

# Shadeville's Parent Newsletter

Florida D.O.E. designated "A" school

2017

**Shadeville Elementary**  
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Crawfordville, FL 32327  
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**Susan Brazier**  
Principal  
**Louis Hernandez**  
Assistant Principal



## **HAPPY MOTHER'S DAY**

**MAY 14TH**

## **KINDERGARTEN'S MOTHERS DAY TEA**

**MAY 12TH**

**1:30 PM**



## Kindergarten Registration

Begins in May

Shadeville Office Hours: 8:30 am - 4:00 pm

Thank You !!

To our many wonderful Volunteers

For all you did this year to support

Shadeville's students, faculty and staff !

We appreciate the time and talents you shared with us !



## FIFTH GRADE HAPPENINGS

MAY 5: WILD ADVENTURES FIELD TRIP

MAY 9: BRAIN BRAWL MEET AT 2:00 PM

MAY 15: RMS 5TH GRADE ORIENTATION &

PARENT NIGHT AT 6:30 PM

MAY 19: KICKBALL & TAILGATE PARTY

MAY 26: FIFTH GRADE GRADUATION AT 9:15 AM



## Important Dates

May 2nd & 3rd : 5th grade FCAT Science

Testing begins promptly at 9:15 am

May 8 - 12: Scholastic Book Fair

May 11: Parent Night at 6:30 pm

May 25: Awards Assembly for 1st - 4th grades

Early Release at 1:25 pm

May 26: Last day of school / 5th grade graduation

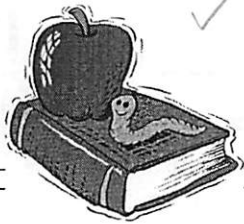
## **Shadeville Yearbooks**

**are on sale**

**\$12.00**

**Delivery in May**





# Parents in the Know

## Focus on Health

### Healthy Habits

It is your job to help your child develop good health habits. The American Heart Association recommends the following 10 things:

1. **Be a healthy role model.** Children learn from example.
2. **Get on the move.** Make sure that everyone in your family stays active daily.
3. **Limit screen time.** Keep track of how much time your child spends in front of the TV, computer, or video games. Set healthy limits.
4. **Make exercise fun.** Get your child in an activity that he enjoys. He is more likely to stick with it.
5. **Offer encouragement.** Be your child's biggest cheerleader!



6. **Set goals and limits.** It is important for your child to learn to set exercise and activity goals while learning to limit unhealthy foods and activity.
7. **Food is not a reward.** Find a healthy way to reward your children. Extra play time is a great idea.
8. **Eat together.** Having dinner together as a family is a wonderful way to bond, ensure healthy eating habits, and lets you spend time together. Make it a priority.
9. **Read the labels.** Know what is in the foods you are eating. Teach your child to read the labels also.
10. **Be involved.**

**Based on:** "Top 10 Ways to Help Children Develop Healthy Habits", American Heart Association, <http://www.americanheart.org/presenter.jhtml?identifier=3030485>

### Outdoor Fitness

Many children today don't even know what to do when you tell them to go outside and play. Some classic games to teach your children to play outside include:

- \* Hopscotch
- \* Tag
- \* Hide-And-Seek
- \* Shadow Tag
- \* Kick the Can
- \* Jump Rope
- \* Kickball
- \* Jacks
- \* Marbles
- \* Four Square
- \* Duck, Duck, Goose
- \* Croquet
- \* Blow Bubbles
- \* I Spy

### Healthy Recipes

Make eating and staying healthy fun for your child with these easy recipes you can do with your child.

#### Ants on a Log

5 celery stalks  
1/2 cup peanut butter  
1/4 cup of raisins

1. Cut celery stalks into logs
2. Fill with peanut butter
3. Add raisins for ants

#### Apple Smiles

Apple  
Peanut Butter  
Mini Marshmallows

1. Cut apples into wedges
2. Add peanut butter to 1 side of 2 wedges
3. Add marshmallows
4. Top with another wedge

\* **Warning:** Always make sure that you are aware of any food allergies when cooking with a child. These recipes include nuts.

### What Research Says



There are many benefits from physical activity. Children who are active have less chance of becoming overweight. Active children also are less likely to develop type 2 diabetes, high cholesterol, or high blood pressure. Activity increases a child's self-esteem, and reduces the chance of having problems with depression and anxiety. Exercise increases a child's bone strength, muscles, and attention. So, get out there and move with your child!

**Based on:** "Keeping Kids Healthy and Fit: Motivating Kids to Get Fit", PBS Parents, <http://www.pbs.org/parents/special/article-motivatetomove.html>