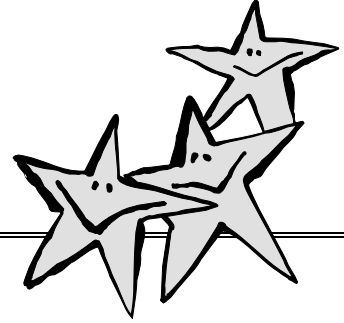


PETERS NEWS



***** The Future Begins in Today's Schools *****

March, 2010

Paul Rearden, Principal



Kindergarten Registration

Northern Lehigh School District will hold kindergarten registration by appointment in April. Parents may register their child at Peters Elementary School on Monday, April 19, Tuesday, April 20, or Wednesday, April 21. Please call Peters Elementary at 610-767-9827 between 9:30 AM and 2:30 PM prior to March 31 to schedule an appointment for registration.

In order to enter kindergarten in September, a child must be five years old before September 1, 2010. Parents may petition the superintendent for entry of students whose birthday falls between September 1 and October 1, 2010.

At the time of registration, parents must provide the child's birth certificate, a record of the child's immunizations, parent photo identification, and proof of residency. Children entering kindergarten should be brought along for a brief academic assessment. You may visit the Northern Lehigh School District's web site at www.nlsd.org for more information regarding required documentation.



Celebrate Music in Our Schools Month 2010

Every March we celebrate "Music in our Schools" month as an opportunity to point out all of the wonderful experiences students have with music throughout the school year. Thank you to Mrs. Krum and Mr. Green who share their special musical talents with our students.

Celebrating 100 Days of School



Students in Mrs. Grammes' first grade celebrate 100 days of school by making 100 snowflakes on their penguin display.

Jump Rope for Heart

On February 19 students at Peters Elementary School took part in the 2nd Annual Jump Rope for Heart. Coordinated by Miss Butz, students participated in a variety of heart healthy activities to raise funds to help fight heart disease and stroke. This year our school raised \$1,936 for the American Heart Association. Students not only did an amazing job raising funds for this cause, they also helped raise their own awareness of what they can do to help strengthen their own hearts.

Important reminder: Schools are closed on
Friday, March 5 - In-service day
Friday, April 2, through Monday, April 5 - Spring Recess

Schools are open on Thursday, April 1, for a snow make-up day.

Getting to School on Time

If you transport your child to school, please make sure your child arrives to school on time. The students may enter the building between 8:50 and 9:05 AM. A student will be marked tardy after 9:05 AM. Thank you.

Star Lab



Mr. Green instructed students in Miss Hillegass' first grade about the stars and planets when they visited Star Lab.



Healthy Snacks



The best snacks are those that combine two or three food groups. Here are some examples:

- Celery filled with peanut butter and topped with raisins
- Low-fat peanut butter and jelly sandwiches
- Cottage cheese and fruit

If your snacks come from a vending machine, doctors at Rutgers University say you're better off picking something salty than sweet, unless you have high blood pressure. Some vending machines offer fruit and nuts. Almonds and walnuts are your best bet for good nutrition. If you have to have chocolate, pick a

bar that is loaded with nuts or peanut butter, and choose dark chocolate over milk chocolate.

Custody Agreements

If you are in a divorced or separated family and have a legal agreement regarding parent custody and visitation that impacts your child during school hours, you are required to provide a copy of the agreement to the school. Schools are bound to follow the directions of the courts. If a current custody agreement is not on file in the school office, the school will be unable to comply with the court order. Please send a copy of any current custody agreement you may have to the principal, Mr. Rearden. If you have already provided a copy of your current agreement, it is not necessary to send another.

Kids Are Not Safe When Riding in the Front Seat

Too many infants and young children are riding in the front seat, says the National Highway Transportation Safety Administration (NHTSA). These children are at increased risk of injury from crashes or deploying air bags even if they are in infant seats.

The NHTSA's recent study shows that 15 percent of infants are riding in front, as are 10 percent of one- to three-year-olds and 29 percent of four- to seven-year-olds. The American Academy of Pediatrics recommends that children twelve and under ride in the back seat.

Fortunately, child deaths in auto accidents have been declining since 1998. A 2001 NHTSA survey shows that the use of seatbelts and child safety seats continues to increase, but too many kids are riding up front.



Children and Household Poisons

National Poison Prevention Week is March 14-20

Children are the focus of Poison Prevention Week. Parents, grandparents, and caregivers celebrate when children learn to crawl, walk, and climb, but these milestones also coincide with the curiosity to explore.

Rose Ann Soloway, R.N. and chairperson of the Poison Prevention Week Council, says one way kids explore is by picking things up and putting them in their mouths. Pills look like candy; cleaning products and automotive fluids look like soft drinks; and wild mushrooms look like food. Poisons can also be accidentally inhaled or absorbed through the skin.

Here are some ways parents and caregivers can create a safe environment for curious children:

- Store products in their original containers.
- Lock medicines, vitamin pills, household products, yard chemicals, and other potential poisons out of sight and out of reach.

If a poison emergency occurs, remain calm. Call 911 if the victim has collapsed or is not breathing. If the victim is alert, call Poison Control at (800) 222-1222 and have the following available: the victim's age and weight, the container of the poisonous product, the time that exposure occurred, and your name and phone number. Follow the instructions given to you by 911 or the Poison Control Center.



Getting Kids Active and Keeping It Fun

All Jack likes to do is sit at the computer. He's only nine, but already his lifestyle is sedentary and his weight isn't what it should be. As a concerned parent, you encourage him to exercise: You tell him how important it is and that it's good for him. And if Jack's like most children, your explanation gets you exactly . . . nowhere! So what can you do?

Try some of these kid-friendly tactics:

- Don't use the word *exercise*. Instead, use words such as *fun* and *play*.
- Keep a stock of items that your child can get active with: beanbags, jump ropes, kick balls, hula hoops.
- Suggest a party or get-together for your child and his or her friends during which they can play active games like "Red Light, Green Light" and "Simon Says."
- Sculpt your approach around your child's natural interests. If your child loves to read, suggest

riding a bike to the library to get books. If your child loves surfing the Internet, ask him or her to research a topic -- gardening, for instance; then plant one together. If your child's passion is video games, buy one that incorporates body movement, such as "Dance Dance Revolution."

- Plan a nature walk or a day out skating, swimming, or any other active endeavor your child enjoys.
- If your child is a TV-watcher, take advantage of the commercials. Suggest doing a little cardio movement (just don't call it cardio!) before the show resumes. Walk up and down some stairs, see who can do more toe touches or jumping jacks, or march in place and count the steps.
- If your child is a pet-lover, ask him or her to take the dog for a walk or race with the dog in an enclosed area.
- If you need something from the store, ask your child to walk there with you. Play "I-Spy" or other such games along the way.



Make Sure Kids Get Enough Calcium

Childhood is a key time to build healthy bones, which can help prevent osteoporosis and fractures in later life. Osteoporosis is a disease that causes bones to become fragile and break easily. Here are some recommendations by the National Institutes of Health's Osteoporosis and Related Bone Diseases National Resource Center (www.osteoporosis.gov) and the National Institute of Arthritis and Musculoskeletal and Skin Diseases (www.niams.nih.gov):

- Be a good role model for your child. Practice good nutritional habits and get enough physical activity.
- Eat plenty of foods rich in calcium and vitamin D (see list below). Most kids get enough vitamin D through their diets, but not enough calcium for peak bone mass.
- If your child drinks soda, remember that replacing just one soda a day with milk or a milk-based drink, such as a smoothie, can significantly increase his or her calcium intake.

- Try making soup or hot cereals, such as oatmeal, with milk bases instead of water.
- Serve milk over cold cereal for a snack.
- Serve other foods that contain calcium, such as almonds, tortillas, and broccoli, on a regular basis.