



The Wildcat Weekly



Winside Elementary School

APRIL 30, 2018

WINSIDE PUBLIC SCHOOL MISSION

Winside Public School provides all students high levels of learning to be college and career ready in the 21st Century.

SPRING MUSIC CONCERT..... Please plan on attending the elementary spring music concert on Monday, April 30th at 7:00 pm. Students need to be to the school by 6:45 pm.



MAP TESTING..... Students in grades 3-6 will take the MAP Growth-Mathematics assessment on Tuesday, May 8th in the morning. A report of your child's progress will be included with the 4th quarter report cards.

Field Day

Elementary field day is scheduled for Monday, May 14th with a start time of 1:00 pm. There will **not** be a rain date. Field day will take place on the high school football field.

LAST DAY OF SCHOOL Last day of school for students is Thursday, May 17th. It will be a full day of school.

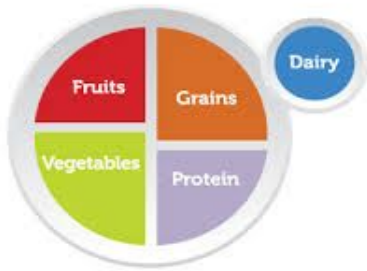


Math @Home

Let's Play Store
 Collect empty grocery containers (for example, an egg carton, cereal boxes, and soup cans) and put them on a table. Help your child think of a price for each item. Mark the prices on the containers. Pretend to be the customer while your child is the cashier. Have your child write the total on a piece of paper, which will be your receipt.

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NUTRITION FACTS



Fruits - 2-4 servings

Apples, oranges, bananas, tomatoes, grapes, peaches, pears, cherries, grapefruit, strawberries, melons, etc.



Vegetables - 3-5 servings

Carrots, green beans, certain lettuce, broccoli, avocados, peppers, cauliflower, corn, peas, cucumbers, celery, onion, etc.



Grains - 6 servings

(Whole grain is best.)

Bread, muffins, cereal, rice, tortillas, crackers, air popped popcorn, pretzels, noodles, etc.



Protein - 2-3 servings

Beef, pork, poultry, nuts, beans, eggs, fish, etc.



Dairy - 3 servings

Milk, yogurt, pudding, cheese, cottage cheese, etc.

Benefits of Cooking with Your Children:

- Helps children with other senses (kneading dough, washing vegetables, tearing lettuce).
- Helps teach children: measuring ingredients (math), seeing food change as it is baked/cooked and the temperature rises (science), and following a recipe from start to finish in order (discipline).
- Teaches children safety: how to use oven mitts to not get burned, how to properly use a knife and not get cut, and remembering to turn off appliances.
- Get your child's input. Ask them to help and see what kinds of foods they would like to make.
- If your child has helped you prepare the meal, they may be more apt to eat it.