

L.K. MOSS ELEMENTARY SCHOOL

OUR MISSION IS FOR EVERY CHILD TO SUCCEED IN SCHOOL AND LATER IN LIFE.

Dr. Leigh Medders, Principal * Mr. Jason Reese, Asst. Principal * Mrs. Lindi Wright, Assistant Principal

229-649-5567 **February 11, 2021**

www.marion.k12.ga.us

- Item I:** Si Ud. Quiere la traducción en español de alguna información recibida de la Escuela L. K. Moss, por favor comuníquese con Leigh Medders al teléfono 229-649-5567. If you would like to request a Spanish translation of any information received from L. K. Moss Elementary, please contact Leigh Medders at 229-649-5567.
- Item II:** *The Character Education Word* for the week is "FAIRNESS."
- Item III:** *Friday, February 12 is a School Holiday & Monday, February 15 is Presidents' Holiday – NO SCHOOL.*
- Item IV:** **PRE-K & KINDERGARTEN REGISTRATION** for the 2021-2022 school year will be **February 22-26, 2021**: See information on the back of the newsletter.
- Item V:** **NUTRITION TIP:** DON'T SKIP BREAKFAST – Breakfast kick-starts your metabolism and helps you to be alert and awake throughout the day. Make sure you always eat a nutritious breakfast. Make it wholesome and make it count.
- Item VI:** **READING FUN TIP:** Turn reading into something special. Take your kids to the library, help them get their own library card, read with them, and buy them books as gifts. Have a favorite place for books in your home or, even better, put books everywhere.
- Item VII:** **COUNSELOR'S SPOTLIGHT: Regular Exercise Boosts Your Child's Health and Academics:** Physical fitness provides many benefits for kids. Studies show that regular physical activity is linked to higher self-esteem and attentiveness in classes. It also lowers the chance of health problems such as Type 2 diabetes. To increase your child's physical activity. **Add movement to screen time.** Encourage your child to take breaks that involve activity when he watches TV or plays video games. **Plan family outings.** Pick activities your family enjoys and create some new healthy traditions. You might go for a short walk before dinner every night, or take a hike every Sunday afternoon. **Make suggestions.** Suggest your child play games that involve movement, such as tag, soccer and jumping rope. Indoors, try games such as Simon Says and Red Light, Green Light. **Be Creative.** During chore time, play music or race to finish a job. While doing errands, park a few blocks away from a store and walk. Or, make a quick stop at a playground on the way home. **Set an Example.** If your child sees you staying fit (stretching, biking, walking with a friend, etc.), he is more likely to be active himself. (**Revised and reprinted with permission from the Parents make the difference! ® Elementary School Edition newsletter.)

**** Due to circumstances beyond our control, menus are subject to change. This institution is an equal opportunity provider. ****

BREAKFAST MENU

Monday, Feb. 15	Tuesday, Feb. 16	Wednesday, Feb. 17	Thursday, Feb. 18	Friday, Feb. 19
PRESIDENTS DAY	Yogurt w/muffin Fruit and Milk	Mini Cinnis Fruit and Milk	Assorted Cereals Fruit and Milk	Sausage Croissant Fruit and Milk

LUNCH MENU

Monday, Feb. 15	Tuesday, Feb. 16	Wednesday, Feb. 17	Thursday, Feb. 18	Friday, Feb. 19
PRESIDENTS DAY	Beef Nachos w/Salsa Seasoned Corn Black Beans Fruit and Milk	Fish Sandwich Green Beans Tater Tots Fruit and Milk	Chicken Nuggets Mac & Cheese Turnip Greens Cornbread Fruit and Milk	Pepperoni Calzone Sweet Potato Fries California Veggies Fruit and Milk