

# Lapham Lookout **Elementary**

Vol. 4 Issue #8  
April 2011

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

Dr. Michael Hertting  
Principal

mhertting@madison.k12.wi.us

Dear Parents:

We are adjusting nicely to our new schedule. We hope it has caused a minimum of problems for you. Our staff is making great use of the extra time.

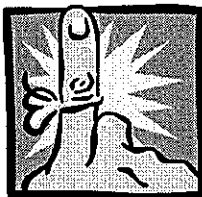
One week from today you will receive the third quarter report card. This is a shortened report card, mostly used to determine which children would benefit from our summer school program. This year the program will be based at Marquette. One reward of assessing students at the quarter is to see the growth our children make in their reading. Your reading with your child every night also helps your child make progress.

We have also started to plan for next year. As expected, Lapham will lose one section next year. This is not surprising considering our enrollment decrease for next year. We have not yet determined the grade level of this decrease. It seems this happens every other year. We will continue to have a three year old early learning session. We also will be having four year kindergarten.

Attached to this newsletter is information for parents to complete. Please be sure to complete the form which tells us if you will be returning to Lapham and Marquette. This is important to help us plan. You can also complete the classroom placement form.

There is lots of fun stuff happening at our schools. This afternoon we had Opera for the Young. Last week our second graders saw Bach and Dynamite perform. We look forward to the Annual Family Fun Night held each year. It is so much fun to see our students at this great event.

See you soon,  
Mike Hertting  
mhertting@madison.k12.wi.us



### Dates To Remember

April 12 <sup>th</sup>	6:30 p.m.	PTG Meeting @ Marquette
April 18 <sup>th</sup> – 22 <sup>nd</sup>		NO School – Spring Break
April 10 <sup>th</sup>	5:00 p.m.	Healthy Food Fundraiser Dinner
May 3 <sup>rd</sup>	9:15 a.m.	Awards Assembly
May 13 <sup>th</sup>		Family Fun Night @ Marquette



## Questions and Answers

**How many classroom sections will Lapham have for next year?** We will have 11 sections next year, one less than this year.

**Are there any other cuts?** At this time we expect to have the same level of service as this year.

**Where can I go for additional information on any budget cuts?** You can also check out the MMSD website. There will be a link on the main page <http://www.madison.k12.wi.us/>

**When will we know what teachers are teaching at what grade levels?** Because our instructional design may look different next year, we will not know for a while. Parents will receive the information shortly after decisions have been made. It is always subject to change.

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

## Summer School Enrichment 2011

The Madison Metropolitan School District will offer Summer School Enrichment courses in 2011. In March, you should have received the Madison School and Community Recreation (MSCR) Program Guide through the US Postal Service, with detailed information about Summer Enrichment.

If you have not received Summer School Enrichment information, you can get the program guide in hard copy by calling MSCR at (608) 204-3000 or visiting the website at [www.msqr.org](http://www.msqr.org). Please see additional information below.

Enrichment courses are offered to students who will be entering grades 1-8 in the fall of 2011. The registration deadline is May 20, 2011. Please see MSCR Program Guide for registration information and registration form. Online registration is also available. Find the MSCR Program Guide at [www.msqr.org](http://www.msqr.org). To register, click on: Registration Info & Policies and 2011 Summer Program Guide.

Summer Enrichment courses will be offered at the following sites in 2011: Glendale Sandburg, Hawthorne, Marquette/O'Keeffe, Leopold, Thoreau, and Orchard Ridge/Toki. Most classes are held for three weeks (June 20-July 8 or July 11-July 29). Please see MSCR Program Guide for details. Questions, please call Laurie Benzine at (608) 663-5201.

We are looking forward to Summer 2011 and hope your child/children will join us in our exciting course offerings.



## MSCR Summer 2011 Programs for Elementary School Students

**Muir Day Camp** – for children entering 1<sup>st</sup> – 5<sup>th</sup> grades. Includes outdoor adventure, art, sports, science, swimming and more. One-week sessions run June 20 – August 12, 9 am – 4 pm, Monday – Friday. \$125 per session, with an extended day option for an additional cost. The camp takes place at Muir Elementary.

**Super Center Arts Camp** – for children entering 1<sup>st</sup> – 5<sup>th</sup> grade. Camp has an arts emphasis, including 2 and 3 dimensional visual arts, creative drama and music. One-week sessions with special themes. Camps run June 20 - August 19, \$142 per session with an extended day option available for additional cost. Takes place at Hoyt Building, and Kennedy Elementary School.

**Kids Kamp** – for children entering 1 – 5 grades, camp features arts, games, dramatic play, water activities and nature. Weekly sessions run June 20 - August 19, Monday – Friday, 9 am – 4 pm with an extended day option. \$125 per session with an extended day option available for additional cost. Takes place at Warner Park Community Recreation Center.

**Soccer Day Camps** - one week sessions, June 20 - August 26 for ages 3 - grade 8. The camps are at a variety of locations. Mornings or full-day options. The cost ranges from \$40 - \$130.

**Arts & Enrichment** – creative arts, dance, drawing, painting and a variety of pottery classes and workshops.

**Sports** – tennis lessons at a variety of locations, youth t-ball for children entering grades K - 1, coach pitch for children entering grades 2-3, bowling and wrestling camps.

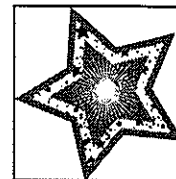
**Swimming** – youth lessons at East, LaFollette, Memorial and West High Schools and Lapham Elementary. Lessons also available at the Goodman Aquatic Center, Verona.

**Bike Madison Spring Fair – Free!** – May 1, 11 am – 3 pm at Wright Middle School. Held in cooperation with the City of Madison. The fair features MSCR kids activities, Metro Transit's Rack-n-Roll program demonstrations, helmet fitting stations, bike tours, workshops and Safe Routes to School information.

Go to [www.cityofmadison.com/bikemadisonspringfair](http://www.cityofmadison.com/bikemadisonspringfair) for more details.

**Join us as we celebrate 85 years! Go to [www.mschr.org](http://www.mschr.org) for a complete listing of events or call 204-3000. Many are free!**

MSCR offers many recreation programs for all ages at affordable prices. Many programs have online registration. Please visit EZ-REG at [www.mschr.org](http://www.mschr.org). Please call 204-3000 or stop by MSCR at 3802 Regent Street for more information.





**Student Enrollment Survey  
Current Students**

In order to recheck our projected enrollment for the 2011-2012 school year, we are asking for your help. **Please let us know if your child is NOT returning to Lapham or Marquette Elementary for the 2011-2012 school year. If your plans change after you have returned this form, please notify the school office at 204-4140.**

Student's Name	Current Grade	Current Teacher

\_\_\_\_\_ My child(ren) will be attending Lapham or Marquette again next year.

\_\_\_\_\_ My child(ren) will not attend Lapham or Marquette Elementary but another School.  
New School \_\_\_\_\_

\_\_\_\_\_ My plans are indefinite at this time.

**PLEASE RETURN THIS FORM  
TO YOUR CHILD'S TEACHER NO  
LATER THAN FRIDAY, April 15th**

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

**THANK YOU**

**LAPHAM ELEMENTARY SCHOOL**  
**STUDENT INFORMATION FORM 2011-2012**

Complete one form for each kindergarten through second grade child. Feel free to respond only to those questions that are important to you. We believe that parents have a wealth of information about their children and we invite you to share this information. Including reasons in your response is helpful. We use a team approach for classroom placement. The team consists of the principal, classroom teachers and support staff, working with the parent information provided by this form. We will work hard to ensure that every child receives full consideration and the most sensitive, appropriate placement possible during this process. As a school we will base placement on instruction needs, social, emotional, and peer relations. Please return this form to the school by April 15th. We will process the information and your child's placement will be determined by late August.

Name of Child \_\_\_\_\_ Grade (next yr 11-12) \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

1. Briefly describe your child's personality (for example: outgoing, quiet, aggressive, easygoing, sensitive, leader, follower, etc.).
  
  
  
  
  
  
  
  
  
  
2. What are your child's strengths, interests, and talents?
  
  
  
  
  
  
  
  
  
  
3. What are your child's social needs? Are there any children with whom your child should NOT be placed?
  
  
  
  
  
  
  
  
  
  
4. What type of teaching style and classroom organization/environment do you believe brings your child the greatest success?
  
  
  
  
  
  
  
  
  
  
5. What is the most important thing you want us to know about your child?



**You are Invited to the  
2011  
Lapham 2nd Grade  
Art Show!**

**Cafe Zoma**

(2326 Atwood Ave)

Cafe Zoma is open everyday  
(except April 24th)

**The Month of April**

(Student art works will be taken down Fri. April 29)

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

April 2011

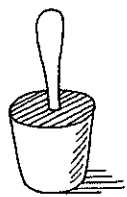
Madison Metropolitan School District

## BEST BITES

### All tangled up

Here's a fun game for a family or group of children. Stand in a circle. Each of you reach across and grab someone's hand with your left hand and someone else's hand with your right hand. Once everyone is connected, say, "1-2-3, untangle!" Players have to step over or wiggle under to get back into a circle. *Note:* You need an even number of players.

### Pudding pops



For an occasional sweet treat, try this idea.

Make a box of sugar-free pudding, and mix in a small container of fat-free whipped topping. Put the mixture into paper cups, stick a plastic spoon in each one, and put them in the freezer. When they're frozen, your child can tear off the paper cup to eat the pudding pop.

### DID YOU KNOW?

Consuming too much sodium can lead to weight gain and other health problems. While shopping, look for packages marked low-sodium or low-salt. Try to find foods containing servings with less than 200 mg sodium. *Note:* The daily recommended sodium limit is 1,900 mg for children ages 4–8 and 2,200 mg for ages 9–13.

### Just for fun

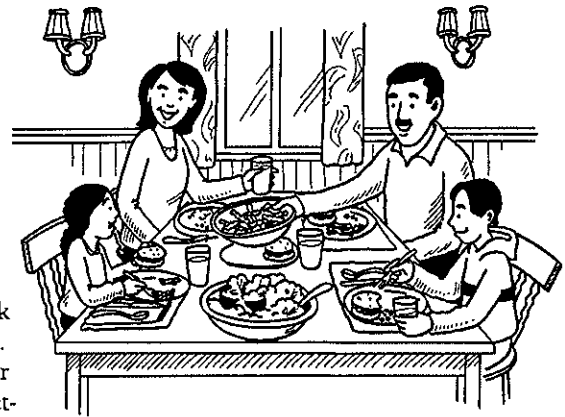
**Q:** What is black and white and has 16 wheels?



**A:** A zebra on roller skates.

## Around the dinner table

When families enjoy meals together, they often eat healthier food and develop stronger relationships. Try these ideas to make eating together a part of your family life.



**Keep a routine.** Having meals at set times lets your children know what to expect. Together, look at your schedules, and pick a time that will work most days. You might make adjustments for the seasons—for example, meeting for a picnic after Lisa's soccer practice on Tuesdays or eating later on the day Brad has play rehearsal.

**Keep it simple.** Sometimes the pressure of cooking a meal keeps families from sitting down at home together. The idea is to eat together, not to have a fancy meal. Make sandwiches, grill hamburgers, or pick up a rotisserie chicken. Add a salad, or microwave fresh or frozen vegetables to go along with the main course. *Idea:* Serve certain favorite meals the same day of the week (Wednesday = pasta).

**Keep it fun.** Share a joke or tell a funny story. Play a game like "Two Truths," where you describe three things that happened that day—two are true, and one isn't. Everyone guesses which one isn't true. Can you stump each other? *Note:* Save discussions of money or problems at school for another time—keeping the conversation pleasant will encourage kids to stay at the table.

*Note:* Meals are a time to enjoy each other. Turn off TV, cell phones, laptops, or handheld video games. ♥

### Don't sit still!

Your child probably has to sit quietly in class, and he may have to sit to do his homework, too. Make sure he gets some time for active play after school with these ideas:



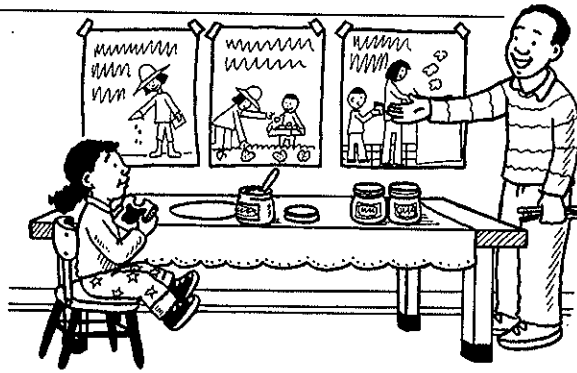
- When your youngster gets home, you might offer a healthy snack and then go outside with him so he can ride a scooter, shoot baskets, or play tag with neighbors.
- Let him invite friends home from school, and encourage them to play outdoors. You might suggest that he get together with kids you know are active, such as those who play on sports teams or ones you see biking or playing outside.
- If your child is in an after-school program, check on how much time the kids get outside. You can also ask about rainy-day alternatives, such as access to a gym or a room for active games. ♥

# Farm to table

Learning about where food comes from can help children make healthier food choices. Use these ideas to teach your youngster more about the food he eats.

## Find the source

As you have breakfast, discuss each food. For example, cereal may contain corn or wheat that grew in a field, and sausage may be from a pig or a turkey. *Idea:* Let your child see for himself that orange juice comes from fruit, not cans or cartons. Cut a few oranges, and have him squeeze them into a glass. Does fresh orange juice taste different?



## Write a story

Ask your youngster to write the "life story" of a food he eats often (strawberry jam). Together, list the steps involved (plant strawberries, pick the ripe fruit, make the jam, put it into jars). He can use the list to write an autobiography for the jam ("I started out in a strawberry patch").

## Take a trip

Try to visit a nearby farm or orchard to see food growing. Or go to a dairy where your child can watch cows being milked. Have him sketch pictures or take photos. Then, he could make a scrapbook showing where different foods come from.

## PARENT TO PARENT

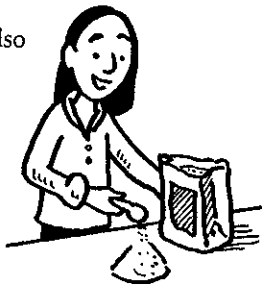
### Cutting out soda

As I heard more about childhood obesity, I got worried about how much soda my daughter Sophie was drinking. I asked the school nurse about ways to cut down, and she gave me some good ideas.

First, she suggested that I explain to Sophie why I don't want her drinking soda. I showed her how much sugar is in each can of soda—10 teaspoons! I also explained that soda doesn't have any vitamins or minerals that will help her grow strong.

The nurse also said we could simply make soda less available—if we don't keep it in the house, Sophie won't

be able to drink it. I'm trying to have her drink mostly water or fat-free milk now. But to help her get used to the change, I've been giving her seltzer water mixed with juice—that way, she still has the "bubbles" she was used to.

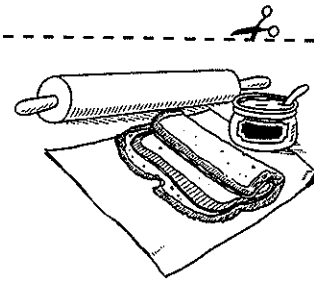


## IN THE KITCHEN

### Roll it up

Roll-ups are fun for kids to make and eat. Try these healthy ideas for snacks and meals:

- Spread a thin layer of marinara sauce on a tortilla. Cover with fresh spinach leaves and sliced mushrooms. Sprinkle on shredded part-skim mozzarella cheese. Microwave until cheese melts (30–45 seconds). Cool slightly, and roll up.
- Use a rolling pin to flatten a slice of whole-grain bread. Spread with honey mustard. Add thinly sliced turkey, low-fat Havarti cheese and avocado, and roll up.



- In a skillet, sauté tilapia with paprika and lime juice until the fish flakes easily (about 3 minutes per side). Cut into bite-sized pieces, and place on a tortilla. Add a thin layer of salsa, and roll up.
- Place a stick of low-fat string cheese on a slice of lean ham. Top with grape halves, and roll up.

## ACTIVITY CORNER

### Fitness challenge

Want to increase your family's fitness levels? Try stepping up to the challenge!

Together, choose a different exercise each week. Hang up a tracking sheet with each family member's name, and write in your daily total (example: 25 sit-ups). Then, see who can win each week's challenge. Here's a plan to get you started.

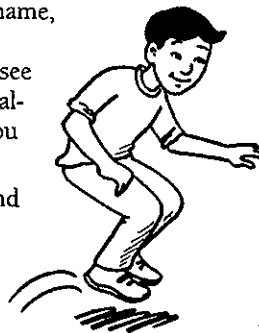
**Week one. Ski jumps:** Stand with both feet together, and jump from side to side.

**Week two. Star crunches:** Lie on your back with your legs and arms stretched out

at your sides (in a star shape). Lift your left leg, and touch your foot with your right hand. Alternate (touch left hand to right foot).

**Week three. Lunges:** Step forward with your right leg, and bend both knees until your back knee almost touches the floor. Stand up, put your feet back together, and repeat with your left leg.

**Week four. Jump squats:** Stand with feet hip-width apart. Lower your hips toward the floor as if you were sitting in a chair. Jump up into a standing position. Repeat.



**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 CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 540-636-4280 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
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