

March 3, 2020

Estelle School News

One Band, One Sound, One School, One Score

"To become a high performing "A school"

To create an environment in which all teachers, staff members, and community stakeholders work collaboratively to ensure all students achieve success to become positive contributors in our society.



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Administrative Message

Annual state testing is fast approaching for the month of April. Benchmark 3 district testing will begin on March 9, 2021. Parent Teacher Conferences will occur during the week of March 22-26. More information regarding Parent Conferences will be forthcoming from your child's teacher. Report cards will be issued on Thursday, March 25.

February Recap...

We blinked and it seems February was gone. We had a Dollars for Scholars drive to raise money for a very good cause. On February 12, 2021 we had a Dollars for Scholars dress down. Thank you to all participants. Mardi Gras Break was from February 15th-19th. Our break was very different this year. I hope everyone enjoyed their time off. Interim reports went home on February 23rd. Our students are buckling down and preparing for State testing in April.

Reminders...

Students should arrive no later than 7:20am. At 7:21am students are considered tardy. If students are dropped off, they should be dropped off at riders gate. Please be sure to follow flow of traffic in the rider's gate line. Please do not block driveways. A rider's gate pass is not needed to drop students off, only to pick students up in the evening. Only tardy students should be brought into the office in the morning. Please do not drop your child off in the parking lot. Please do not schedule any appointments during testing. Face masks are part of the uniform, please make sure your child has a face mask on before they come to school.

On March 29, 2021

*We will return to
our*

2:10 p.m. dismissal.

*Please make
Arrangements for
your*

*Child to be picked
up on time.*

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	
7	8	Benchmark 3 Testing Begins	9	10	11	12	13
14	15	16	17	18	19	20	
21	22	23	24	Report Cards Issued	25	26	27
28	Resume 2:10 Dismissal	29	30	31			

Social Worker Minute by Ms. Rankins.....

National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Improved nutrition has the potential to positively influence students' academic performance and behavior. With better nutrition students are better able to learn, students have fewer absences, and students' behavior improves, causing fewer disruptions in the classroom. 3 Ways Nutrition Influences Student Learning Potential and School Performance are: 1. Improve Nutrition to Increase Brain Function- improvements in nutrient intake can influence the cognitive ability and intelligence levels of school-aged children. 2. Provide a Balanced Diet for Better Behaviors and Learning Environments- good nutrition helps students show up at school prepared to learn. Because improvements in nutrition make students healthier, students are likely to have fewer absences and attend class more frequently. Studies show that malnutrition leads to behavior problems, and that sugar has a negative impact on a child's behavior. 3. Promote Diet Quality for Positive School Outcomes- Researchers generally find that a higher quality diet is associated with better performance on exams and that programs focused on increasing students' health also show modest improvements in students' academic test scores. Studies find that improving the quality of students' diets leads to students being on task more often, increases math test scores, possibly increases reading test scores, and increases attendance.

This year's National Nutrition Month® theme is **"Personalize Your Plate."** There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are. Simply start with small changes to your plate to make healthier choices you and your family can enjoy. **Make half your plate fruits and vegetables: Focus on whole fruits.** • Choose whole, cut or pureed fruits – fresh, frozen, dried or canned in 100% juice. • Enjoy fruit with meals, as snacks or as a dessert. **Make half your plate fruits and vegetables: Vary your veggies.** • Try adding fresh, frozen or canned vegetables to salads, sides and main dishes. • Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw. **Make half your grains whole grains.** • Look for whole grains listed first on the ingredients list - try oatmeal, popcorn, teff, quinoa, millet, bulgur, brown rice, or breads, crackers and noodles made with whole-grain flours. • Limit grain desserts and snacks such as cakes, cookies and pastries. **Vary your protein routine.** Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. • Try meatless meals made with beans and have fish or seafood twice a week. **Move to low-fat or fat-free dairy milk or yogurt.** Choose fat-free milk, yogurt and calcium fortified soymilk to cut back on saturated fat. • Replace sour cream, cream and regular cheese with low-fat or fat-free yogurt, milk and cheese. **Choose foods and beverages with less added sugars, saturated fat, and sodium.** Use the Nutrition Facts Label and ingredients list to limit items high in saturated fat, sodium and added sugars. • Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese. • Drink water instead of sugary drinks. Find more healthy eating tips at: www.eatright.org www.kidseatright.org www.myplate.gov Academy of Nutrition and Dietetics, eXtension