

L.K. MOSS ELEMENTARY SCHOOL

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

Mrs. Loranda Holmes, Interim Principal * Mr. Jason Reese, Asst. Principal * Mrs. Lindi Wright, Asst. Principal

229-649-5567 **March 5, 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: **"DEPENDABILITY."**

Item III: **NUTRITION TIP:** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Item IV: **READING FUN TIP:** Learning to read starts before your child starts school with everyday interactions such as singing, playing, and talking.

Item V: **COUNSELOR'S SPOTLIGHT: A Focus on Fitness Helps Your Child Perform Better on Tests:** Studies of elementary age children have shown that the more fit they are, the better they do in school. Fit children have more brain power than their less active classmates. They tend to have greater attention and memory skills. They also tend to complete tasks faster and make fewer errors. While physical fitness should be a year-round concern, they can do some things to boost his fitness for taking tests. Encourage your child to: **1) Get a good night's sleep before the test.** Staying up all night studying increases anxiety, which interferes with clear thinking. **2) Eat for success.** A breakfast that is high in fiber and low in added sugar can give your child just the right start to the day. A hard-boiled egg and a banana is a fast and easy breakfast option. **3) Relax.** If your child is too nervous, he'll forget what he knows. He can breathe deeply to focus his mind. **4) Wear comfortable clothes.** Make sure your child is wearing loose fitting, school appropriate clothes on the day of testing so they are able to concentrate. **5) Drink plenty of water.** This is another way to keep the brain alert. Don't forget to give your child a big hug on test day. This will increase their sense of well-being and energy. (**Revised and reprinted with permission from the Parents make the difference!© Elementary School Edition newsletter.)

Item VI: **SPRING INDIVIDUAL PICTURES:** Wednesday, March 10. Due to the COVID-19 guidelines, classroom group pictures **will not** be taken.

Item VII: **SCHOOL CHECKOUT PROCEDURES:** Please be advised that when you are checking out your student/students for early departure, you **MUST** have your driver's license or state issued identification to scan. This is the school's policy for your child/children safety.

THIS IS MANDATORY!!!!

Item VIII: We still have openings for the 2021-2022 school year **PRE-K & KINDERGARTEN REGISTRATION.** Please call the school for more information.

Item IX: **NATIONAL SCHOOL BREAKFAST WEEK:** celebrated March 8-12, 2021.



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

BREAKFAST MENU

<u>Monday, March 8</u>	<u>Tuesday, March 9</u>	<u>Wednesday, March 10</u>	<u>Thursday, March 11</u>	<u>Friday, March 12</u>
Pop tart w/cheese stick Fruit and Milk	Assorted Cereals Fruit and Milk	Breakfast Bar Fruit and Milk	Mini Pancakes Fruit and Milk	Sausage Croissant Fruit and Milk

LUNCH MENU

<u>Monday, March 8</u>	<u>Tuesday, March 9</u>	<u>Wednesday, March 10</u>	<u>Thursday, March 11</u>	<u>Friday, March 12</u>
Cheeseburger on Bun Steamed Carrots Potato Wedges Fruit and Milk	Chicken Alfredo Steamed Broccoli Roll Fruit and Milk	Turkey Roast w/Rice/Gravy Seasoned Green Beans Roll Fruit and Milk	Hot Dog on Bun w/chili Potato Fries Fruit and Milk	Pizza w/Marinara Sauce Baked Beans Garden Salad w/dressing Fruit and Milk