

2012



# LEOPARD LETTER

## NOTE FROM THE PRINCIPAL

Hello all,

In response to some parent feedback I am trying something a little different this month. Please note the following:

- I of course hope to see everyone at Fall Fest here at Lucas from 5PM -8PM on November 2<sup>nd</sup>. It is always our biggest event of the year with a huge turnout.
- As we continue in our quest to be the first Team Nutrition GOLD School here on the base, I ask that you please help us to keep our nutritional focus. As a school working in partnership with the FDA, we are just trying to teach children to be more balanced and make healthier choices. Please rethink sending candy treats to the school. There are many 100 calorie packs that are available. Non-edible treats like pencils; stickers, etc are also an option/ alternative to the plethora of candy that is now on sale everywhere.
- Congratulations to the students who made the Principals List (All A's), Assistant Principals List (A's and B's) and Perfect Attendance List (No Tardies)
- Since this will be posted in the November Newsletter, I would like to take a moment to say how thankful I am for the wonderful teachers, staff, students and community we have here at Lucas. I am so glad that each is here. Thank you for all you do to support the school and help us work for student success.

“Don't be a stranger.”  
Ted Turnipseed



## November

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## Notes from the Nurse

At this time of year, it is very important to try to stop the spread of illnesses due to viruses. You and your children should follow these easy steps to help protect yourselves from colds and flu (as well as many other contagious diseases):

- Wash hands often with warm water and soap and for at least 15 seconds, especially before eating and after using the bathroom. Alcohol based hand sanitizer is recommended if soap and water are not available.
- Cough into a shirt sleeve or use tissue to cover coughs and sneezes. Wash hands after wiping noses.
- Keep hands away from your face, nose and eyes.
- Do not share food, drinks, cups or eating utensils.
- Do not touch the spout of the water fountain when drinking.
- Get plenty of sleep, exercise regularly and eat healthy foods.

Sometimes children will get sick anyway. **The BEST thing you can do is to keep children home when they are sick.** This will help stop the spread of illness to other children and teachers.

Children need to be kept home when they have any of these symptoms:

- Fever of 100 ° F or 38° C or higher. Children should stay home until they have been without fever for at least 24 hours. **Children should not be given Tylenol (acetaminophen) or Advil (ibuprofen) to reduce the fever and then sent to school. The child may be contagious to others.**
- Nausea or vomiting within the last 24 hours.
- Severe headache
- Diarrhea within the last 24 hours.
- Red, watery eyes with yellow drainage
- Unexplained rash

If you are called to pick up a sick child at school, please come quickly.

If you know your child has been exposed to someone diagnosed with the influenza virus, call your doctor immediately to determine if medicine might shorten the illness.

Thank you for your help in this very important matter. If you have questions, you may give me a call.



**I would like to thank all of our Veterans for their efforts to preserve our Country. We salute you and your family! Have a wonderful Veteran's Day.**

*Nurse Melly Duprey, RN*



Principal's List  
All A's

Assistant  
Principal's List  
A's and B's

Assistant  
Principal's List  
Cont.

Barton, John  
 Basl, Brennen  
 Bean, Brent  
 Brock, Patrick  
 Bovarnick, Tatyana  
 Brunney, Alexis  
 Brunney, Robert  
 Coyle, Margaret  
 Darling, Xavier  
 Dunlap, Jason  
 Ellis, Emmie  
 Gaddy, Lyndsey  
 Goodman, Audrey  
 Hertzendorf, Cade  
 Kepple, Samantha  
 Lamprides, Jordan  
 Lee, Benjamin  
 Lessard, Nicole  
 Lillibridge, Brayden  
 Llacuna, Caton  
 Lock, Ryan  
 Maawac, Kyle  
 Maawac, Mackenzie  
 Manns, Brennan  
 Mcfadden, Asia  
 Moore, Autumn  
 Power, Joseph  
 Sullivan, Kelly  
 Taylor, Lauren  
 Tees, Sarah  
 Tomasin, Sean  
 Wilson, Ethan  
 Zimmerman, Emily

Addley, Macie  
 Allen, Adam  
 Atkins, Christopher  
 Barton, John  
 Basl, Brennen  
 Bean, Brent  
 Bovarnick, Tatyana  
 Brock, Patrick  
 Brunner, Sierra  
 Brunney, Alexis  
 Brunney, Robert  
 Chapman, Matthew  
 Coyle, Margaret  
 Craddock, Kristian  
 D'Amato, Gabriel  
 Darling, Xavier  
 Davis, Ian  
 DeHart, Tyler  
 Dellinger, Jack  
 Dixon, Yvan  
 Dunlap, Jason  
 Ellis, Emmie  
 Estes, Sarah  
 Estrada, Lalita  
 Frey, McKenzie  
 Fry, Kendall  
 Gaddy, Lyndsey  
 Gardner-Striplin, Christyan  
 Goodman, Audrey  
 Gourdine, Xavier  
 Harvey, Grant  
 Hertzendorf, Cade  
 Holmes, Darrin  
 Hooker, Aleck  
 Horsley, Wilma  
 Huble, Clayton  
 Jennings, Twacara  
 Johnson, Khaila  
 Johnston, Nathan  
 Jones, Jamil

Kepple, Samantha  
 Lamprides, Jordan  
 Lee, Benjamin  
 Lessard, Nicole  
 Liermann, Nathan  
 Lillibridge, Brayden  
 Llacuna, Caton  
 Lock, Ryan  
 Maawac, Kyle  
 Maawac, Mackenzie  
 Manns, Brennan  
 Mcfadden, Asia  
 Moore, Autumn  
 Nees, Zackary  
 Osuna, Jacob  
 Patterson, Justice  
 Penwell, Caleb  
 Peralta, Victor  
 Power, Joseph  
 Ramos, Loren  
 Riley, Carson  
 Rivera-Abad, Angelica  
 Ruter, Makayla  
 Ryan, Philip  
 Saylor, Cade  
 Shrader, Mason  
 Sons, Emily  
 Sowards, Madison  
 Sullivan, Kelly  
 Syester, Edwin  
 Taylor, Lauren  
 Tees, Sarah  
 Tinsley, Jaeden  
 Toledo, Isabel  
 Tomasin, Kylie  
 Tomasin, Sean  
 Tupuola, Laisa  
 Turrentine, Kaitlyn  
 Ward, Robert  
 Warren, Maleigha

Webb, Tyler  
 Werhan, Morgan  
 Wetz, Emma  
 Wilson, Ethan  
 Zimmerman, Emily



## Perfect Attendance - No Tardies

Bahoque, Benjamin  
Beatty, Christopher  
Bectel, Makenna  
Bovarnick, Tatyana  
Braxton, BJean  
Brooks, Kyle  
Brown, Peyton  
Brown, Wade  
Buchanan, Victoria  
Busam, Alexander  
Carrasco, Brianna  
Carrington, Khalil  
Casey, Tatum  
Clarke, Corina  
Cobey, Ny'Keriah  
Colosimo, Antonio  
Cripps, Isabella  
Cripps, Rylee  
Cruz, Faith  
Deffendall, Wyatt  
Delarosa, Yovanni  
Dellinger, Jack  
Dellinger, McKenna  
Dennis, Christian  
DiGiovine, Emily  
Dunlap, Jason  
Dunlap, Julissa  
Ellis, Emmie  
Fisher, Brianna  
Fry, Kendall  
Fulmer, Sydney  
Galazin, Catherine  
Garner, Anabella  
Greenfield, Emma  
Gronning, Tryston  
Halter, Lucy  
Halter, Molly  
Hanson, Khalil  
Harris, Riley  
Hooker, Aleck  
Huble, Clayton  
James, Destiny  
Jessie, Breanna

Jo, Minkyu  
Jones, Cailyn  
Joyce, Robert  
Keith, Joshuah  
King, Mason  
Klaren, Kingsly  
Klaren, Tyrone  
Knowles, Windsor  
Lamprides, Jordan  
Langley, Robert  
Lathrop, Haley  
Ledesma, Ivy  
Ledesma, Matthew  
Lee, Ashley  
Lee, Benjamin  
Lock, Katelin  
Lopez, Saveah  
Maawac, Mackenzie  
Marecki, Jakub  
Marino, Joseph  
Martinez, Natalia  
McMillian, Connor  
Nees, Matthew  
Novosel, Joseph  
O'Connor, Irene  
Onilenla, Temitope  
Osuna, David  
Osuna, Jacob  
Peralta, Victor  
Preski, Jenna  
Rassega, Daniel  
Rich, Spencer  
Richards, Evan  
Rodriguez, Alex  
Rodriguez, Derek  
Ryan, Philip  
Ryan, Sean  
Sackett, Miley  
Schoof, Damon  
Schotzko, Mitchell  
Sears, Christopher  
Sheppard, Kai  
Simpson, Breisaous

Simpson, Nsaih  
Sloughfy, Sarah  
Snider, Zachary  
Sons, Emily  
Sport, Ragan  
Staples, Joselyn  
Stoll, Shanna  
Taylor, Abigail  
Taylor, Lauren  
Tinsley, Jaeden  
Toledo, Isabel  
Toner, Joshua  
Unger, Zoie  
Vielma-Garcia, Cynth  
Walker, Reily  
Webb, Tyler  
Wilkinson, Makahla  
Wilson, Ethan  
Zaccagnino, Dakota



## From your School Behavioral Health Team

### POSITIVE PARENTING TIPS

Here are some things parents can do to help your child ages 6 to 8:

- Show affection for your child. Recognize her accomplishments.
- Help your child develop a sense of responsibility. Ask him to help with household tasks, such as setting the table.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.
- Get involved with your child's school. Meet the teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use **discipline to guide and protect** your child, rather than **punishment to make him feel bad about himself**. Follow up any discussion about what *not* to do with a discussion of what *to* do instead.
- Talk with your child about school, friends, and things she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set her own achievable goals-she'll learn to take pride in herself and rely less on approval or reward from others.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Make clear rules and stick to them, such as how long your child can watch TV or when she has to go to bed. Be clear about what behavior is okay and what is not okay.
- Praise your child for good behavior. It's best to focus praise more on what your child does ("You worked hard to figure this out") than on traits she can't change ("You are smart").
- Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on her own.
- Practice healthy eating habits and physical activity early. Encourage active play, and be a role model by eating healthy at family mealtimes and having an active lifestyle.



# Important Dates

## November

2nd - Fall Fest

6th - Parent to Parent Seminar - Avoiding Homework Hassles

8th - Holiday Meal - Parents Welcome

12th - Veteran's Day - NO School

13th-14th - Pizza Night

15th - Honor Chorus Patriotic Concert - 5:00 pm

16th - Popcorn Friday  
Night Out at Chuck E Cheese  
Picture Retake Orders Due

21st-25th - Holiday Break - NO School



## December

3rd-7th - Holiday Shoppe

4th - Parent to Parent Seminar - Importance of Academic Portfolios

11th-13th - Pizza Night

13th - Holiday Program K-2 2:00pm

14th - Holiday Program 3-5 2:00pm

17th-20th - Box Top Turn In

21st - NO School - Report Card Completion

24th-Jan. 4th - Holiday Break

*Don't forget to set your clocks back one hour on Sunday November 4th.*

**For the safety of your children ALL visitors to the school must sign in at the front office and show a**

**government issued photo ID.**

**The front office is open from 7:30am--4:00pm.**

**Please have your ID Card ready or in hand before you enter the office, this will allow for faster service.**

**School hours are 8:30—3:15 (M,W,TH,F)  
and 8:30—2:00 (T)**

**Parents, please don't bring your student to school any earlier than 8:15 unless they are eating breakfast at 8:00.**

# Andre Lucas Elementary School Team Nutrition Wellness Newsletter

## US Healthier Challenges at Lucas

- **Beginning October 01, 2012**, our school made changes to our environment as we work toward becoming certified as an award-winning school by the U.S. Department of Agriculture's voluntary Healthier US School Challenge.  
<http://www.fns.usda.gov/tn/healthierus/index.html>
- **October 04, 2012-Fitness Day**, Partnered with 526 BSB the students/staff walked to Fort Campbell High School and back. It was a great morning walk. Students received an apple with chocolate milk to refuel their bodies upon return.
- **October 19, 2012 Obstacle Course-** What a great success! The students enjoyed their time performing the Obstacle Course created by the 526 BSB, they wanted to make this a weekly event! Some of the obstacles were wall climbing, walking on a beam, low crawl, zig zag run, and carrying water jugs (not filled) to a location and back and others. *GREAT BIG THANK YOU to the 526 BSB!*



Volume 1, Issue 2

October 26, 2012

### Nutritious Snack Choices for home

#### 100 calories or less:

- \* 3 regular graham crackers-90 calories
- \* 2 tsp. peanut butter and half an apple equal -100 calories
- \* Dark Chocolate with Almond-1 nugget -45 calories
- \* 4 oz. of fat-free pudding -100 calories
- \* Frozen fudge bar-100 calories
- \* 1/2 cooked sweet potato (about 2 inches in diameter, 5 inches long) topped with 1/4 cup of unsweetened applesauce-100 calories

### Upcoming events:

- **Tuesday and Thursdays-** Structured PE
- **Nov 08-** Thanksgiving Meal, parents are invited to eat with their student
- **Nov 09-** Veterans' Celebration
- **Nov 12-** Veterans' Day-No School
- **Nov 21-23-** Thanksgiving Holiday-No School

## *Be physically active your way*

### Home Activity: **Bounce Messaging**

This two-person blacktop game gives kids a fun way to practice their spelling skills.

**What You Need:**

Chalk  
Bouncing Ball

**Instructions:**

Chalk a telephone keypad with letters and numbers

To play, have kids spell out a message by bouncing the ball back and forth on the corresponding keys, calling out the intended letter (bounce on the "1" key for a space between words.)

<http://familyfun.go.com/teachers-corner/classroom-games/learning-game-bouncemessaging>



### **Recipe: Quick Chicken-Corn Chowder**

**Ingredients:**

- 2 tablespoons butter
- 1/4 cup chopped onions
- 1/4 cup chopped celery
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons all-purpose flour
- 3 cups 2% reduced-fat milk
- 2 cups chopped roasted skinless, boneless chicken breasts (about 2 breast halves)
- 1 1/2 cups fresh or frozen corn kernels (about 3 ears)
- 1 teaspoon chopped fresh or 1/4 teaspoon dried thyme
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon salt
- 1 (14 3/4-ounce) can cream-style corn

**Directions:**

Melt the butter in a large Dutch oven over medium heat. Add onion, celery, and jalapeño; cook for 3 minutes or until tender, stirring frequently. Add flour; cook 1 minute, stirring constantly. Stir in milk and remaining ingredients. Bring to a boil; cook until thick (about 5 minutes).

**Nutritional info per 1 cup serving: Calories-257, Fat-8.1 g, Protein-19.1 g, Carbohydrate-28.6 g, Fiber-1.9 G, Cholesterol-52 mg, Sodium-668 mg, Calcium-165 mg (cooking light.com)**





## Car Rider and Walker Information

When dropping off or picking up your children at the car rider door please do not exit your vehicle or leave your vehicle unattended while you walk your children to or from the school. Unattended vehicles cause confusion and can be a safety risk. If you would like to walk your children to or from the school please park your vehicle in the parking lot.

**Thank you for your cooperation!**



## CHILD FIND

Child Find is an outreach program that actively seeks to locate and identify children and youth from birth through age twenty-one, who may have developmental delays or educational disabilities and may be in need of special education and/or related services.

For more information, please call 270-640-1208 or pick up a brochure in the school office.

## One Call Now

**One Call Now** is an automated calling system that allows Fort Campbell Schools to create automated calls to distribute information more efficiently to all stakeholders in our schools.

These calls are initiated via a telephone or computer by using a toll-free number or the **One Call Now** website. When you receive a call from our school, there is a greeting message followed by a slight lapse of seconds. The actual message that is being sent will follow the lapse. Please take time to listen to the complete message from start to finish.

If you do not listen through to the end the program will continue to call you. We only use the program in situations where we need to reach the families of all 400+ students quickly. These include messages sent out by the superintendent, the school board, PTO, and our school as needed. Calls are usually made between 4pm and 9pm, unless there is a time factor involved. Please check your messages when you see a missed call from this number.

## MFLC

Our Military Family Life Consultant (MFLC) is available to provide support to military children and their families for a wide range of issues. The service is provided at no cost and is available throughout the day. If you are interested in this service or would like more information, please call the front office at 270-640-1208.