

# ***DASSEL ELEMENTARY NEWSLETTER***

***Rob Nudell, Principal***

***[www.dc.k12.mn.us](http://www.dc.k12.mn.us)***

***January, 2010***

## **FROM THE PRINCIPAL'S DESK...**

**[rob.nudell@dc.k12.mn.us](mailto:rob.nudell@dc.k12.mn.us)**

*by Rob Nudell*



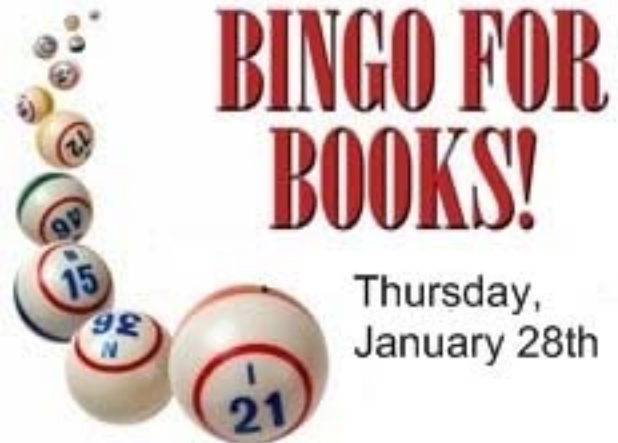
The first part of the school year has gone by very quickly. Thinking of all the fun and accomplishments for our students so far this year, simply amazes me. It sure has been a huge success! From Open House, to many field trips, Grand-parents Day,

learning opportunities at school everyday, Critters & Co. Lyceum, Fire Prevention, Parent/Teacher Conferences, Veteran's Day, Homecoming, Music Program and much more, our students have worked hard and had some wonderful experiences. I know the second half of the school year will also bring many fun and challenging activities for students. Your continued support for Dassel Elementary is greatly appreciated. Thank you!

Please remember to send your child to school with appropriate clothing for recess. Temperatures at this time of year tend to be quite cold. Students go outside everyday for recess, except in extreme conditions. I know the children will enjoy their time outside a lot more if they are dressed appropriately.

I understand how the Holidays seem so busy with all there is to do and celebrate. I hope you take some time to slow down, spend time with family and friends, and be thankful for the many blessings we have. We can continue to celebrate the skills and accomplishments of our wonderful children. I know kids absolutely enjoy spending time with friends and family. Enjoy every minute you have with them, they sure will, and they grow up fast! I hope all of you have a Merry Christmas and Happy New Year!

## **"BINGO FOR BOOKS" COMING TO DASSEL ELEMENTARY**



An evening of food, fun and games is planned for Thursday, January 28th, as Dassel Elementary staff, students, and their families kick-off "I Love to Read" month. This event, co-sponsored by the Dassel-Cokato P.T.A., will be held in the Dassel Elementary small gym between 5:00 and 7:00 p.m. and will include bingo, prizes, pizza, popcorn, and beverages.

The organizers of this event are looking for books to give away as prizes. If you have any new or gently used books to donate, please send them to school with your child or drop them off at the Dassel Media Center by Friday, January 15th. We are accepting books at reading levels from pre-school through high school/adult.

We hope that every student (and perhaps quite a few adults) attending will go home with a different book to read that night. Any proceeds from the event will go towards purchase of new media center books.

Come join the Dassel Elementary staff and P.T.A. members for an evening of family fun as we celebrate reading and the impact it makes in our students' success in school and later life.

COMING SOON . . .

SSB

### Super Supportive Bystander

Ask your child about it on January 11<sup>th</sup>!  
More information will be sent home on  
January 15<sup>th</sup>.

### THIRD GRADE STORES

The third grade teachers and students would like to extend a heartfelt thanks to all parents and community members who came to support the Christmas Stores on December 18th and 21st.

Creating a store and selling the store items was particularly exciting for the kids. They were amazed at how their collective efforts could produce such fantastic results.

Every item was sold, and the third graders were able to contribute greatly to the needs of the food shelf right here in Dassel, and to Habitat for Humanity.

Once again, thanks to everyone who made this event successful!

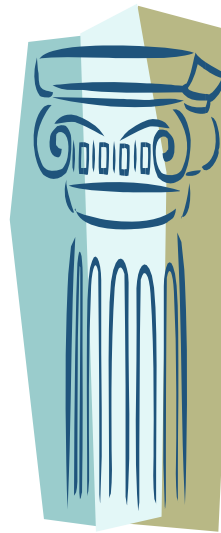


AAA

### ARTS & ACADEMICS AWARDS

We are planning to kick off our AAA program for 1-4 graders early in January. Hopefully, the students have been thinking about their entries throughout the school year and are eager to show off their skills and projects! Each year, we are impressed with the quality of the performances and work submitted for AAA. We hope to see participation continue to grow. There are a number of projects that can be completed at home during the cold winter evenings. The program timelines and dates are on a monthly calendar, which your child will be bringing home with other AAA information soon. If you have any questions, please feel free to contact your child's teacher.

### GOLDEN RULERS OF THE MONTH FOR DECEMBER



Every day of school, the students at Dassel Elementary are involved in CARE groups from 9:45 – 10:15. During this time, they have a snack and juice/milk break and are engaged in a lesson about character education. This year we are focusing on the character pillars of respect and responsibility. One of the activities we do each month is to have the students in each of the nine CARE groups select a Golden Ruler of the Month

to represent their group. They are asked to vote for a member of their CARE group who continually displays all six character pillars and demonstrates the Golden Rule: "Treat others as you would like to be treated".



The students selected for the month of December were:

**Back Row:** Brady Snyder, Makayla Nguyen, Brooke Holly, Levi Johnson, Abby Isaacson

**Front Row:** Jeb Bludorn, Ella Richards, Abigail Stertz, Jaeber Ohm



In partnership with our communities,  
Dassel-Cokato Public Schools  
will provide all learners opportunities  
designed to maximize their potential  
and promote lifelong learning.

## FROM THE VOLUNTEER CORNER...

by *Mary Neu*



Happy New Year! May your new year be filled with wonderful times with your family and friends!

Watching the students continue their journey of learning is one of the benefits of volunteering.

We have an opportunity to be a part of this learning process, so please look at your schedule and see if you can give some time to the students and staff at Dassel Elementary. We welcome your support! You can reach me at school at 286-4100 ext. 1518 or via email: mary.neu@dc.k12.mn.us.

A heartfelt thanks to the volunteers that helped with the K-2 program in December. It is so fun to hear the students and see their smiling faces as they take their turn on the stage! Before long, we will be talking about the 3<sup>rd</sup>-4<sup>th</sup> grade program in the spring!

The next big event for our students is AAA! Please start working with your student as they chose their projects and prepare for performances. Information is soon coming and we need volunteers for judging, both performances and projects, and decorating. Please call for more information about volunteering with AAA.

There are many needs here at school. Please let me know if you have an interest in helping! We can always find a spot for you!

- AAA: judges, helpers, decorating
- In-school projects
- Projects at home
- February "I Love To Read"

Welcome to the New Year and please join us in celebrating the gifts that come from children!

*"You cannot do a kindness too soon, for you never know how soon will be too late."* Ralph Emerson

## FROM THE CORNER OF THE COOKS...

by *Doris Kyllonen, Head Cook*



Warm wishes for a happy and healthy 2010 from the Rockin' Lunch Ladies!

We hope everyone had a relaxing, fun winter break with family and friends. Live, love, and laugh a lot!

Winter is here and the new year makes us more aware of our diets. We should eat healthily, which means eating from all of the food groups, an important part of keeping our bodies in good shape.

Bananas!

Bananas are the most popular fruit in America. The average person eats 33 pounds of bananas a year. That's a bunch of bananas! You might think that bananas grow on trees, but they don't. In fact, banana plants have no wood fiber. The banana plant is the world's largest herb, and is a member of the lily family. The US imports over four million tons of bananas every year. Most of these come from Central and South America, where bananas grow well because of the warm tropical sun, rich soil, and plenty of rain. Bananas are a good source of vitamin C, fiber, and potassium. A banana a day can do the body good.

We would like to take this time to thank all the kids and staff for making the first four months of cooking and serving our customers such an enjoyable time. We have loved getting to know you all better, and have enjoyed our times of chatting and laughing with you.

Enjoy your new year. We'll chat again later.



## FROM THE MEDIA CENTER...

by Pam Dille

### Graphic Novels Are Storming Their Way Into Media Centers



In the past few years, the Dassel Media Center has added several “graphic novels” to its collection. These have proven to be very popular titles, especially for readers who are a bit reluctant or delayed in acquiring grade level reading proficiency. In fact, this type of book is becoming an essential component of libraries everywhere.

As defined, a *graphic novel* is a new genre that presents an extended narrative in a continuous sequence of pictorial images printed in color (or black and white) and arranged in panel-to-panel format, with dialogue given in captions or enclosed in balloons. In a recent article published by the “National Council of Teachers of English” (NCTE), graphic novels have been recognized for some students, including reluctant readers, to be a vital stepping stone to other types of fiction and literature. Graphic novels can teach students to infer the meaning of the story as they must rely on pictures and just a small amount of text.

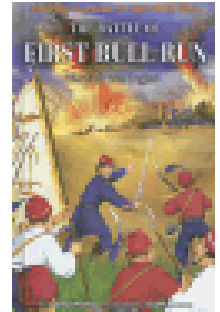
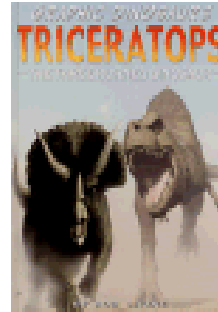
Today’s selections in graphic novels extend far beyond the typical comic book. From a content perspective, these books are all over the topical spectrum. They include graphic formats of popular fiction, such as “Nancy Drew”, “Hardy Boys”, or “Baby-Sitters Club.” Other graphic novel series tell stories from classic literature which includes *Kidnapped*, *White Fang*, or *Gulliver’s Travels*. Non-fiction titles include science books on dinosaurs and history topics which include everything from the Jamestown colony to the Apollo 13 mission or biographies on famous Americans. Last but not least, there are still the ever popular Charlie Brown, Garfield or Calvin and Hobbes books.

Some critics say the time has now come for one of these books to win the coveted Caldecott Medal for the best illustration in children’s books. They certainly meet the criteria of providing “a visual experience for the child reader.”

Sources:

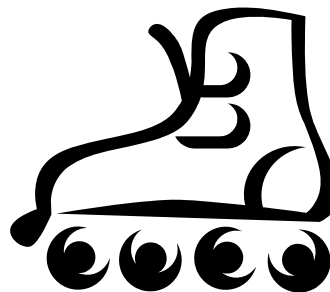
[http://www.education.wisc.edu/ccbc/books/graphic\\_novels.asp](http://www.education.wisc.edu/ccbc/books/graphic_novels.asp)

[http://lu.com/odlis/odlis\\_g.cfm](http://lu.com/odlis/odlis_g.cfm)



## FROM THE PHYSICAL EDUCATION TEACHER...

by Patti Jo Erickson & Amanda Berg



Happy New Year! It is that time of year again to make New Year’s Resolutions. We all know the old stand-bys such as losing weight or quitting a bad habit. This year, make your New Year’s Resolutions be about bringing your family closer. Perhaps plan family game nights, schedule time outdoors together, or hang an “exercise” and “fruit and vegetable serving” checklist on the refrigerator for everyone to use. Don’t forget to encourage each other and celebrate success.

The much anticipated Skating unit for grades 2-4 is scheduled for mid January. We require ALL students to wear helmets and protective gear. The school is well equipped thanks to grants and funds from Box Tops, but it is very helpful if students bring their own helmets. The helmets your child received from the Bike Rally last year would be perfect provided it still fits and hasn’t been in a crash. Don’t hesitate to call extension 1534 with questions.

Dassel-Cokato

**PTA**

everychild.one voice.®

The mission of the Dassel-Cokato PTA is to foster communication between schools and families as well as supporting children in their work of learning. The Dassel-Cokato PTA hopes to create a collaborative effort with the schools, community, and parents/guardians to ensure a quality, well-rounded education for the children in the D-C area.

Why should you become a PTA member? Being a PTA member will allow you to:

- Be connected and informed about school through PTA involvement & Advocacy
- Influence decisions that affect your child's learning
- Become more informed about topics that affect our children and their schools
- Receive personal copies of school board minutes and agendas
- Meet other great community members

Being a member of the PTA **DOES NOT** mean:

- You do not have to attend every meeting
- You will not be made to volunteer many hours
- You will not be doing constant fundraising

### Upcoming Meeting:

Note - Our regular meetings take place in the high school media center on the first Thursday of every month from 6:30-8:00.

**Thursday, January 7<sup>th</sup> 6:30-8:00 in the high school media center.** The topic for this meeting will be a school board update. We will hear about any topics that the school board has been working on and will be open for questions.

If you have a topic that you would like the PTA to address at a meeting, please let us know!

If you have any question about the upcoming meetings or would like to simply talk to someone about PTA, please contact our Membership

Committee Chair, Tonia Olsen at 275-3275. You may also write or email at:

Dassel-Cokato PTA  
P. O. Box 632  
Dassel, MN 55325  
chargerpta@yahoo.com



### MEET A NEW STAFF MEMBER

Gwen Rien



Gwen Rien joins our staff at Dassel elementary as a special needs paraeducator. Gwen was born and raised in Cokato. She and her husband, Dave, have six children, who have all been in the Dassel-Cokato school system.

Gwen has always loved retail sales and crafts. For several years her family owned and operated their own craft business in Cokato as well as having stores in several towns in the 5 state area.

Other interests she has are cooking; especially for her family, reading; attending concerts; and continuing to make crafts as a hobby. Gwen was also a paraeducator in Cokato Elementary and is excited to join our staff here at Dassel.



### CLOTHING



cooperation.

As our weather gets colder outside and snow is on the ground, it is important that children dress for the weather. Students should have snow pants, coats, hats, gloves, and boots to play outside at recess. Thank you for your

## COMMUNITY EDUCATION PROGRAM WINTER ACTIVITIES

To find out more about the classes listed below  
or to register: call by phone: 320-286-4120 or  
go online: [www.dc.k12.mn.us](http://www.dc.k12.mn.us) click on  
Community Education

### BASKETBALL - K-3



All boys and girls in K-3 are encouraged to come and have fun in this recreational basketball program. This program will give participants the opportunity to play and learn the basic skills of basketball in a fun, safe, and encouraging environment. These young ball players will also have the opportunity this season to perform during the half-time of a home varsity basketball game. ***Returning ball players remember to bring your blue/white basketball to every practice, new players will receive a ball at the first practice.***

#### Activity #5129

Gr. K-1, 8:00-8:50 a.m., Fee: \$40

#### Activity #5130

Gr. 2, 9:00-9:50 a.m., Fee: \$40

#### Activity #5131

Gr. 3, 10:00-10:50 a.m., Fee: \$40

6 Saturdays Jan. 9-Feb. 13

Location: Dassel Elementary Large Gym



### BASKET BALL - Gr. 4

In this program boys and girls will focus on the fundamentals of basketball for the first 4 sessions and do inter-league play (3 on 3 or 5 on 5) for the last 3 sessions. There will also be possible tournament opportunities in January/February for these players (extra cost TBD). These young ball players will also have the opportunity this season to perform during the half-time of a home varsity basketball game.

#### Activity #5132D

Gr. 4 Boys, 11:00-12:00 noon, Fee: \$40

#### Activity #5132C

Gr. 4 Girls, 11:00-12:00 noon, Fee: \$40

7 Saturdays, Jan. 9-Feb. 20

Location: Dassel Elementary Large Gym



### GYMNASTICS - Gr. 2-6



*Instructor: Lindsey Bessingpas*  
Jump, twist, turn and tumble in the D-C Charger Gymnastics gym this winter. Gymnasts will have the opportunity to develop skills on the balance beam, uneven bars, and on the floor exercise. Class size is limited to 6 per session— so sign up early!

#### Activity #5162 - Gr. 2-3

Tuesdays & Thursdays, Feb. 2-18

6:10-7:00 pm – MS Gym, Door I

Fee: \$42

#### Activity #5163-Gr. 4-6

Tuesdays & Thursdays, Feb. 2-18

7:00-8:00 pm – MS Gym, Door I

Fee: \$49



### IMAGINATION STATION - Gr. K-2

*Homeward Bound Theatre*



Do you like acting and pretending to be someone else by changing your voice, facial expression or the way you walk? Join us for some fun

theatre exercises and games. Have fun using your imagination while expanding your favorite story.

#### Activity #2250A

Thursdays, Jan. 28, Feb. 4, 11 – Dassel El.

3:15-4:45 PM – DE Lunch Room

Fee: \$39

#### Activity #2250B

3 Thursdays, Feb. 25, March 4, 11 - Cokato El.

3:15-4:45 p.m. – Lg. Gymnasium

Fee: \$39

## FRIDAY NIGHT OUT - Gr. 1-6



*A night just for kids and their friends!*  
FRIDAY NIGHT OUT is a special night for kids in first through sixth grade. Children will spend their evening swimming in the pool, doing a project or playing games and

relaxing at an evenings end with a movie and a snack. Parents will have time to catch up on shopping, cleaning, playing or simply relaxing. Maximum 50

### Activity #3008D

Friday, January 22 – 6:30-10:00 p.m. –

Movie to be shown: *Shark Tale*

Location: Meet in the MS Commons, Door I

Fee: \$9 per session – Pre-registration is required.

Registration Deadline: 1 week prior to each event



## ADULT ENRICHMENT OPPORTUNITIES THROUGH COMMUNITY EDUCATION

The following upcoming courses are offered through Community Education. Please call 320-286-4120 for a Winter/Spring Brochure or for more information or visit us online at [www.dc.k12.mn.us/commed](http://www.dc.k12.mn.us/commed)

### Core Conditioning:-

Mondays, Jan. 11 – March 15, 4:00-4:30 pm, \$ 18

### Basic Step Xpress:

Mondays, Jan.11 – March 15, 4:45-45:15 pm, \$ 18

### Yoga:

Mondays, Jan. 11 – Feb. 22, 6:00-7:00 pm, \$33

### Exercise Fundamentals Workshop:

Monday, Jan. 25, 5:30-6:30 pm, \$5

### Adult TaeKwonDo:

Mondays, Tuesdays and Thursdays, 7:40-8:40 pm, \$60/mo.

### Weight Loss...If You're Ready:

Mondays, Jan. 18 – Feb. 22, 6:30-8:00 pm, \$40

### Asian Cooking:

Saturday, Jan. 16, 9:00-11:30 am, \$25

### What's for Supper?

Thursday, Jan. 21, 6:30-8:00 pm, \$7

### Essential Oils:

Tuesday, Jan. 19, 7:00-8:30 pm, \$15

### Organizing 101:

Monday, Jan. 25, 7:00-8:30 pm, \$18

### Good Neighbor Law:

Thursday, Jan. 28, \$7/family

### CPR:

Monday, Feb. 1, 6:30-9:30 pm, \$35

### Woodworking:

Monday, Feb. 1, 7:00-9:00 pm, \$50

### Instructor-Facilitated Online Courses:

Choose from more than 250 classes! Visit [www.ed2go.com/dc](http://www.ed2go.com/dc)



## UPCOMING ARTS ASSOICATION EVENTS



For more information or for tickets please contact Dassel-Cokato Community Education at 320-286-4120 or

[www.dc.k12.mn.us/pac](http://www.dc.k12.mn.us/pac)

### A Dassel-Cokato

### Community Theatre production

### *The Diary of Anne Frank*

Directed by Jon Benson

Friday, March 19 at 7:30 pm

Saturday, March 20 at 7:30 pm

Sunday, March 20 at 2:00 pm

Thursday, March 25 at 7:30 pm

Friday, March 26 at 7:30 pm

Saturday, March 27 at 7:30 pm

Tickets: Adults \$15, Student \$8 (includes dessert)

Location: Universal Lab Museum, Dassel

Member ticket sales: February 11 & 12

Public ticket sales begin: February 16

An impassioned drama about the lives of eight people hiding from the Nazis in a concealed storage attic. This production is co-produced by the Dassel-Cokato Arts Association and Dassel-Cokato Community Education.

## Dassel-Cokato Community Theatre

### Auditions

Auditions will be held on Thursday, January 28, 6:30 pm and Sunday, January 31, 2:00 pm at the Universal Lab Museum. Questions may be directed to Jon Benson at 320-275-3931 or [JonLBenson@yahoo.com](mailto:JonLBenson@yahoo.com) . Interested set builders can contact Colleen Compton at 320-286-4120 or [Colleen.Compton@dc.k12.mn.us](mailto:Colleen.Compton@dc.k12.mn.us)

### Celebration Showcase

### Valentine's Day Fundraiser for the Dassel-Cokato Arts Association

Sunday, February 14 at 3:00 pm  
Tickets: Adults - \$12, Youth - \$5  
Reserved Seating at the PAC  
Member ticket sales: January 7 & 8  
Public ticket sales begin: January 11

Enjoy a variety show featuring local entertainers! Non-profit arts associations rely on memberships, sponsorships and fundraisers such as this to continue to bring you quality entertainment at affordable prices!

### Auditions for the Celebration Showcase

Do you have a special talent you would like to share with the community? Entertainment possibilities include music, dance, comedy, magic, juggling, silly pet tricks or whatever you would like to showcase -- the possibilities are endless! If you or a group of friends wish to donate your time and talents to help support the Dassel-Cokato Arts Association, please register for either date below:

Saturday, January 23, 7:00 pm

OR

Sunday, January 24, 2:00 pm

Dassel-Cokato Performing Arts Center

Register for auditions by calling Jon Benson at 320-275-3931 or Colleen Compton (days) at 320-286-4120 or if you have any questions or are unable to attend either of the audition dates.



## THIRD GRADE BOOK CLUB



The most recent third grade book club students read three stories about stray dogs. Following the stories, they had special visitors come to Dassel Elementary.

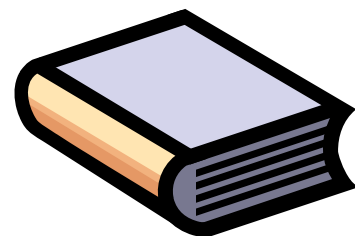
Ms. Deb Lipinski is a volunteer at the Heart of Minnesota Animal Shelter in Hutchinson. She brought a friendly, furry friend from the shelter to meet the students.

Ms. Lipinski shared how the animals come to the shelter, what is done when they arrive, and how the adoption process works at the shelter.



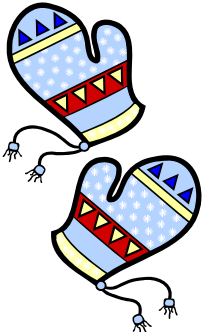
She also answered questions about what the volunteers do at the shelter, how to approach a dog safely, and tips on what to do if the students ever see a stray dog in their neighborhoods.

The students enjoyed petting "Saul" from the shelter and were happy to receive a new pencil and coloring sheet donated by the shelter.

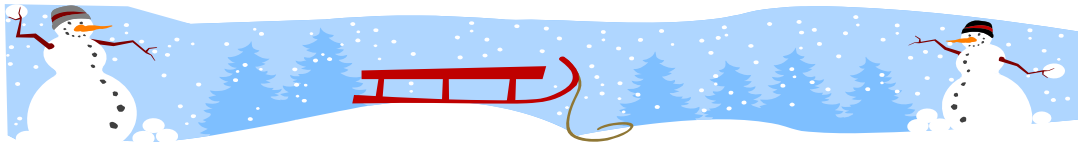
If your family is looking for a new pet, consider checking out all the furry faces looking for a good home at the local shelters!



# CALENDAR OF EVENTS

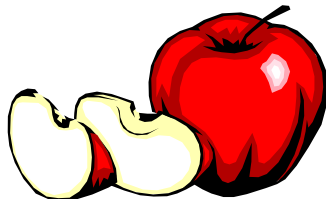
2010		JANUARY						2010	
SUN	MON	TUES	WED	THURS	FRI	SAT			
					<b>1</b>  <b>Winter Break</b>	<b>2</b>			
<b>3</b>	 <b>Classes Resume</b>	 <b>AAA Kick-Off Grades 3 &amp; 4</b>	<b>6</b> <b>AAA Kick-Off Grades 1 &amp; 2</b>  <b>Dairy Queen Night</b> 5:00-8:00 P.M. Mr. Lingl's 4 <sup>th</sup> Grade Classroom	<b>7</b>  <b>PTA Meeting at the High School Media Center</b> 6:30-8:00	<b>8</b>	<b>9</b>			
<b>10</b>	<b>11</b>	<b>12</b>  <b>2<sup>nd</sup> Grade Field Trip to Cokato Museum</b> 12:30-2:45	<b>13</b> 	<b>14</b>	<b>15</b> 	<b>16</b>			
<b>17</b>	<b>18</b> <b>NO SCHOOL</b>  <b>Teacher Planning/Staff Development</b>  <b>No STARS</b>	<b>19</b>	<b>20</b> <b>AAA Contract Due</b>  <b>Dairy Queen Night</b> 5:00-8:00 P.M. Ms. Silverberg's 1 <sup>st</sup> Grade Classroom	<b>21</b> 	<b>22</b>	<b>23</b>			
<b>24/31</b>	<b>25</b>	<b>26</b>  <b>STARS ski trip at Powder Ridge in Kimball</b> 3:00-7:30	<b>27</b>	<b>28</b>  <b>BINGO FOR BOOKS Night</b> 5:00-7:00	<b>29</b>	<b>30</b>			

# DASSEL ELEMENTARY BREAKFAST MENU

2010		JANUARY			2010	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
				<b>1</b> <b>Winter Break</b>		
<b>4</b> Cereal Granola Bar Fruit Juice	<b>5</b> Waffle Sticks Sausage Link Fruit Sauce	<b>6</b> Cereal Cinnamon on Toast Fresh Fruit	<b>7</b> Breakfast Pizza Fruit Juice	<b>8</b> Cereal Muffin Fresh Fruit		
<b>11</b> Apple Sticks Cheese Stick Fruit Juice	<b>12</b> Cereal Cinnamon Stick Fruit Sauce	<b>13</b> Breakfast Bites Cheese Slice Fruit Sauce	<b>14</b> Cereal Yogurt Fruit choice	<b>15</b> Omelet Toast Fruit Juice		
<b>18</b> <b>NO SCHOOL</b> Staff Dev. Day	<b>19</b> Pancakes/Syrup Sausage Link Fruit Juice	<b>20</b> Cereal Cheese Slice Fruit Sauce	<b>21</b> Breakfast on a Stick Toast Fruit Sauce	<b>22</b> Cereal Granola Bar Fruit Juice		
<b>25</b> Cereal Granola Bar Fruit Juice	<b>26</b> Breakfast Pizza Fruit Sauce	<b>27</b> Cereal Cinnamon Toast Fruit Choice	<b>28</b> Waffle Sticks Sausage Link Fruit Juice	<b>29</b> Cereal Muffin Fruit Choice		

½ pint milk served with each meal

## ANTICIPATED FAMILY FOOD COST FOR THE MONTH OF JANUARY



### Grades K-4:

Breakfasts:           19 days x \$ 1.00 = \$19.00  
 Regular Lunches:   19 days x \$ 1.50 = \$28.50  
 Reduced Lunches:   19 days x \$ .40 = \$ 7.60  
 Extra milks = 35 cents

Please write your child's first and last name on the check or envelope to ensure proper credit to the account. We welcome you to join your child for a meal!

# DASSEL ELEMENTARY LUNCH MENU

2010		JANUARY			2010	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
				<b>1</b> <b>Winter Break</b>		
<b>4</b> Pizza Seasoned Corn Bread Slice Fruit Sauce	<b>5</b> Country Fried Steak Mashed Potatoes Gravy Seasoned Carrots Tea Biscuit Fresh Fruit	<b>6</b> Chow Mein with rice Noodles Cole Slaw Pineapple & Mandarin Oranges Fortune Cookie	<b>7</b> Chicken Sandwich Potato Smiles Seasoned Green Beans Fresh Fruit	<b>8</b> Chili Cheese Stick Cinnamon Roll Veggie Sticks Fruit Sauce		
<b>11</b> French Toast Sticks Sausage Links Tri Tater Oranges Slices Juice Choice	<b>12</b> Hamburger with fixings Oven Fries Mixed Vegetables Fresh Fruit	<b>13</b> Super Nachos with fixings Seasoned Corn Bread Choice Fresh Fruit	<b>14</b> Baked Chicken Mashed Potatoes Gravy Calif. Blend Veg. Dinner Roll Fruit Sauce Cookie	<b>15</b> Grilled Cheese or Tuna Sandwich Tomato Soup Crackers Veg. Relishes Fresh Fruit		
<b>18</b> <p style="text-align: center;"><b>NO SCHOOL</b> Staff Dev. Day</p>	<b>19</b> Chicken Nuggets AuGratin Potatoes Seasoned Peas Bread Choice Fruit Sauce	<b>20</b> Corn Dogs Oven Fries Broccoli with Cheese Bread Choice Fresh Fruit	<b>21</b> Pizza Seasoned Corn Bread Choice Fresh Fruit Cake	<b>22</b> Sub Sandwich Potato Rounds Vegetable Relishes Fresh Fruit		
<b>25</b> Hot Dog/Bun Potato Choice Baked Beans Sauerkraut Fruit Sauce Choice	<b>26 Bag Lunch</b> Hot Ham & Cheese Bag of Baked Chips Carrot Paks Fresh Fruit	<b>27</b> Chicken Strips Mac & Cheese Seasoned Peas Bread Choice Fresh Fruit	<b>29</b> Pizza Sticks Lettuce Salad Bread Choice Fruit Sauce	<b>30</b> Sloppy Joes on a bun Oven Fries Green Beans Bread Choice Gelatin Fruit Sauce		

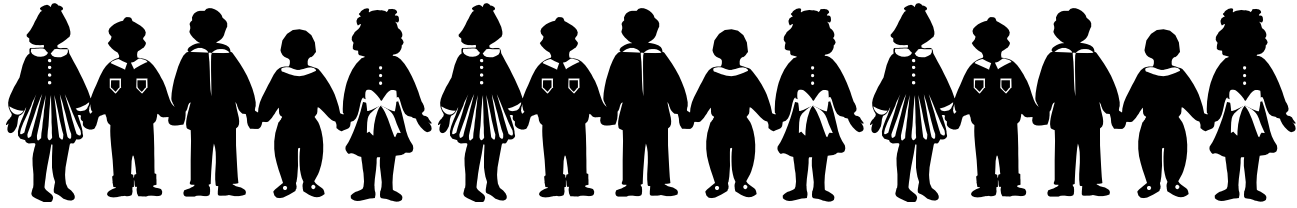
In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Washington DC 20250.

**½ pint milk will be served with each meal --- An additional bread item will be offered with each meal.**



# REPORT TO PARENTS

## Respecting Each Other



There's a song from the musical *South Pacific* that states, "you've got to be taught to hate and fear...." As the lyrics illustrate, children **learn** to be intolerant – they don't do it naturally. Therefore, children need to be taught and reminded that they shouldn't judge others based on stereotypes or outward characteristics (*i.e.*, an accent, a style of dress, or skin color). While teachers and principals try hard to address these issues, the lessons of diversity and respect must be reinforced at home. Children believe what they live and see. So it is up to us, as adults, to make sure they learn to be kind to one another.

**Talk about stereotypes:** Webster's dictionary defines stereotype as "a... mental picture that ... represents an oversimplified opinion...." Children need to understand what this means and the impact it has on our perceptions. Discuss stereotypes with your child. Explain the importance of thinking of people as individuals, rather than making assumptions about the groups they may belong to. Explain that stereotypes aren't just about race or religion, but anything that might be assumed about a group. Help children understand that even when they think a stereotype is positive (*i.e.*, girls can cook or tall people are good at basketball), it is still a generalization and is discriminatory.

**Point out stereotypes:** Usually children need concrete examples to understand difficult topics. When you're watching TV or music videos with your children, point out examples of stereotypes (*i.e.*, smart kids wear glasses or athletes are popular), then talk about why it's unfair to think about people this way.

**Get reactions:** Ask your children how they would feel if they didn't get ice cream because of their eye color or couldn't go shopping because of their gender. Talk about your child's feelings and reactions. If your child has ever been the victim of

a stereotype, explore the stereotype and discuss how it made your child feel. Share your experiences with stereotypes, too.

**Don't tell ethnic or stereotypical jokes:** Make a family rule – no one is allowed to tell or laugh at racial, ethnic, or stereotypical jokes. Set an example by standing up against such humor when you encounter it, by saying: "I'm sorry, but I don't find those kinds of jokes funny." Then explain why that kind of humor hurts people's feelings.

**Broaden their knowledge:** Introduce books, videos, and games in which the main characters are from different races, religions, and nations. This helps open discussions and gives your child a good education about the world.

**Try something new:** Attend fairs, festivals, exhibits, and other events celebrating different cultures. At these events, you will not only try new foods, hear new music, and learn about other cultures, you will also have fun as a family,

**Be a role model:** Your actions mean more than any discussion. Show your children how to live a life that respects others and avoids stereotyping.

**We are not all the same:** Don't teach your children that everyone is the same because children know it's not true. There are obvious differences, like skin color, hair color, size, or clothing style. There are also those that are not as visible, such as religion or country of origin. The key is to teach your children to respect people of all backgrounds, and to never make assumptions about people based on how they look or what group they belong to.

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