



312 W. Maple Avenue
Byron, MI 48418
Phone: (810) 266-4881

Byron Area Schools

February 3, 2020

Dear Families:

Happy February! We hope this letter finds everyone settling into the second semester of our academic year.

Thank you for all of the support and participation from you and your children for two of our new initiatives this year:

1) The Positivity Project

Our students continue to wear their shirts, participate in the learning activities, and demonstrate their understanding of these focused areas of positive behavior. Listen for these specific words during the next few weeks.

February 3 – Forgiveness

February 10 – Love

February 17 – #OtherPeopleMatter

February 24 – Enthusiasm

March 2 – OPM2 – Cheering others' success

March 9 – Social Intelligence

March 16 – Love of Learning

March 23 – Fairness

2) Books on the Bus

Has your child shared the excitement about reading a new book while riding to and from school on the bus? We have piloted this idea on three of our routes and will add three additional routes in the next week. Our early elementary students have really enjoyed looking at books that are read aloud by older students and our adult volunteer. We are continuing to add to this idea as we lead to March's Reading Month.

And to continue with our academic focus, please remember about another learning opportunity for all students.

“Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more. Their math missions guide learners from kindergarten to calculus using state-of-the-art, adaptive technology that identifies strengths and learning gaps.”

In fact, once your child participates in the PSAT assessment at Byron, Khan Academy connects with the College Board (an affiliate PSAT company) to create an individualized practice program for your child. Practice exercises will be generated to improve in those areas required to increase specific scores on these assessments.

Every child in Byron Area Schools has access to Khan Academy at school and at home. Some of our teachers use Khan to enhance and differentiate instruction in the classroom. We encourage you to visit www.khanacademy.org.

Please remember to utilize our technology tool of PowerSchool to help keep you and your child(ren) focused on academic achievements. Please contact your child's building secretary to be granted access to PowerSchool.

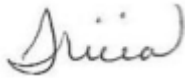
Additionally, in order to receive text messages from the District, you must opt-in to SchoolMessenger via your cell phone; attached are the instructions to opt-in.

Two important dates for very special transitions in a child's academic career are listed below:

- Freshmen Orientation (Class of 2024)
February 18th
- Kindergarten Registration (Class of 2033)
March 4th and March 5th

We know from research that a healthy body will improve a healthy mind. Please take a few minutes to read the attached. You will find ideas for activities, cooking with your kiddos, healthy snacks, and connecting school to nutrition.

Educationally yours,



Tricia Murphy-Alderman
Byron Area Schools Superintendent



The Trusted Platform
for School Community Engagement

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.*

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number, 67587.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#), so you can rest assured that your information is safe and will never be given or sold to anyone.



Opt-In from
your mobile
phone now!



Just send
"Y" or "Yes"
to 67587

i [Information on SMS text messaging and Short Codes:](#)

SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers. If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

***Terms and Conditions** – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/txt for more info.



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Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2020

Byron Area Schools
Food Service Department

BEST BITES

Put away the salt

Here's an easy way to cut back on the amount of salt your child eats: Don't invite the salt-shaker to the dinner table! If it's out of sight, he won't salt food without thinking. Too much salt can lead to high blood pressure and other health risks. *Idea:* Set out alternatives like lemon pepper and salt-free seasoning blends.

Active fundraisers

Offer to help plan a healthy PTA or PTO fundraiser. Instead of selling candy or other sugary foods, suggest active ways to raise money. Your group might hold a bike-a-thon or a student-teacher kickball tournament, for instance. This will get your youngster and her classmates moving and encourage healthy habits.

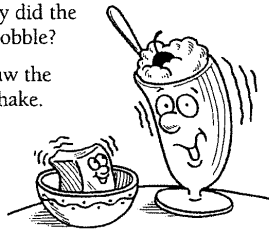
DID YOU KNOW?

Your child can use science to determine whether an egg is fresh! Have him put an egg in a glass of cold water. If it's fresh, it will sink. If it floats, it's past its prime. Why? Eggshells have tiny holes that air seeps into over time—the more air an egg has inside, the older it is and the more likely it is to float.

Just for fun

Q: Why did the jelly wobble?

A: It saw the milk shake.



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Healthy choices at the store

Turn a trip to the supermarket into a healthy adventure for your child. Use these tips to teach her to make good food choices from the start.

Make a list

Before you head out, plan meals with your youngster. Ask her to name healthy foods to eat this week. Which lean protein (chicken, black beans, fish) would she like for dinner each night? What nutritious snacks should you buy?

Have her write a shopping list that includes her ideas. She'll learn that using a list can keep her focused and cut down on the tendency to toss chips or cookies into the cart.

Read labels

At the store, show your child how to read labels. Then, give her challenges. You might ask her to find a box of crackers with whole wheat as the first ingredient (meaning there's more whole wheat than anything else)



or the yogurt with the least amount of sugar per serving.

Discover new foods

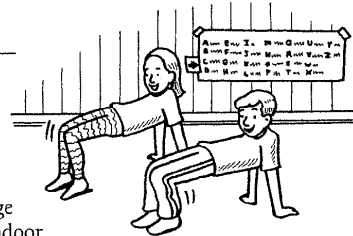
Work together to find a healthy new food to try. In the produce section, she might spot parsnips or rutabagas, for example. Check out the international aisle, which may have tahini (sesame seed paste) or brown rice noodles. Let her put the new food in the cart, and at home, research ways to include it in a meal.

Alphabet fitness

Get fit from A to Z! With this suggestion, your youngster will always have something active to do.

First, help your child make a poster of fitness options, one for each letter of the alphabet. Encourage him to include a variety of ideas—indoor and outdoor, or ones he can do alone or with other people. *Examples:* A = acrobatics, B = beach ball toss.

Now put a set of letter tiles or magnetic letters in a bag or bowl. Your youngster can pull out a letter anytime and do the matching activity. "It's C. Let's have a crab-walk race!"

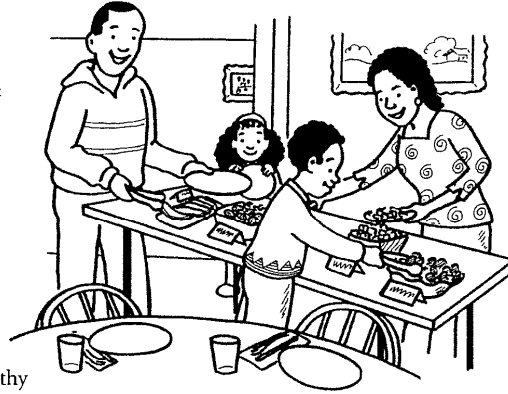


This institution is an equal opportunity provider.

Salad days

Salads make it easy to get more vegetables into your youngster's diet. Try these kid-friendly strategies that will have your child asking, "More salad, please!"

Favorites first. Start with ingredients your youngster likes, such as croutons, cheddar cheese cubes, and broccoli crowns. Then, let him mix in greens like romaine or arugula. Finally, he could drizzle on a healthy dressing like ranch made with yogurt.



Give it a twist. Who says you have to eat salad with a fork? Have your child fill his plate with finger foods, such as baby kale leaves, red pepper spears, green beans, and cucumber slices. Or he might make a "deconstructed" salad by putting each ingredient in a separate section of his plate.

Create a buffet. Ask your youngster to help you set up a salad bar for dinner. He could choose fun containers for ingredients and add signs. *Examples:*

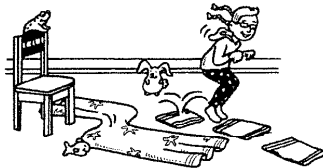
"Superhero Spinach," "Tasty Turkey." Encourage him to put veggies on half his plate, then add cheese for calcium, a whole grain (cooked pasta wheels or farro), and protein (hard-boiled egg slices, lean ham). ●

ACTIVITY CORNER

A "forest" obstacle course

Trekking through a forest is great exercise—and so is navigating this creative indoor version. Encourage your child to make and play in an obstacle course disguised as a forest.

1. Set it up. What can she find around the house to make her "forest"? She might use a blue beach towel for a stream, green washcloths for lily pads, blocks for stones, and chairs for trees.



2. Add "creatures." Now your youngster can scatter stuffed animals or magazine pictures of animals throughout.

3. Go exploring! Let your child move through her forest. She can hop across the lily pads, climb the chair, and move like the animals. Maybe she'll swim like a fish or jump like a bunny. ●

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
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
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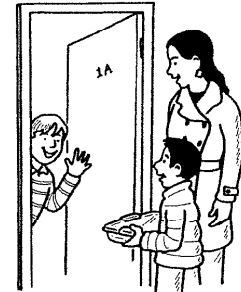
PARENT TO PARENT

Managing diabetes

When my son Logan was diagnosed with Type 2 diabetes, I worried about how he'd manage, especially when I wasn't with him. So we worked with a dietitian to create a healthy eating plan.

The dietitian said Logan doesn't need special foods—just a nutritious diet and plenty of exercise. She also told us to email copies of his care plan to his teachers, the school nurse, the cafeteria manager, and the principal. Now they know when Logan may need a blood sugar check or a snack. If he goes to a friend's house, I send a healthy treat to share and give the parent a list of symptoms that would indicate his blood sugar is dropping or spiking.

Our whole family is working on eating better and being more active. That's making things easier for Logan and keeping us all healthier. ●



IN THE KITCHEN

Four-ingredient meals

Healthy dinners don't need to be complicated. These meals taste great and burst with nutrition—and each one has just four ingredients.

Chicken caprese

Stir together: diced baked chicken, grape tomatoes, marinated mozzarella balls.

Toss with: whole-grain angel hair pasta (cooked, drained).

Quinoa bowl

Stir together: cooked quinoa, canned chickpeas (drained and rinsed), sliced black olives.

Top with: plain nonfat yogurt.

Tuna tacos

Stir together: can or pouch of tuna (packed in water, drained), avocado chunks, shredded purple cabbage.

Serve in: whole-wheat tortillas. ●

