

Fort Allen Newsletter

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 F O R T A L L E N E L E M E N T A R Y S C H O O L

FROM THE PRINCIPAL'S DESK

SPECIAL DATES:

- February 6 - K-2 Math Night (snow night Feb. 13)
- February 7—Kids Heart Challenge
- February 14—Valentine's Day Party 2:15—3:15 PM
- February 18—Make up day for students - school in session
- February 21—Mad Science 4—5 PM
- February 28—Mad Science 4—5 PM

WELCOME 2019!

Our theme for the month of February is **Service**. The animal is the **Labrador Retriever** and the color is **blue**. It is the color of the sky. Blue can be used to connected with being loyal. A true blue friend, you can always count on that person. A Labrador Retriever is a breed that is usually used as a service dog for people who are in need.

Think about how you can do a service to someone else during the month of February. There are many things you could help with around the house, at school or within your community. Look at doing

some good deeds throughout the month. It will be very rewarding for you!

We have our Kids Heart Challenge this month. Did you know that HASD was one for the first school districts to raise a million dollars for the American heart Association in PA? KUDOS to all of you!

Let's keep our children active and living a healthy way of life.

Our K-2 Math Night is scheduled for February 6th. We have a back-up night in case of inclement weather, it is February 13th, the following Wednesday. Hopefully you are able to attend and

learn from your children about our new mathematics program, Bridges. Please be sure to return the RSVP so we know how many to prepare for that evening.

A huge **THANK YOU** to all of you for supporting our fundraisers! We could not do all we do without your support!

Please be sure you are checking out the flyers on our website.

We appreciate you sharing your children with us daily! Be safe and warm in this cold weather.

Sincerely,

Mrs. Rovedatti-Jackson

PTO NEWS

Become a member of PTO!

PTO Meeting
 Wednesday, March 13th
 Library
 7 PM

Chick-fil-a Day
 February 28, 2019
 6:30 AM-10 PM
 Supports our Food 2 Go 4 Kids Program

Save the labels...Box Tops and log on to Giant Eagle to designate Fort Allen to receive your Apples for Students!

NEWS FROM THE NURSE

We all know how important nutrition is for growing children to supply them with the energy that they need to learn and to play. Children benefit greatly from healthy snacks or "mini meals", to provide them with enough calories (energy) throughout the day. If chosen carefully, healthy snacks can promote good health by supplying nutrients without adding too many calories. Here are some quick and healthy snack ideas that your child may enjoy.

It is a good idea to offer fruits and vegetables for snack choices since most kids do not eat enough fruits and vegetables each day. They also contain important vitamins and fiber that your child needs. Fruit is naturally sweet, so

most kids love it. In addition to fresh fruit, consider canned, frozen and dried fruits. Favorites are: apple slices, bananas, grapes, orange wedges, apple sauce, raisins, dried cranberries, berries, and watermelon. Raw vegetables such as carrot sticks or baby carrots, celery sticks, broccoli, and cauliflower can be served with low-fat dip or salad dressing. Dairy foods are a great source of calcium which your child needs to develop strong bones and teeth. Consider low-fat or fat-free choices such as cheese, yogurt or pudding. When choosing grain products try to include some whole grains which provide more fiber, vitamins and minerals. Popular grain snacks are crackers, baked

tortilla chips, granola or cereal bars, pretzels, Goldfish crackers, teddy grahams, vanilla wafers, animal crackers, and graham crackers.

Keep portion size in mind. Space all snacks an hour or so from meals so appetites are not spoiled. Getting your children off to a good start with healthy snacking is a behavior that will stick with them for a lifetime.

Please take into consideration any food allergies in your child's classroom when sending snacks to school. Thank you for your support to help keep our students safe and healthy!