

Jr. Raider Express

November 30, 2011

Second Grade Presents Music Program

The 2nd grade classes will present "Holiday Zoobilee" as their winter program on Thursday, December 8th in the gym. Join us as we go over the river and through the zoo to see if the animals can cheer up a zookeeper who is sad because he has to work every holiday. Fun songs and silly characters make this musical an entertaining treat!

The first performance will take place at 6:30pm and will feature Mrs. Niehues and Mrs. Blume's classes. The next performance will follow at 7:30pm featuring Mrs. Bollig, Mrs. Rice, and Miss Haller's classes. Hope to see you there!

Last Chance To Buy A Yearbook

This will be the last chance to order yearbooks for the 2011-2012 school year. The price for each book is \$12.00. **Be sure to order your yearbook at this time, as every year we have disappointed children and parents when the yearbooks arrive in the spring and they realize they did not order a yearbook.** Please make checks payable to Central Elementary. **Deadline is tomorrow, Thursday, December 1. We do not order extra yearbooks.**

Second Semester Milk

The first semester will be ending **December 21**. If your child drinks milk for a snack and you did not pay for the whole year at enrollment time, it will be necessary for you to send additional money for the second semester. We are giving you advance notice as your child will not receive milk on January 4 if it has not been paid for. Kindergarten, first and second grade will be **\$27.30**. Please make checks payable to Central Elementary and we remind you that lunch and milk money need to be separate checks. Also, to help clear your student's lunch account, **please take care of all lunch charges before Dec. 21.**

Giving Tree At Central

We have created a "Giving Tree" once again this year. All grade levels are displayed by the library. Teachers will add items to the "Giving Tree" that they could use in their classrooms. If parents are interested in purchasing any of these items for their child's classroom simply take the item off the Giving Tree and let the teacher know you will be purchasing that item for their classroom.

Second Grade Performance

The **second grade** will be performing with the parachute during the half-time of the girls Wamego High School basketball game.

They will be performing on Tuesday, December 13, 2011. **Second grade students will need to be there by 6:30 p.m.** A note will come home with the students later with more details.

Wamego Christmas Bureau

People Helping People is the theme for the **Wamego Christmas Bureau** 2011. The purpose of the Christmas Bureau is to bring people who care, together with families or individuals who could use support at Christmas time. The bureau will arrange for individuals, families, or individual clubs and other groups to adopt a family or individual. If food is not used by the bureau at Christmas it is placed in the Council of Churches Food Pantry for distribution throughout the year. Money donated is used to buy blankets, clothing, toys and perishable food. Money not accessed during the Christmas season will be placed in the Local Missions Fund that provides assistance throughout the year.



Each teacher will have a box in their classroom for anyone wishing to donate to the Christmas Bureau. Some items needed are nonperishable food items, toiletries, kitchen items and clothing such as socks, stocking caps and gloves. **The last day to bring items will be Thursday, December 8.**

Safe At School, Safe At Home

From time to time we check the KBI website to ascertain information about registered sex offenders living in and around Wamego. We feel this is necessary for the safety of our students. You may also want to check the website at <http://www.accesskansas.org/kbi> click on "registered offender search".

In an effort to keep you informed, and our students safe, we are sending you the link to a new website provided by the Pottawatomie County Sheriff's Office. It is through a service called "Offender Watch" and provides information on the addresses of registered offenders in our county. It is an easy site to use and it is free to the citizens of Pottawatomie County.

For more information, go to the following link:

http://www.communitynotification.com/cap_main.php?office=55002.

Weather Information

In the event of bad weather and/or road conditions which would create hazardous driving or safety conditions making it necessary to close school, you should listen to the following radio and television stations:

RADIO

WIBW 94.5 FM	Topeka
580 AM	
KTPK 106.9 FM	Topeka
KMAN 101.5 FM	Manhattan
1350 AM	
KQLA 103.5 FM	Manhattan
KHCA Angel 95 FM	Manhattan
KHCD 89.5 FM	PBR
V100 100.3 FM	Topeka

TELEVISION

WIBW Channel 13	Topeka
KTKA-TN Channel 49	Topeka
KSNT Channel 27	Topeka
Wamego Cable Channel 3	

ON THE INTERNET

www.themercury.com

We will also be using the School Messenger Automated System to call parents to let them know when it is necessary to close school because of the weather.

Second Grade News

During the month of November, the 2nd graders learned about Colonial America. This includes The First Thanksgiving with the Pilgrims and American Indians and the types of food they may have eaten, The Mayflower and the travel conditions, plus making comparisons of Pilgrim life and their own life.

This and That

Please remember that the children **should not** arrive at school **before 7:45**. Also those children eating breakfast should arrive no later than **7:55** so they have time to eat and will not be late to class. Dismissal time for students is **3:30** and you will need to be on time. We also want to remind you and your children to use the crosswalk before and after school. Safety is our first concern.

You are welcome to visit your child's classroom, have lunch with your child and visit during recess time. All lunch reservations need to be called in by 8:30 a.m. We do ask that you always check in at the office and that you do not drive slowly around the playground or stop to watch kids on the playground. We are not able to see who is in the car so we will have to alert the police.

Jr. Raider sweatshirts and **T-shirts** for sale: sweatshirts \$14.00 and T-shirts \$8.00.

Kids and Fevers

Avoid giving aspirin to infants, children, or teenagers up to age 19 to relieve the pain and discomfort caused by colds and flu. Aspirin has been linked in these age groups to Reye's Syndrome, a disease that affects the brain and liver. Acetaminophen and ibuprofen can be used instead of aspirin.

Source: *The American Academy of Pediatrics*

Importance of Attendance **Teri Dow, Central Elementary Principal**

The holiday season is a very busy time for everyone. Although we are all busy, regular school attendance is crucial to the development and education of children.

As a child learns to read and acquires basic math skills, it is important that he practice those new skills daily. Each day, new learning opportunities are presented in our classrooms and regular attendance assures that your child does not miss out on these opportunities.

In addition, children begin to learn how to socialize with others, follow directions and solve problems creatively in school. If a child is not part of the classroom, some of these social skills cannot be practiced.

Even as early as preschool and kindergarten, students are learning many things so each day is extremely important in receiving the necessary instruction for each step toward that goal.

Missing several school days during the early elementary years, when students are learning the most basic skills, can hamper students in upper grades and contribute to poor attendance throughout their school years.

Fortunately for most students at Central, this is not a problem. Parents are committed in getting their child to school each day. As attendance is checked and monitored throughout the school year, letters are sent out periodically to inform parents if their child has missed over 10 days of school. As with building any kind of a system, having regular attendance during the elementary years creates a strong foundation for future learning and wonderful possibility for maximum academic and social growth.

PreK Students Making Thanksgiving Dinner

The preschool kids have been busy making the final adjustments to their recipes for Thanksgiving dinner. You should try these out for a new and interesting twist to your holiday meal!

Jenny Brase AM Turkey

1. Mix the turkey up
2. Draw around it
3. Put it in a pan in the oven
4. The oven needs to be black and the thing should be 0 or 4
5. You will need a cook thing that you scoop with
6. Finally, you put it on a plate and eat it.

Jenny Brase PM Turkey

1. Get the turkey from a restaurant or a chicken store
2. Put it in the oven
3. It will cook or 6, 7, 8, 11, or 20 minutes... Just keep checking it until it is golden brown
4. Take it out and it smells like chicken after it is golden brown
5. Put pepper and salt on it
6. Cut it with a knife
7. Eat it

Carrie Ficke AM Mashed potatoes

1. Get a pan to cook the potatoes.
2. Cook them.
3. Smash them up.
4. Give them to people and they eat them.

Carrie Ficke PM Mashed potatoes

1. Get like 6 potatoes from Wal-Mart.
2. Put them in a pot with a lid or the microwave.
3. Heat it up.
4. Cook them for 5 minutes.
5. Peel them.
6. Cut them up.
7. Mash them.
8. Use a wooden spoon to put them on a plate.
9. Put gravy on them.

Mary Nigh AM Pumpkin Pie

Our ingredients include: seeds, water, butter, flour, and pumpkin.

1. Put it in a bowl
2. Mix it
3. Put it in the oven
4. Bake it hot for 20 minutes
5. Eat it

Mary Nigh PM Pumpkin Pie

Our ingredients include: seeds, sugar, pumpkin, brown sugar, purple sugar, ketchup, lemons, chicken nuggets, TV Dinner, and Bubbles.

1. Roll the lemons in the sugar
2. Add the seeds and everything else in the bowl
3. Stir it up
4. Put it in the oven at 8° until 6:30
5. Eat it

First Grade News

First grade students have been busy measuring items at school and at home. They used different objects such as paper clips and pencils, as well as inches as units of measure. Building a ramp and measuring how far cars rolled from it was the highlight of the unit. They had to be good scientists to conduct the lab, making sure to have controlled variables, such as aligning the back wheels to a specific point on the ramp for each trial. Students conducted several trials on each car, and then found the **median**, or middle value for each car. The data they collected was recorded on a graph, and they discovered that counting by fives is more efficient than counting by ones. Students can continue measuring objects and distances at home.



Magic of Magnets In Kindergarten

Kindergarten students will be exploring magnetism this month. First they will examine a collection of items and predict which items will be attracted to a magnet. Then they will check to see if their predictions are correct by testing each item and recording their data on a T-chart. The students will explore a magnet's poles and discover that magnetism is an invisible force that attracts and repels certain objects. They will also read about different types of technology and inventions that need magnets to work.

All the News That's Fit to Eat!

Brought to you by Food Service



Mexican Sushi Bites – A great Holiday Party Food for Folks of all Ages!

Get the party started with these mouthwatering appetizers. Ask the little ones to help mix, layer & roll.



- 16 ounces cream cheese, softened
- 1/2 cup salsa, plus more for dipping
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- 1 avocado, thinly sliced
- 1 tablespoon lime juice
- 8 (8-inch) flour tortillas
- 2 cups fresh baby spinach
- 1 red bell pepper, cut into thin strips
- 1 yellow bell pepper, cut into thin strips

*Use low-fat cream cheese to cut calories & fat.

*Red Bell Peppers provide 260% of your daily Vitamin C needs.

*Buy whole wheat tortilla to sneak in a needed serving of whole grain.

*Spinach is loaded with antioxidants that help the immune system!

Step 1

In a medium bowl, combine the cream cheese, salsa, chili powder, and salt. In a separate small bowl, lightly sprinkle the avocado with the lime juice to prevent browning.

Step 2

Trim each tortilla to make a roughly 6-1/2-inch square. Spread 3 tablespoons of the cream cheese mixture on a tortilla. Arrange 2 rows of spinach in the center of the tortilla, then top them with a row each of red pepper, yellow pepper, and avocado. Roll the tortilla up tightly and wrap it in plastic wrap. Repeat for the remaining tortillas. Refrigerate the rolls for at least 1 hour and up to 6 hours.

Step 3

Right before serving, slice the rolls crosswise into 1/2-inch pieces and spoon extra salsa into a bowl for dipping. Serves 10 to 12.

EZ School Pay



Have you checked your child's account?
It's easy!! Just visit www.EZSchoolPay.com

USD 320 offers an internet service to help parents better manage their child's school meal account. In addition to checking their child's school meal balance online, parents may use their VISA or MasterCard to enter a payment to their child's Meal Tracker food service account.

If you have questions, please contact the Food Service Office at 456-2214 x5020.

School Lunch A great choice!

Every School Lunch Includes At Least Five Great Choices:

- Milk – Fat free or 1% - flavored or regular
- Vegetables – From green beans to fresh carrots
- Fruit – Everything from pineapple to locally grown melons
- Grains – breads and rice
- Meat or meat alternate –lean meats, low fat cheese, peanut butter

We offer three different fruits and/or vegetables every day for lunch.

Almost all of our bread items are homemade! We use whole white wheat flour in all our baked items so that they are an even healthier, whole grain product.

In addition, many of our entrée items are from scratch: Taco Meat, Chicken & Noodles, Weiner Roll Ups, Chili, Nacho Supreme, Macaroni & Cheese, Pasta Bar Meat, Pizza Dunker Sauce, and Cheese Sauces.