

Lapham Lookout Elementary

#9 May 2010

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

Dr. Michael Hertting
Principal

mhertting@madison.k12.wi.us

Dear Parents:

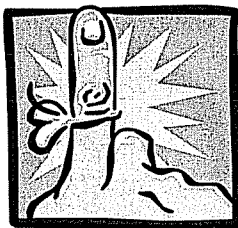
It is hard to believe we are in the final lap of the school year. We have many fun events between now and the end of the year.

Earlier this week we had our final awards assembly. We so appreciate the support of our parents. Also we recently had a great Family Fun Night. It was wonderful to see so many of you attend these wonderful events. Thank you parents for your work in creating a great community event for our school which will benefit all children.

Recently the MMSD Board of Education made major decisions for our school district. We are relieved, at this point, that we have retained our staff at the same level as last year. There are many other cuts, such as a 10% Budget cut for supplies that we will feel next year. Thank you for sharing your views with our Board. They had really difficult decisions and will continue to have them in the future. Our state legislature still has not chosen to rework financing schools.

We are working hard to have a smooth end of the year for our students. We do this by keeping routines and structures in place as well as planning many fun activities. Please continue to work at having your child on time and ready to learn each day.

Please be sure to let us know if your plans change for next year. This helps us in planning. Have a great month of May! Your principal, Mike Hertting



Dates To Remember

11 th	6:30 pm	PTG meeting @ Marquette
12 th		2nd grade to visit Marquette
14 th	all day	Swift/Richner to Arboretum
18 th	1:00 pm	Above the Line Assembly
25 th	9:00/6:45	Drama performance
26 th	all day	Blume/Jung to Cave of the Mounds
27 th	all day	Freng/Stern/Huemmer to Cave of the Mounds
31 st		No School—Memorial Day
JUNE		
3 rd	7:30-8:30am	Volunteer Appreciation coffee and treats
4 th		Kindergarten to Olbrich Gardens
	11:00 am	2nd grade celebration Tenney Park
11 th	8:00 am	Kindergarten Graduation
	9:15 am	Early Release

Lost and Found

Please, please, please be sure to check the Lost and Found before the end of the year. Many items show up there. Each year we take several bags full of items to St. Vinny's Also, if you child's items are labeled, they will be returned.

Wish List

- ✓ sponsorship for Opera for the Young
- ✓ high quality wall hangings representing cultures at Lapham Elementary School.
- ✓ funds for playground equipment (such as balls, etc.)
- ✓ a volunteer to format the newsletter next year using Microsoft Publisher

2nd Grade Art Show

You are invited to the 2010 Lapham 2nd Grade Art Show! During the month of May every second grade student at Lapham will have their work on display at Ground Zero Café on Williamson St. Please come and enjoy the work of you young artists.

Emergency Contact Info

Has your contact information changed? If so, please be sure to let us know. In an emergency it is so important for us to have up to date contact information. Each year we have several times where we need to contact parents to have them take their child to the doctor.



?

Did you know?

?

- ✓ that Lapham and Marquette received a \$1000 donation from the Tenney Lapham Neighborhood Association?
- ✓ that Lapham received a \$1,000 grant from the Willy Street Coop for our garden?
- ✓ that we recently had another wall hanging hung in our main hallway? This one is from Mexico.
- ✓ that some of our former students from Marquette visited our school and played their stringed instruments? Our students were a wonderful audience. We were so proud of everyone. The orchestra was under the direction of Mr. Jason Jacobs.
- ✓ that next year our endowment from the Madison Public Schools Foundation will provide over \$1000 each for Lapham and Marquette?
- ✓ that Principal Andrea Kreft from Marquette is transferring to John Muir Elementary School for next school year? A second round of Principal interviews is being held next week.
- ✓ that donations to our school can be made anonymously? Please check with the office



Questions and Answers

How many classroom sections will Lapham have for next year?

We still are not sure whether there will be 11 sections or 12 sections. Our current number of K students registered is much lower than last year at this time.

Have there been any changes since the last newsletter? The EA and SEA hours have been restored. We have also had our half time support position reinstated as well as our math and literacy Instructional Resource Coaches. With these changes, our building will be at the same staffing level we were this year. You may recall that we also are adding an ESL half time teacher for next year.

What other cuts will affect Lapham? It is really hard to know the exact affect as many of the cuts will not be in place until next year. One example is that our supplies budget is being cut 10%. For a small school like Lapham, that is huge.

When will we know what teachers are teaching at what grade levels? We are currently working on this and should know in the near future. Parents will receive the information shortly after decisions have been made. It is always subject to change.

How many classes at each grade level will there be? This is what we are planning as of this printing:

Kindergarten	3 sections
First Grade	4 sections
First/Second	1 section
Second Grade	3 sections

When will the instructional design be finalized? To be perfectly honest, we will not know for sure until the 3rd Friday of next fall. We will keep parents informed.

We received information after the 3rd Qtr Report Card that our child was recommended for summer school. This is too late for us to change our summer plans as we have already paid for summer camps. What can be done in the future to avoid this? Lapham will enclose a special letter in the semester report card next year alerting parents that students may be recommended for summer school after the 3rd quarter if there reading progress is not proficient. While we would not know at semester, we think this will help parents have more information.

Volunteer Appreciation Coffee and Treats

Coffee and treats will be provided in the staff lounge on June 3rd from 7:30-8:30 am. All volunteers are welcome to attend. We appreciate all your hard work and support.



**You are Invited to the
2010
Lapham 2nd Grade
Art Show!**

Ground Zero Cafe

(744 Williamson St.)

Ground Zero is open everyday
call for hours: 294-8668

The Month of May

(Student art works will be taken down Sun. May 30)

Every 2nd grade student
will have an artwork in the show.

Please come and enjoy the work of our young artists.

Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2010

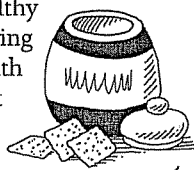
Madison Metropolitan School District



BEST BITES

Looks good!

Make healthy food appealing to your youngster with creative packaging at home. You might store whole-grain crackers in a cookie jar, for example. Or keep fruit in a bowl your child made at a paint-your-own pottery shop. For a treat, bake blueberry muffins in mini-cupcake tins and use liners printed with fun patterns (soccer balls, balloons).



DID YOU KNOW?

Fitness habits set in childhood tend to stick with a person for a lifetime. To help your youngster become an active adult, encourage her to be active now. Try to build exercise into family time by going swimming, taking hikes, and walking rather than driving whenever you can. Also, suggest that she play outside and participate in sports.

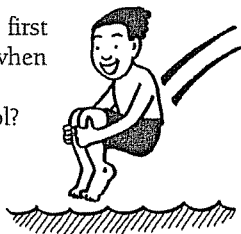
Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

Just for fun

Q: What is the first thing you do when you jump in a swimming pool?

A: Get wet!

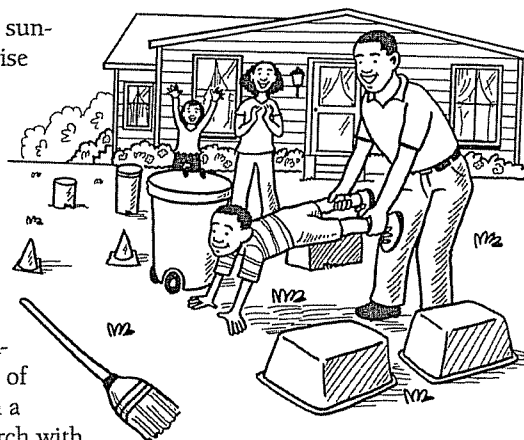


Active all summer

Take advantage of the summer sunshine to help your child get exercise and have fun. Here are ways he can build endurance, strength, and flexibility—three types of training that are important for children and adults.

Keep moving. Boost your youngster’s endurance with aerobic exercise that will get his heart pumping faster. In the backyard or at a park, call out a series of fun directions. *Examples:* “Run in a rectangle.” “Fly like a bird.” “March with your knees high.” “Walk on your heels.” When your child has friends over, suggest running games like tag or relay races. As a family, go biking or skating.

Be a wheelbarrow. Have your youngster “walk” with his hands, and he’ll build arm strength. Together, set up an outdoor obstacle course with soccer cones, recycling bins, or trash cans. Then, hold your child by his ankles, and have him use his hands to move around the obstacles. *Idea:* Let your youngster and his



friends set up a course and take turns steering each other through it.

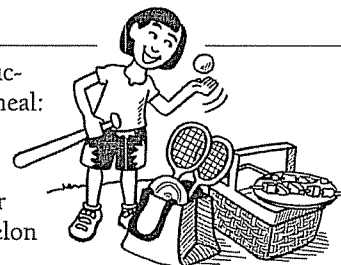
Bend and stretch. To make muscles more flexible, children need to stretch. See if your youngster can spell his name with stretches—he’ll have to bend his body into the shape of each letter. Or have him think of stretches that start with as many letters of the alphabet as he can. He might “arch” for A, “dip” for D, “lunge” for L, or “reach” for R. Other ways to stretch: do cartwheels, practice splits, or try to dunk a basketball. ♥

Picnic time

Ready to pack the cooler and head out for a picnic? Here are suggestions for a healthy outdoor meal:

- Have a meal-on-a-stick. On a wooden skewer, thread cubes of ham and cheese, pineapple chunks, and squares of red bell pepper. For dessert, make fruit skewers with strawberries, melon chunks, and grapes.
- Take ingredients for wraps, and let family members make their own. You might pack a bag of whole-wheat tortillas, a container of tuna or chicken salad, a package of shredded lettuce, and boxes of raisins.
- Pack balls, bats, and Frisbees so you can mix in physical activity. Or picnic near a playground with equipment for your youngsters to climb on.

Note: Be sure to use ice or freezer packs to keep perishable food cold. ♥



Fast food—keep it healthier

Fast doesn't have to mean unhealthy. With tips like these, your family can make smart choices at fast-food restaurants:

- Your child can still get a kid's meal with a toy and a fun bag. But make it healthier by having her pick milk or water instead of soda, and fruit or salad rather than French fries. *Tip:* Give her only healthy choices ("Would you like milk or water?"). If soda isn't an option, she won't drink it.



- Point out grilled burgers or grilled chicken sandwiches on the menu. Have her skip the cheese and "special sauces" (they tend to be high in fat). Suggest that she ask for mustard instead.

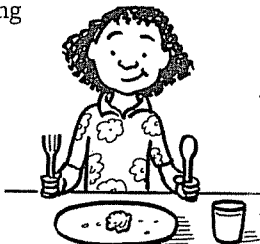
- Encourage your youngster to order an entrée salad. But make sure she gets low-fat dressing—regular dressing can have the same calories and fat as a hamburger! Also, she'll use less dressing if she gets it on the side and uses it as a dip.

- Recommend soft tacos or bean and chicken burritos when you order Mexican food. Teach your child to ask for low-fat cheese, just a little guacamole, and extra salsa instead of sour cream. Also, try to skip the tortilla chips—they're probably fried. ♡

Q & A Same foods every day?

Q: My child only wants cereal and pasta. How can I get her to eat different foods?

A: Start by asking her to try just a bite of a new food—having to eat a whole portion might seem overwhelming. If she tries it and doesn't like it, don't make a big deal about it. Youngsters often have to try a food many times before they enjoy it.



Also, you might offer new foods in different forms. For example, try raw baby carrots one day, roasted carrots another day, and carrot soup another time.

Finally, involve your child in picking out and preparing food. At the supermarket, talk about the color and texture of fruits and vegetables, and have her select ones to take home. Or let her choose the dinner menu and help cook it. Chances are she'll try foods when she has played a part in preparing the meal. ♡

ACTIVITY CORNER

Make an activity pyramid

The food pyramid shows your youngster how many servings he should have each day from different food groups. Let him make an activity pyramid, and he'll have his own guide to healthy exercise.

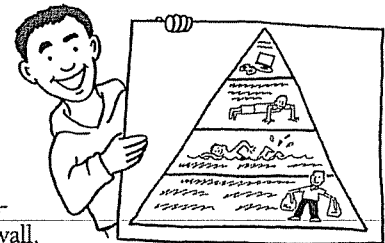
Have him draw a large triangle and divide it into four different-sized sections by adding three horizontal lines. Then, he can label each section with how often he should do the activities. *Example:* The largest section can be for "every day" and the smallest for "occasionally." Finally, help him brainstorm activities to write in each block. Here's a sample:

Every day: Take a walk. Play outside. Clean up my room. Help in the yard. Walk the dog.

3–5 times a week: Play sports. Go skateboarding. Run. Jump rope. Dance.

2–3 times a week: Practice tumbling. Do push-ups, pull-ups, and sit-ups. Use a rock-climbing wall.

Occasionally: Watch TV. Play video or computer games. ♡

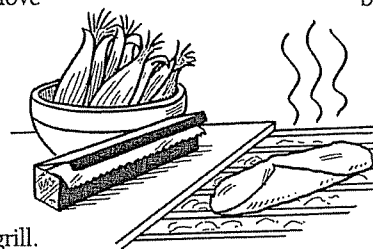


IN THE KITCHEN

Corn-ucopia

Add corn to your table with these summer recipes. You'll also be adding a healthy dose of fiber, vitamins A and C, and antioxidants to your family's diet.

On the grill. Let your youngster peel back the husk and remove the silk from ears of corn. Then, have him brush a little olive oil or melted butter on the corn and close up the husks. Wrap in aluminum foil, and place on the grill.



Cook about 30 minutes, turning a few times, until the corn is tender.

In a salad. Husk 4 ears of corn, and cook in boiling water for 3 minutes. Drain, cool, and cut off the kernels. Combine with 1 lb. cooked green beans and 1 cup grape tomatoes. Mix 2 tbsp. olive oil and 1 tbsp. apple cider vinegar, and toss with the vegetables. Let stand for 30 minutes so the flavors can blend. ♡

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.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfcustomer@volterskluwer.com
www.rfconline.com

Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630