

Lapham Lookout

#7 Mar 2010

Elementary

Lapham Elementary School
 1045 East Dayton St.
 Madison, WI 53703

Dr. Michael Hertting
 Principal

mhertting@madison.k12.wi.us

Dear Parents:

February was a great month at Lapham. We had many events that were fun for our students and families. We went ice skating, attended a production at the Overture Center, had an awards assembly, Opera for the Young, and had Family Math Night. It is my hope that your child talked about these events. These extra events help to maintain a positive climate and culture at our school.

This is the time of year when I have much contact with parents who may live in our neighborhood and have incoming kindergartners or wish to enroll their child at our school. I love these visits and sharing the good work we do at Lapham for children. Please encourage any families in your neighborhood to be sure to enroll their students at our school. It is helpful for planning if we know about new students.

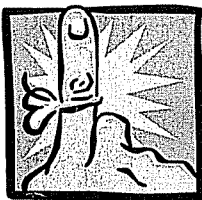
Spring Break is just around the corner at the end of the month. I hope you have a great break with your family.

With respect, Mike Hertting

mhertting@madison.k12.wi.us

Budget Info for Next Year

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Tuesday, March 9
 Monday, March 15
 Friday, March 19
 March 24 thru 26
 Friday, March 26
 March 29-April 5
 Tuesday, April 6

Dates To Remember

PTG Meeting 6:30 @ Marquette
Early Release @ 10:45 am
 2nd Grade Field Trip to Bartell Theater
 Kindergarten Screening
Early Release @ 10:45 am
 No School—Spring Break
 Start of Fourth Quarter

Questions and Answers—Budget Information



What is the current amount MMSD is short? \$30 million dollars.

When we will know information about proposed cuts? MMSD is scheduled to release possible budget cuts on Friday, March 5th, 2010.

Why is the Madison School District looking at identifying reductions and other cost-saving options equaling \$30 million? The largest portion of the \$30 million gap is due to a significant reduction in aid from the State of Wisconsin to the Madison School District. Madison Schools will receive a 15% reduction (\$7.8 million) in school aids from the state for 2010-11. This is after a similar 15% reduction (\$9.2 million) in school aids to Madison Schools for the 2009-10 year.

When the state reduces aid, state law allows local school boards to increase the local property tax by the amount lost in state aid. Local school boards, then, can decide to make up gaps through 1) cost-saving measures, 2) increased property taxes, or 3) a combination of cost-saving measures and increased property taxes.

How will Lapham School be affected? There is no question that our school will be affected by the Budget issue. With such a large amount of the MMSD budget spent on people, the cuts will have to involve staff positions. At our level, class size is one area which could be affected. *The list of possible cuts will be public very soon.*

Where can I go for additional information? We will talk about the proposed cuts at the next PTG meeting on Tuesday, March 9th. You can also check out the MMSD website. There will be a link on the main page <http://www.madison.k12.wi.us/> There is also a recent article on the Cap Times on line: <http://host.madison.com/ct/>

There has also been talk of reorganization. How does the MMSD reorganization affect the Budget? MMSD, through its strategic plan, has proposed a reorganization of the departments. A number of changes were presented to the MMSD Board of Education on March 1st. They are scheduled to vote on the proposal on Monday, March 8th. There are some major changes in several areas as supported by the new Strategic Plan. The reorganization does help MMSD capture some costs as they have eliminated several positions in the district. This was not the purpose of the reorganization, but a product of looking how we can do business differently. For more information, please check out this link: <http://boeweb.madison.k12.wi.us/>

Will Lapham be affected by the reorganization? Much of the reorganization proposal involves how MMSD is organized to provide supports to schools. Several departments are being reorganized or renamed. One change proposed for Lapham is that Principal Hertting will also be the Principal for the Affiliated Alternative Programs on the 3rd floor. Marquette Principal Kreft will be the principal for the SAPARP program. The Board should vote on this March 8th.





Did you know?

✓Lapham received a \$3,000 Inclusive Schools Grant to purchase six Dell Netbook Computers. We expect to starting using them soon. They will be used in one of our second grade classrooms.

✓Our **Lost and Found** will be donated to St Vincent's during Spring Break. Please check it for your child's items.

✓Lapham used MMSD Foundation Funds to pay for buses to our recent Overture Trip to see Lily's Purple Plastic Purse. This lowered the cost for every Lapham child.

✓Around 250 people attended our Family Math Night.

Our Apology . . . Attendance Letters

Recently Lapham sent some attendance letters out to our parents. We learned that a draft of the letter was sent out, rather than the corrected version. We are embarrassed about this and not quite sure how it happened. We apologize for this error. The attendance information was accurate. Thank you to the parent who anonymously sent us a corrected version!

Message from the Health Office

Parents, please check at home to see if you have any snow pants or mittens that do not belong to you. The health office lends out these items to children in need for the day and they often do not get returned. Also, if you have any snow pants or boots that your children have outgrown we would greatly appreciate the donation. Thank you!



Opera for the Young at Lapham

Lapham second grade students enjoy participating in the recent Opera for the Young production. This production, held on February 15th, was funded by an anonymous donation.



Interested in becoming a Nurse's Assistant??

**Madison Area Technical College Continuing Education
New spring 2010 Course Offering**

- Course Name:** Madison Metropolitan School District School Nurse's Assistant Course
- Class Number:** 75537
- Fee:** \$200.00 (Fee Includes \$30 Textbook)
Textbooks will be available from the instructor during the first class
- Instructor:** Kristi Schultz, RN, MS
- Schedule:** Every Monday and Wednesday evening for 4 weeks
- Course Begins:** Monday, April 26, 2010
- Course Ends:** Wednesday, May 19, 2010
- Time:** 6:00 p.m. – 9:00 p.m.
- Location:** Downtown Education Center
211 N. Carroll Street Room D603
- Registration:** Students may register in person at the Truax Campus or at the Downtown Education Center or call [608] 246-6240. Prior students may register by touch-tone phone at 246-6220 or via Inside MATC at www.matcmadison.edu
- Information:** Madison Area Technical College Continuing Education
[608] 258-2301



Family
Math
Night
at
Lapham

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2010

Madison Metropolitan School District



BEST BITES

Use a plate

Eating from a bag or box encourages overeating since it's hard to see the portion or realize how much you've had. Ask your child to put snacks into a bowl or on a plate. Ideally, she should use the serving size on the food label as a guide (7 pretzels, $\frac{3}{4}$ cup cereal).

Active quizzing

Combine homework and physical activity with these ideas. If your youngster is studying for a spelling test, he can do it while walking up and down stairs. Call out a word, and have him say a letter with each step. Or have him jump rope while naming state capitals.



DID YOU KNOW? Fresh, frozen, or canned vegetables are all good for your children—the important thing is for them to eat a variety of vegetables all week long. If you buy canned vegetables, try to find ones with no added salt. And choose frozen vegetables that don't have butter or cream sauce.

Just for fun

Q: What has no beginning, no middle, and no end?

A: A bagel.



Wholly delicious

Get your child used to eating whole grains while he's young, and you'll help him build a healthy habit for a lifetime. Whole grains will make him feel fuller so he doesn't eat too much, and they also decrease the risk of diabetes and other diseases. Try these suggestions:

- Begin by explaining why whole grains are good for him. You can tell him they're still "wearing their coats"—they contain the entire grain kernel with all its fiber, vitamins, and minerals. Processed grains like white bread have the outer layer removed, so they've lost important nutrients.
- On your next food shopping trip, put your youngster in charge of finding whole-grain versions of family favorites. Let him know he'll need to find the words "whole grain" or "whole wheat" on the front of a package or at the top of the ingredient list. See if he can locate whole-grain bread, pasta, rice, cereal, and pancake mixes.



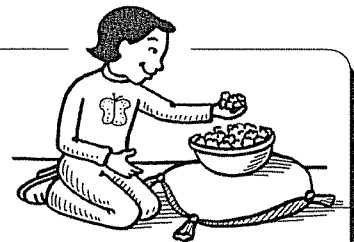
- Have your child look in the grocery store or through your pantry for whole grains. Then, play a rapid-fire game of "Name the Grain." Take turns saying a whole grain or a type of food that can be made from whole grains. *Examples:* oatmeal, spaghetti, rye bread, couscous, pretzels, tortillas, cornmeal, barley.

Note: Aim for 5–7 ounces of grains a day, with at least half of that in whole grains. One ounce = 1 slice of bread; 1 cup dry cereal; $\frac{1}{2}$ cup rice or pasta. See www.wholegrainscouncil.org for more ideas. ♥

Serve up whole grains

There are many easy ways to add whole grains to your youngster's diet. Here are three:

1. Crumble up whole-wheat bread (by hand or in a food processor), and add to ground beef or turkey when making meatloaf or burgers.
2. Make healthy popcorn. Put $\frac{1}{3}$ cup popcorn kernels in a paper bag, turn the bag down to close it, and microwave as you would microwave popcorn (but without added fat or chemicals). Season with Parmesan cheese or cinnamon.
3. Buy whole-grain bread, rolls, and crackers, and use them for sandwiches and snacks. *Tip:* While making the switch, prepare sandwiches with one slice of whole-wheat bread and one slice of white bread. ♥

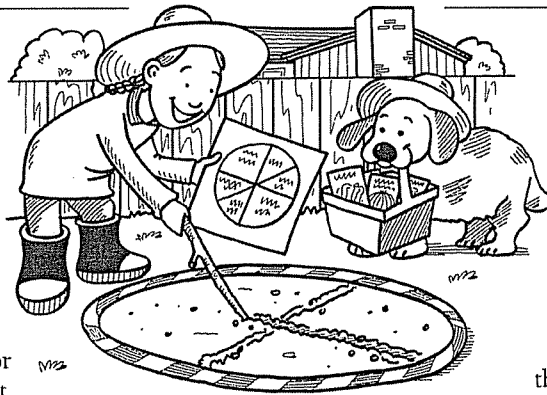


Grow a pizza

Let your youngster learn where food comes from by planting a “pizza garden.” She can grow the ingredients and then use her harvest to help you make pizza. Follow these steps.

Design. On a sheet of paper, have your child draw a circle and divide it into pizza-shaped slices. In each wedge, she can write or draw the vegetable or herb she wants to plant (tomatoes, bell peppers, onions, oregano, basil).

Plant. Pick a sunny spot in your backyard, or sign up for a plot in a community garden. Then, your youngster can place



her plants or seeds in the ground according to her design. *Tip:* Have her lay down a hula hoop as her circle or use a stick to draw the “pizza.”

Tend. Let your child be responsible for watering and weeding the garden. She can pick the vegetables when they’re grown and pull leaves from the herb plants as needed.

Eat. Help her make a pizza sauce with her homegrown tomatoes and herbs. Buy or make a whole-wheat pizza crust, and spread on the sauce. Have her sprinkle on shredded skim mozzarella cheese, and top with the vegetables she grew. Bon appétit!

Note: For advice on the best time to plant in your area, contact your local cooperative extension office. ♡

ACTIVITY CORNER

In training

Charity runs are a good way for your family to get exercise and work together toward a goal.

Look in your community newspaper for announcements of upcoming events. Sign up as a family team, and then create a training schedule.

If you’re going to run a one-mile event, for example, you can map out a one-mile route in your neighborhood. Run a short distance the first day (say, one block and back), and add to that during each session. You might set targets, such as “Let’s run to the O’Briens’ house and then turn around.”



On race day, you’ll share in the good feeling of having accomplished something worthwhile. Then, keep the physical activity going by regularly walking or running your neighborhood route—and even signing up for another event. ♡

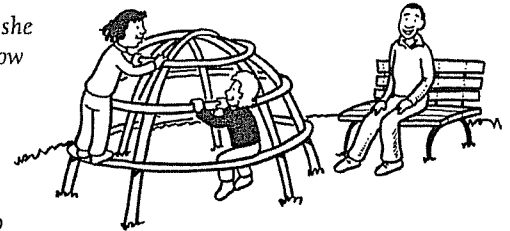


Q & A My child won’t exercise

Q: When my daughter Amanda was little, she ran around and played all the time. But now she says she doesn’t like sports and she’d rather do other things. What can I do?

A: Let your child know that it’s important to get an hour of physical activity a day to keep her body healthy. Then, help her find activities she will enjoy and that she can do with friends or family, such as hopscotch, bike riding, or roller skating. Take her and a friend to a park where they can climb on the equipment and make up games.

You might have your daughter try a gymnastics class or a recreation center session of jazz, hip-hop, or ballet. It often takes kids awhile to find an activity they like, so don’t be discouraged if your child goes through a few before she sticks with one. ♡



IN THE KITCHEN

Going bananas

Bananas are the most popular fruit in America—and for good reason. They contain an almost perfect balance of nutrients and vitamins, and they’re economical.

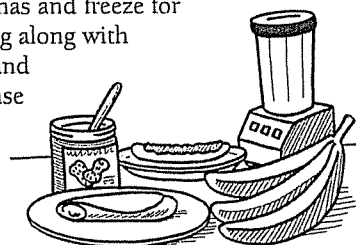
Keep bananas on hand for healthy snacking anytime. And use a few for kid-friendly ideas like these.

Blended. Slice 2 bananas and freeze for 3 hours in a plastic bag along with 6 whole strawberries and ¼ cup blueberries (rinse and stem the berries first). Put the frozen fruits in a blender or food processor along

with 1 cup nonfat vanilla yogurt. Blend into a smoothie.

Wrapped. Spread peanut butter and jelly on a whole-wheat tortilla. Add a peeled, whole banana, and roll up the tortilla tightly around the banana.

Baked. Slice an unpeeled banana lengthwise, and place in a pie pan. Sprinkle with cinnamon and a little brown sugar, and bake at 350° for 20 minutes. Cool slightly, and eat the banana right out of the peel with a spoon. ♡



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 Aspen Publishers, Inc.
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 540-636-4280 • rfeustomer@wolterskluwer.com
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