

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.

Administrative Message

Our annual state testing is approaching fast. Please mark your calendars to attend Testing Night on Tuesday, March 17 2020. Students in grades 5th-8th will take Louisiana's State Assessment on-line from April 6th - April 24th. Students in grades 3rd-4th will take the paper based assessment from April 27- May 1st. Please make sure to reschedule any routine appointments you may have already booked during this time frame. Please update your calendars as Monday, March 16 will be a student holiday and Parent Conferences will be held from 4-7. Come and get your roll on at our Skate Night on Wednesday, March 11th at Terrytown Skate Country from 6-8pm. Report cards will be issued on Wednesday, March 18th.

February Recap...

We blinked and it seems February was gone. We started with our Book Fair February 3rd—7th. Our Middle School students enjoyed our annual Winter Formal Dance on February 7th. The students enjoyed dancing and taking Mardi Gras Themed pictures. Some of our teams marched in the Little Rascal's Parade on February 9th. Thank you all for doing such a wonderful job representing Estelle School. Interim reports went home on February 12th. Please make sure that your child/children are completing all classwork and homework assignments We encourage all of our parents to actively participate in their child/children's education. Our most successful students have very involved parents. We celebrated Valentine's Day on February 14th. We then had our Mardi Gras Break February 24th—February 28th. I hope you all enjoyed your time off. We welcome everyone back! Time to buckle down and continue to prepare for testing.

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Little Rascals Parade



Middle School Dance



MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Student Holiday Parent /Teacher Conferences 4pm-7pm	17 Testing Night 5:30pm	18 Report Cards Issued	19	20	21
22	23	24	25	26	27	28
29	30	31				

Social Worker Minute.....

5 Foods That Negatively Affect Your Child's Mood

Parents intuitively know that food can impact their child's behavior and mood. We know that sweets, for example, can cause bouts of hyperactivity. But mood-altering food isn't limited to sugar – there are other culprits in the snacks and meals that we feed our little ones. The following five foods are the most common contributors to mood and behavioral changes in children. **Dairy.** *If your child is lactose intolerant or allergic to the proteins found in dairy, you may see changes in her mood and behavior. Many children become irritable, cranky, or aggressive. Children with dairy allergies or intolerance also tend to suffer from frequent colds and ear infections. Babies may exhibit colicky symptoms, whereas toddlers and older children may become inconsolable and irritable.* **Artificial Coloring.** *Many countries have banned artificial coloring due to the detrimental effects these chemicals have on children. Linked to ADHD, anxiety, hyperactivity, and headaches in children, artificial coloring can also cause significant behavioral changes. Because artificial coloring is in many sugary foods, parents often blame behavioral changes on sugar. Artificial coloring is often hidden in unexpected foods such as bread and yogurt. Avoid products with yellow No. 5, red No. 40, and blue No. 1 if you're concerned about your child's mood swings after consuming food with artificial coloring.* **Sugar.** *Sugar can cause a child to be hyperactive. Unless they're eating a whole foods-based diet, sugar is in just about everything the average child eats. Sugar has been shown to cause long-term health damage, and a diet high in processed foods has been linked to depression, cognitive delay, and sleep problems.* **Preservatives.** *Several preservatives may cause behavioral problems in children. They include but are not limited to nitrates, nitrites, and sodium benzoate. Monosodium glutamate (MSG) is a flavor enhancer that also causes mood and behavior changes, including headaches and hyperactivity. Sodium benzoate is commonly found in juice products marketed toward children.* **Food Allergens.** *Common food allergens are dairy, nuts, eggs, soy, and corn. When a child has an intolerance or an allergy to a particular food, it can cause significant health and behavior issues. However, it can be difficult to pinpoint which allergen is making your child sick without the help of an allergist. A food intolerance, for example, is often missed and a child is instead diagnosed with ADHD. If you notice behavior changes or mood swings in your child, consider keeping a food journal. Track what they eat and when they exhibit concerning behavior. Try eliminating suspicious foods to see if the behavior changes. While food isn't the cause of all behavioral issues and conditions, it's important to make sure that your child is not suffering from something that can be easily remedied.* By Pam Myers, BSEd

March is National Nutrition Month® *Eat Right, Bite by Bite. I challenge you and your family this month to eliminate one of the five foods discussed above.*

Ms Rankins