



# NEWSLETTER



January 29, 2021

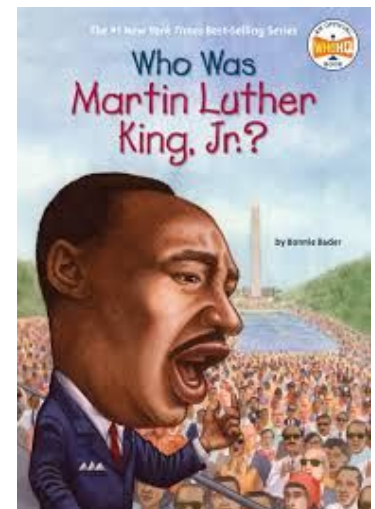
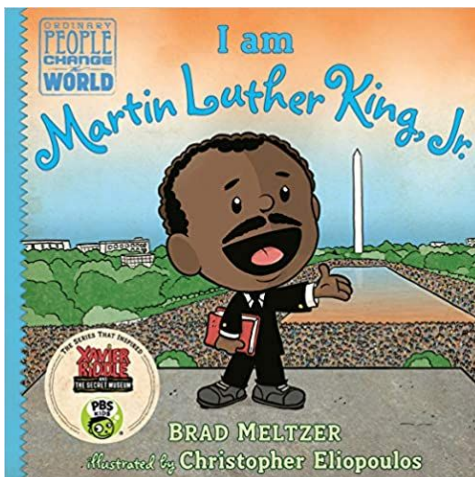
## Important Upcoming Dates:

- 2/15-2/19 No School Winter Recess
- 3/2 Read Across America Day



## Martin Luther King Jr. Day

During the week of Martin Luther King Jr.'s birthday in both CRS and LLE, students discussed his life and legacy. The students learned he stood for peace and equality for everyone! Below are some great books to read at home to learn even more about Martin Luther King Jr. : I am Martin Luther King by Brad Meltzer or Who Was Martin Luther King Jr. ? by Bonnie Bader. You can get them from your local library!



## Healthy After School Snacks

In January many people try to concentrate on making healthy choices when it comes to eating. Here is a healthy snack that is easy to make, and so delicious!



Directions:

1. Spoon tablespoons of peanut butter onto center of each of 4 individual plates. Place 1 carrot down the center of each mound of peanut butter.
2. Cut apple into slices. Fan 3 apple slices on each side near top of each carrot to form upper wings. Place 1 half-slice on each side near bottom of the carrot to form lower wings.
3. Place 2 strips of celery at top of the carrot to form antennae.
4. Decorate wings with raisins, craisins, fruit loops or Cheerios.



## Spotlight on Kindergarten

There have been many fun projects being made in Kindergarten since the start of 2021! We would like to highlight our health unit called Nutrition. The students learned about the 5 different food groups that follow the MyPlate guide that help contribute to a healthy, balanced diet. The food groups are vegetables, fruits, grains, protein and dairy. Each day the students delved into one of them to learn different facts. Students subsequently wrote a fact and illustrated a page to be created into a Nutrition book. Now they are "food group" experts!

