



# Wayne Elementary School



**JANUARY 29, 2021**

## COLD WEATHER CLOTHING

We would like to thank our families for making sure your kiddos are prepared for outside recess this winter.

Items your student will need on a daily basis:

- Extra pair of mittens ( if they misplace one or they get wet)
- Extra hat
- Extra masks
- Indoor shoes

Please label all clothing (including boots). This will help your child find their clothing items if lost.

Please remind your child to check lost and found for missing items.

We appreciate all you do!



Thank you, Justin Easter, RN

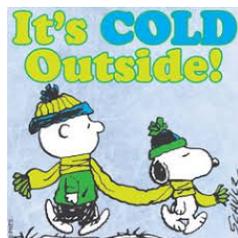


## FEBRUARY 2021

February 3 - Board of Directors' Regular Business Meeting; Budget Workshop - Elementary, Middle & High Schools; Special Education, English Language Learners (ELLs), Gifted and Talented. Meeting will be held at MCMS & Zoom, beginning at 6:30pm.

February 15 - 19 - February Vacation

February 24 - Budget Workshop - Technology; Operations & Maintenance, including Bond and COVID grants overviews. Meeting will be held at MCMS & Zoom, beginning at 6:30pm.



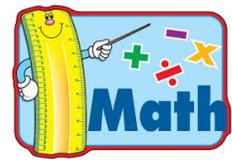
## Because we care, we

- Wear a mask
- Wash our hands
- Keep our distance
- Use our own materials
- Eat safely in our own space



# Magnificent Math Minutes

by Mrs. Susan Hogan  
K-5 Math Interventionist



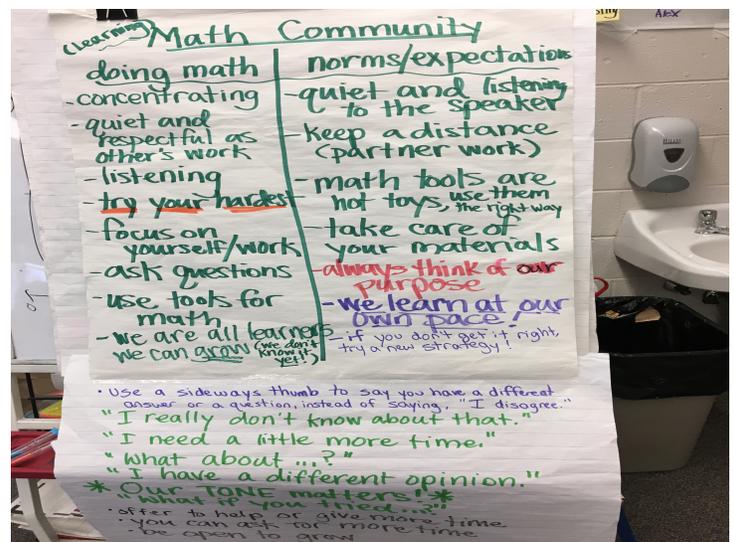
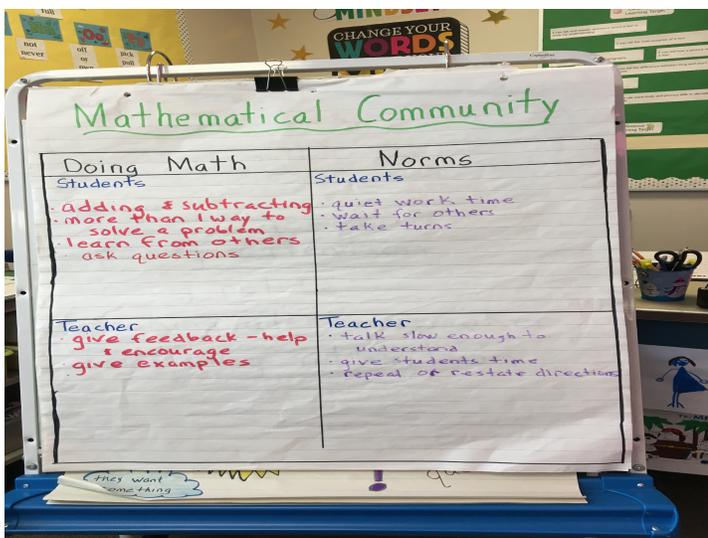
## What is a Math Community?

Each classroom is its own community. Despite the small size of our classrooms, these communities are just as important as being a part of a family, a town, or our country! In these classroom communities, students need to feel safe to make mistakes, try new things, and learn together. Sometimes our own beliefs about math can negatively impact our children or students, so being part of a supportive math community at home and at school is especially important. We want to create these supportive spaces so students can take risks, ask questions, and learn a lot of math!

Our Illustrative Math curriculum has built in activities and time to reflect about our math community. At the beginning of the year, each classroom (students and teachers) created a poster with math community norms and expectations. We revisit these charts throughout the year, asking students to reflect:

- What language or actions do we need to agree upon so that everyone can participate and learn together?
- Are we meeting these expectations?
- Is there something we need to add, remove, or adapt?

Below are a couple of examples. What do you notice about them? What do you wonder? What would make you feel more comfortable in math class if you were a student again?



Want to share your activity, send your child's teacher a video on SeeSew, or you could email me at : [susan\\_hogan@maranacook.com](mailto:susan_hogan@maranacook.com).

I can't wait to see and hear all the ways you are "doing and talking" math at home!

# Kindergarten

## Looking for 2021 - 2022 Incoming Students!

We are in the process of updating our incoming list of kindergarten students for the 2021-22 school year. If you are a parent of an incoming Kindergartner for the school year 2021-22 who will be 5 years old on or before October 15, 2021, please call Linda McGuire or Val Simmons (685-3634) to make sure we have your child listed as an incoming kindergartner for next year. We will contact you when a date has been set for screenings. If you know of any parents who may have a child eligible to begin school in the fall, please pass this information along. Thank you.

Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

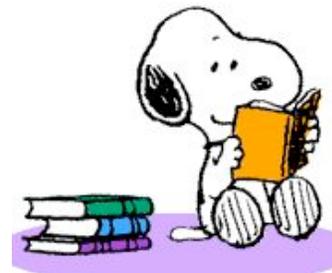
Residential Address: \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

**-- Please return this form to Wayne Elementary. Thank you.**

**TAMPA BAY BUCCANEERS  
vs  
KANSAS CITY CHIEFS**

**Super Bowl Game  
Sunday, February 7, 2021  
6:30pm**





## A MESSAGE FROM OUR LUNCH LADY

*Diana Soiett*

### Good Nutrition from Head to Toe

#### FOOD AND HEALTH; PREVENTION

The food you eat affects every living cell in your body. From providing energy to padding organs, we need food for every part of our bodies. So, if you're looking for good health, try eating from head to toe...

- **Brain:** Grains fuel your brain with complex carbohydrates.
- **Eyes:** Leafy greens like spinach are full of lutein, which helps prevent macular degeneration.
- **Teeth:** Dairy products provide calcium for strong teeth.
- **Skin:** Fruit provides vitamin C to make collagen that promotes skin elasticity.
- **Bones:** Leafy greens provide vitamin K, known for bone health.
- **Heart:** Oranges are high in potassium, which can help lower blood pressure.
- **Lungs:** Green leafy vegetables like kale contain multiple nutrients that may help prevent lung cancer.
- **Gallbladder:** Oats help bind bile to prevent cholesterol production.
- **Liver:** Fruit provides a variety of antioxidants to protect your liver.
- **Kidneys:** Water helps your kidneys flush out waste products.
- **Stomach:** Citrus fruits and vegetables may inhibit H pylori growth, a cause of ulcers.
- **Pancreas:** Green vegetables like broccoli have antioxidants to protect your pancreas.
- **Small intestine:** Yogurt contains probiotics to keep good bacteria healthy.
- **Large intestine:** Beans provide fiber to aid laxation.
- **Muscles:** Eggs and other high-protein foods provide the building blocks for strong muscles.
- **Legs/Feet:** Nuts and seeds contain magnesium and potassium to prevent leg cramps.

Follow this guideline and you'll be able to say! "I feel great! From my head to my toes."

*By Lisa Andrews, MEd, RD, LD*

