield: 6 servings

Ingredients:

- $\frac{1}{4}$ cup vegetable oil
- 1 $\frac{1}{2}$ cups coarsely chopped onion (about 2 medium-sized onions)
- 4 cups thickly shredded cabbage (about $\frac{1}{2}$ of a medium-sized head)
- 8 ounces bowtie noodles, prepared according to package directions
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Directions:

1. In a large skillet, heat oil over medium-high heat; sauté onions and cabbage until very soft and light brown.
2. Add remaining ingredients and cook 7 to 10 minutes, or until heated through. Serve immediately.

Source: <http://www.mrfood.com/>

Braised Cabbage with Bacon

Yield: 4 servings

Ingredients:

- 1 lb cabbage (~1 head)
- $\frac{3}{4}$ stick butter (6 Tbsp.)
- $\frac{1}{2}$ cup water
- salt and pepper, to taste
- optional: add any favorite herbs and/or spices
- optional: add bacon or ham

Directions:

1. Slice the cabbage into $\frac{1}{2}$ inch-wide ribbons and place it into a wide pan with the water.
2. Cook, covered, over medium heat until the cabbage is tender, approximately 10 minutes.
3. Drain the cabbage and toss it with the salt and butter.

Source: *Vegetable Literacy*