

**GREETINGS FROM COOLIDGE SCHOOL**

*March 19, 2015*

[www.shrewsbury-ma.gov/schools/coolidge](http://www.shrewsbury-ma.gov/schools/coolidge)



Dear Families,

It's my great pleasure to share with you a special opportunity Coolidge students will experience in the cafeteria today. Essentially as a result of a partnership between Shrewsbury Youth and Family Services, our own Food Service Department and the Reliant Medical Group Foundation our students learn all about healthy eating today.

Please see the letters that follows for more information.

Sincerely,

*Amy*



*240 Maple Avenue  
Shrewsbury, MA 01545-2655  
Ph: 508.845.6932  
Fax: 508.845.7264*

March 17, 2015

Dear Parents/Guardians,

SYFS is pleased to partner with the Shrewsbury Public School District and Reliant Medical Group Foundation to promote a nationally recognized child obesity prevention program, **5-2-1-0 Let's Go!** This program is designed to promote healthy eating and active living for children and teens. The **5-2-1-0** message is to encourage a daily habit of eating **5** fruits and/or vegetables, using **2** hours or less of screen time, getting **1** hour of physical activity and to drink **0** sugary drinks.

On Thursday March 19, 2015, staff from SYFS will be in the cafeteria during lunch at Coolidge Elementary to promote the 5-2-1-0 message. Food service will have mango fruit to sample to help students explore new fruits. The school nurse will be there to watch for students with mango allergies. We ask that you alert the school nurse if you have any concerns about food allergies and to speak to your child.

SYFS staff will also provide coloring pages, stickers and have a raffle for health related prizes. There are a few handouts to help you further promote the 5-2-1-0 message with your family. You may also visit [www.lets-go.org](http://www.lets-go.org) for more information

Please feel free to contact me should you have any questions or concerns.

Sincerely,

A handwritten signature in black ink that reads 'Terry Cassidy'. The signature is written in a cursive style and is enclosed within a thin black rectangular border.

Terry Cassidy, LICSW  
Executive Director

**Strengthening Shrewsbury's Families Since 1983**  
Agency Email: [SYFS@townisp.com](mailto:SYFS@townisp.com) ■ [www.syfs-ma.org](http://www.syfs-ma.org)

# Fun Ways to Be Physically Active



Being a kid and being active is fun! Think of all the ways you like to be active in school, home, on vacation, at a friend's house, with your family. Getting an hour of physical activity a day is not problem when you take advantage of all the ways you can be active and have fun.

Here are some things you probably already enjoy that count as physical activity. Do you do any of these? Check the box if you do to remind you what you like when you feel like you're out of ideas.

- |   |  |
|---|--|
| <input type="checkbox"/> Ride your bike                   | <input type="checkbox"/> Practice karate                     |
| <input type="checkbox"/> Walk to school                   | <input type="checkbox"/> Play hopscotch                      |
| <input type="checkbox"/> Go out at recess and play        | <input type="checkbox"/> Go swimming                         |
| <input type="checkbox"/> Skateboard with your friends     | <input type="checkbox"/> Play tennis                         |
| <input type="checkbox"/> Play basketball                  | <input type="checkbox"/> Go to the park                      |
| <input type="checkbox"/> Jump rope                        | <input type="checkbox"/> Play softball, or baseball          |
| <input type="checkbox"/> Dance with your friends          | <input type="checkbox"/> Play soccer or kickball             |
| <input type="checkbox"/> Walk the dog                     | <input type="checkbox"/> Play catch with a ball or a frisbee |
| <input type="checkbox"/> Take a hike in your neighborhood | <input type="checkbox"/> Take a dance or gymnastics class    |

Come up with a game plan for getting your at least one hour of physical activity every day. Write down some activities you like to do (consult the list above if you can't come up with anything!); decide how many minutes you'll spend on each activity and see how quickly it can add up!

NAME OF ACTIVITY	# OF MINUTES

Adapted from <http://www.fcs.uga.edu/ext/efnep/pubs/active.pdf>

**Get up! Get out!**  
**Get at least an hour of physical activity.**  
**Make sure it's fun!**



# Step Away from the Screen!

## Ways to Shake Up Your Routine

It's hard to cut back on screen time when you're used to turning to the TV or computer for entertainment; we know! Here are some great ways to figure out other things and other ways you can spend your free time. Good luck!



**Mom! Dad! I'm bored...**

*What parents can do when they hear this - instead of turning on the TV or computer.*

Role model, role model, role model. Don't use the TV or computer excessively. Let your kids see you turn off the TV and turn to them for a fun activity!

Do not put a TV or computer in your child's bedroom. It's too tempting!

Start a list of things that you and your family can do together that doesn't involve a screen — tack it to a bulletin board or stick it on your fridge where you can see it easily (and add to as ideas come).

Make certain days or times screen-free e.g. no TV or video games on school nights, or "No TV Tuesday".

Discuss and enforce your rules around screen time. Set limits and stick to them!

Talk about it in a positive way. Instead of "turn off the TV," say "instead of watching TV right now, let's go on a nature hike." Offer fun options instead of just saying no.

When the TV is on, sit down and watch with your kids. Talk to them about the shows they like. Schedule shows to watch that the whole family will enjoy!

Remember: boredom most often leads to creativity. Stick with it and see what great things come from limiting screen time to two hours or less!

### Some Indoor Alternatives to Screen Time:

- Dance to your favorite music; let the kids DJ
- Set up an indoor obstacle course
- Keep a balloon aloft as long as you can
- Create a family art project
- Teach everyone a new game and play it

### Some Outdoor Alternatives to Screen Time:

- Organize a neighborhood scavenger hunt
- Take a walk with your family
- Ride your bike to the nearest playground
- Play catch with friends and/or family
- See how many jumping jacks you can do

**Step Away from the Screen!**  
**Shake Up Your Routine!**

Adapted from the LIVE OUTSIDE THE BOX Toolkit  
from the King County Overweight Prevention Initiative



# Healthy Kids' Snacks

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets — depending on the choices we offer. Next time your children say, "I'm hungry," or if you need to get them through to the next meal, reach for one of these healthy snacks.



## Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Popular vegetables that can be served raw with dip or salad dressing include:

- Broccoli
- Baby carrots
- Celery sticks
- Cucumber
- Peppers
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Yellow summer squash
- Zucchini slices

**For dips:** Try salad dressings such as nonfat ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.

## Low Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods are low fat or nonfat.

- Yogurt
- Lower fat cheese
- Low fat pudding and frozen yogurt — Serve only as occasional treats because they are high in added sugars.

## Fruit

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew melon
- Kiwifruit
- Mandarin oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears

*(continued on other side)*

## **Important Upcoming Dates:**

**Thursday**            **March 19 Trimester 2 ends**  
Tuesday            March 31 Special State Election  
**Monday**            **April 6, Report Cards go home**  
Thursday            April 16, PTO Meeting, 7 pm in the Media Center

### **PARCC Assessment Dates (PARCC replaces MCAS starting this year.)**

#### **Grade 3**

##### English Language Arts

March 23, March 24 and March 27

##### Math

March 30 and March 31

#### **Grade 4**

##### English Language Arts

March 25, March 26, and March 27

##### Math

April 1 and April 2

### **End of Year Assessment**

#### **Grade 3**

##### English Language Arts

May 11

##### Math

May 13 and May 14

#### **Grade 4**

##### English Language Arts

May 12

##### Math

May 18 and May 19

### ***A Note from the Nurse***

I'd like to encourage all our students to drink water throughout the day. Water is one of the body's most essential nutrients. Water impacts every part of our body. It helps keep our body temperature regulated, it lubricates our joints and it maintains body tissues including our eyes, mouth and nose. The amount of water a child needs depends on many factors such as age, weight, air temperature, activity level and overall health. Adequate water intake has a direct impact on our gastrointestinal tract and can greatly improve things for children prone to constipation. Please help our children make drinking water a regular part of their day by sending in a water bottle.

Katie Zimmermann RN, BSN, NCSN  
School Nurse

FYI

### 1. **Congratulations, Coolidge artists!**

Smita Bhogle (in Grade 4), Rachel Lineman (Grade 2), and Jacob Callahan(Grade 1) have their art displayed at the Worcester Art Museum for Youth Art Month!

We are very excited to be participating again this year, as last year Worcester did not host Youth Art Month. We are also very proud that Shrewsbury is so well represented in the show.

Check it out: the exhibit runs from now until March 30<sup>th</sup>.

### 2. **Attention 4th Grade Parents: 4th Grade End of Year Ceremony Meeting - Thursday March 26th.**

There will be a meeting regarding the 4th grade End of the Year Completion Ceremony. Parents of fourth graders whom are interested in helping out with this event can join us on Thursday, March 26th at 3:30 in Miss Finneran's Room on the 3rd floor.

### 3. **Shrewsbury Road Scholars 5K and 1-Mile Fun Run**

Who is up for the challenge of participating in the Shrewsbury Road Scholars 5k/Fun Run?? Both the mile race and the 5K race start at 12pm on Sunday, April 12th at Oak Middle School. The registration form is on the SPS website. For more information, visit: [www.shrewsburyroadscholars.org](http://www.shrewsburyroadscholars.org) Hope to see you there!

# PTO INFO

March 17, 2015

#### PTO NEWSFLASH

**Email:** [ptocoolidge@shrewsbury.k12.ma.us](mailto:ptocoolidge@shrewsbury.k12.ma.us)

**Blog:** <http://coolidgepto.wordpress.com/> The PTO has created a blog as an additional resource for information and notices. Come check it out!

**Facebook Group:** "Calvin Coolidge PTO" <http://www.facebook.com/groups/coolidgepto/> All parents, guardians, and staff are welcome to join our group on Facebook. It's a great place to chat with the community or ask a question.

**Direct Donation:** <https://npo.justgive.org/coolidgepto> There are many ways to help support the PTO, a direct donation is just one.

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*In this issue:*

- 1. Spring Fling Donations**
- 2. BOXTOPS, Labels for Education, Coke and Kellogg Rewards**

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**1.ATTENTION ALL COOLIDGE FAMILIES:** This is our third week of collecting for the Spring Fling raffle baskets, and we are seriously lacking donations. Please consider donating an item or \$5. This is our most popular event, complete with ice cream, bingo, and raffle baskets. We can't fill the baskets without the donations from you.

2. As always, please keep the BOXTOPS, Labels for Education, Coke Rewards, and Kellogg's Rewards coming. Your trash is Coolidge ' s treasure!

*To include news about your committee, fundraiser or PTO event in future newsflashes, please e-mail your submissions to Kristie Biando at [kbiando74@gmail.com](mailto:kbiando74@gmail.com)*