

From Our Castle To Yours

Incorporating Palmer into your home

AF Palmer Newsletter January 2012

We are excited to be continuing our editions of , "From Our Castle to Yours." This newsletter was designed by the Building Leadership Team to keep parents involved and informed of current news, concerns, and updates. You can get this newsletter & past newsletters on the school website! In addition, each month on our website we will spotlight a classroom who has taken our monthly "Hot Topic" to the next level. This month we are pleased to spotlight Mrs. Abdullah's fourth grade.

If you have ideas for newsletters or if you'd like to join our team please contact us by calling: 655-8225 or email ncappello@windsor-csd.org

January's Hot Topic: BULLYING

Our school is involved in a new program called The Olweus (Ol-vay-us) Bully Prevention Program. In this program, teachers are trained to guide students in classroom discussions that focus on peer relationships, including bullying. Our Morning Programs on Day 3 are geared to "The Role of the Bystander". This message focuses on teaching our children how to intervene when someone is being bullied. Every person in the building has received this training so that instances of bullying can be dealt with in a consistent manner.

As much as we are doing here at school, a piece of the puzzle is missing, "YOU" our parents! "What can I do?", you say. You can help by reinforcing the same anti-bullying messages and social rules about caring for others at home. This provides a consistent message for students in all areas of their lives.

The Bullying Prevention Rules are:

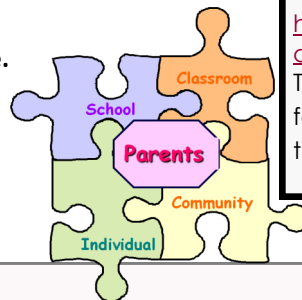
We will not bully others.

We will try to help students who are bullied.

We try to include students who are left out.

**If you know somebody is being bullied,
tell an adult at school and an adult at home.**

By partnering with parents, we can all work together to make Palmer a pleasant, non-threatening atmosphere where children can be happy, feel safe, and be successful in school.



Ask The Expert!

Each month the Building Leadership Team will be asking local experts to give us advice for keeping our kids healthy. This month our local expert is Theresa Schloff, Registered Dietitian

Ever wonder how to find the balance between fun and healthful when it comes to your child's snacks? That's a challenge facing every parent and guardian. Here are some ideas:

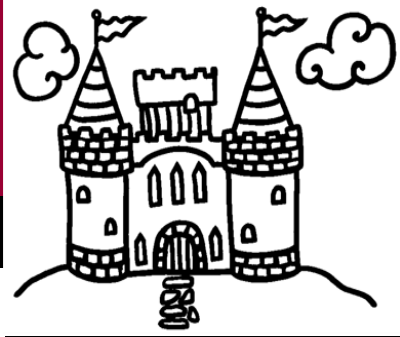
Whole Grains like pretzels, baked tortilla chips, and low-fat granola are healthful choices. Choose grains with at least 3 grams of dietary fiber per serving.

Fruit can be fresh, frozen without added sugar, or canned in juice without added sugar. Canned fruit is now available in convenient snack-size cups. A banana, frozen on a stick, is a great alternative to ice cream.

Vegetables cut up and served raw with low-fat dip are fun for kids to eat. "Ants on a Log", celery with peanut butter and raisins, is an old favorite.

Protein can be added to snacks with options like low-fat yogurt, skim milk, low-fat or part-skim cheese sticks or slices, low-fat deli meats, hard boiled eggs, peanut butter, or nuts.

The foods you give to your child now will affect his or her health for life. Providing healthful snacks teaches kids how to make good choices on their own as they grow up, so set a good example now with the foods you choose!



Bullying Resources on the Web

Information on Cyber Bullying and Keeping Children "Cyber Safe"

www.netismartz.org

www.wiredsafety.org

www.wiredkids.org

Bullying for grades 3-5

www.stopbullyingnow.hrsa.gov
webisodes for kids on how to handle bullying.

www.pacerkidsagainstbullying.org

***Recommended by BLT includes games, stories, celebrity testimonials, and webisodes for kids. Also, strategies for kids to recognize and stop bullying.

What Parents Can Do

www.education.com

Go to the *Education A-Z* tab for information on bullying, including "10 Things Parents Can do to Eliminate Bullying"

<http://www.scholastic.com/resources/article/bullying>

This is an article that gives the facts related to bullying and tips for parents.