





# SOUTH SENECA CENTRAL SCHOOL ELEMENTARY MENU



MAIN OFFICE  
869-9636 Ext. 4154

TRANSPORTATION  
869-9636 Ext. 4139

<b>MONDAY 4/19</b>	<b>TUESDAY 4/20</b>	<b>WEDNESDAY 4/21</b>	<b>THURSDAY 4/22</b>	<b>FRIDAY 4/23</b>
	<p>Adult Breakfast = \$2.49 (includes tax)</p> <p>Adult Lunch w /beverage = \$4.85 (includes tax)</p>		<p>Served daily with Breakfast: Choice of Cereal Choice of Fresh Fruit</p> <p>with Breakfast / Lunch: Milk Fruit Juice Fresh Fruit</p>	<p><b>Daily Choices:</b> Peanut butter &amp; jelly sandwich</p> <p>Chef salad with dinner roll or crackers</p> <p>Yogurt combo: With string cheese and bagel or roll</p>
<p>Whole Grain Bagel with Cream Cheese</p> <p><b>Lunch:</b> Whole Grain Ziti with meat sauce Garlic Bread Spinach</p>	<p>Mini Pancakes with Syrup</p> <p><b>Lunch:</b> Popcorn Chicken Mashed Potatoes &amp; Gravy Squash Dinner Roll</p>	<p>Warm Whole Grain Breakfast Cookie</p> <p><b>Lunch:</b> Chicken Patty on Whole Grain Roll French fries Cherry Tomatoes</p>	<p>Breakfast Pizza</p> <p><b>Lunch:</b> Mac &amp; Cheese Hot Dog with Whole Grain Bun Squash</p>	<p>Waffles with Syrup</p> <p><b>Lunch:</b> Pizza OR Fish on a Whole Grain Roll Tossed Salad Carrot Sticks</p>

\* Menu is subject to change. \* You can pay for your child's meals/snacks online – check the website for details.

### **Dates To Remember:**

- ◆ Wednesday, April 28th - Board of Education Meeting - Ovid @6:30pm
- ◆ Thursday, April 29th - **Half Day** - Parent/Teacher Conferences
- ◆ Tuesday, May 4th - **Half Day - Pk-5 Only** - Parent/Teacher Conferences
- ◆ Sunday, May 9th - Mother's Day
- ◆ Tuesday, May 18th - Budget Vote - 1pm to 8pm - Ovid
- ◆ Wednesday, May 19th - Board of Education Meeting - Ovid @6:30pm
- ◆ Friday, May 28th - Monday, May 31st - **NO SCHOOL** - Memorial Day Recess



**From the Cafeteria:** All meals UPK-5 are free but you must still pay for snacks, ice cream, extra milk or drinks. YOU MUST FILL OUT A SNACK PERMISSION FORM for your child/ren to be able to purchase snacks and ice cream. Any slip that was turned in last year will remain valid. Please send in a note if you wish to make any changes regarding your child's account. You can set up an account to monitor your child's activity at [myschoolbucks.com](http://myschoolbucks.com). See the Food Service Web page for more information.

**\*\*Parents of bus riders: Please remember to screen your child and show proof of their green check mark to the bus drivers BEFORE they get on the bus in the mornings.\*\***



# SOUTH SENECA CENTRAL SCHOOL ELEMENTARY MENU



## Reminders



- All students/faculty must be screened prior to entering the building. We will open the doors at 8:25 am to allow students in.
- **Security:** The access point for parents, community and other visitors is through the **main office doors**. Visitors will be screened upon entering.

## **Access to the elementary building:**

8:15 Student screening begins

8:25 Students may enter the building

8:45 ALL DOORS WILL BE LOCKED. Visitors will need to "buzz in" to enter the building.

3:10 Arrive at the Main Office entrance for student pickup. Students will be sent out when their parent/guardian has been visually identified.

**Walkers:** All walkers must exit from the bus loop. The bus loop entrance sidewalk leads to the front of the building and the crossing guard. Walkers should not be walking through the parking lot and driveways.

**Transportation:** Requests for alternate bus stops will need to be planned in advance. If you have a circumstance whereby you will not be available at your child's regularly scheduled bus stop, please make arrangements with family or friends to be there instead. Once a weekly transportation schedule is established, it must remain consistent. If you wish your child to go somewhere other than his/her usual location, or you wish us to dismiss your child to someone other than his parent please be sure you send a written note with your child's name, his/her teacher's name, the date and your dismissal instructions. Changes should be planned in advance for the week.



- Should you have an emergency and need to change dismissal plans after the school day has begun, you may call the elementary office and ask that we give your child's teacher your changed dismissal instructions.

- **Please call by noon.**

**We cannot guarantee that we can change dismissal arrangements after 12:00 p.m.**

If you have questions regarding the transportation policy, please call the transportation department at 869-9636 ext. 4139.

## **Lost and Found**

We have some items in our lost and found. If your child is missing something, please remind them to take a look.



# SOUTH SENECA CENTRAL SCHOOL ELEMENTARY MENU



## Box Tops for Education



The Elementary school participates in the Box Tops for Education program which is changing. Clipping, counting and mailing of box tops is being phased out and the program is becoming digital. All you have to do is download the app in either the app store or google play. When you buy box top eligible products use the app to take a photo of your receipt within 14 days of purchase. Box top earnings are automatically identified and updated to the school account. The zip code to locate the South Seneca Elementary school is 14847. Our goal is to raise \$1000. with box tops this school year. At this time, if you see a box top on a product you can still cut it out and send it in with your child to school and we can "double dip", earning 20 cents per item until the paper box tops are eliminated. Contact Kathy Sinkiewicz, box top coordinator, if you have any questions. Thanks in advance for helping your school to raise some extra money.



### **Kitchen Cupboard**

Location: Interlaken Reformed Church  
8315 Main Street, Interlaken  
Open: Fridays 3-6 PM  
Call 607-532-4321  
All who need food in the area are welcome.  
Come to  
back of church. Pre bagged food will be loaded  
into  
your car. COVID rules apply.

### **Ovid Food Pantry**

Location: Ovid Federated Church  
7137 North Main Street, Ovid  
Open Mondays 10 AM to 1 PM  
Call 607-869-2794  
Anyone within the service area is welcome. No  
Income  
requirements during the pandemic.

### **Lodi Food 4 All Pantry**

Location: Lodi Presbyterian Church  
8591 State Route 414, Lodi  
Open Saturdays 2-4 PM  
Call 607-279-4731  
All are welcome. No income or residency  
requirements.  
Drive through with a prepackaged box loaded  
into your vehicle.

### **Ovid Community Food Truck**

Location: Ovid High School  
7263 South Main Street, Ovid  
**Tuesday, April 27th, 2021**  
**4-6 PM**  
Call 607-869-2794  
All are welcome. Drive through with a  
prepackaged box loaded into your vehicle.  
**DO NOT ARRIVE BEFORE 3:30 pm.**



# Pre-K Registration!

**South Seneca Elementary School**



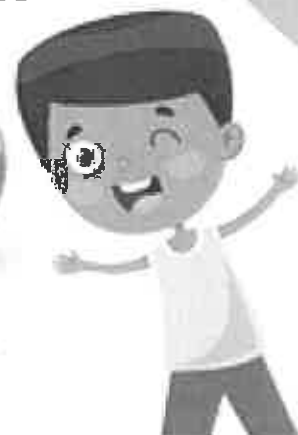
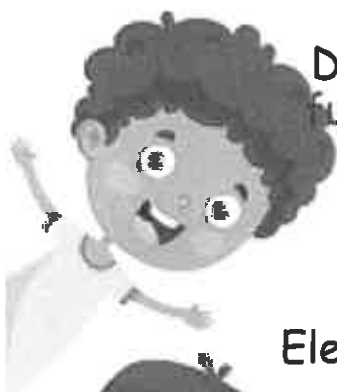
WELCOME TO PRE-KINDERGARTEN  
2021 - 2022



Students who will be 4 years old before  
December 1, 2021 are eligible to enroll in our  
full-day Universal Pre-Kindergarten Program.

Registration packets are available in the  
Elementary Main Office or by calling 869-9636,  
XT 4154.

Pre K Orientation Video will be posted to South  
Seneca website and on school Facebook pages  
Summer of 2021.











# Don't Forget to Order your Yearbook online & Share your students' pics with eShare

Share pics  
HJeShare.com  
Code: Falcons20331



Order Online @ :

<https://www.yearbookordercenter.com/product/yearbooks>

Job/Order # 20331

## 5<sup>th</sup> Grade Parents ONLY

### Happy Ads

We are happy to offer 5<sup>th</sup> Grade Parents ad space for a message in the yearbook to their child. Email us your message or grab an order form from the Main Office.

jswank@southseneca.org or  
aalbro@southseneca.org

Please, no more than 65 words.

~ Thank You ~

## Yearbook Pricing

April 1-April 30. \$15 each

or

2 for \$25

.....  
May-End of School. \$20 each

\*Books will be available in a limited quantity at the end of the year for those that did not pre order.



# **5<sup>th</sup> Graders the Yearbook needs your help!**

This year we are doing a collage for the front and back cover of our yearbook. Our theme this year is South Seneca Strong. We would like you to come up with a hashtag/buzz word or a picture that describes our school community. Some ideas could include Friends, Sports, Art, and Music etc. Everything needs to be appropriate. Make it as creative and colorful as you can. I will deliver colorful paper to your teachers it has to be the size of a sticky note **3in x 3in**.

**We need your hashtags/buzzwords/pictures no later than April 30<sup>th</sup>.**

Any questions please see Ms. Albro or Mrs. Swank



# South Seneca Junior and Senior Fundraiser

To reserve a dinner please  
contact Sandijo Artley @ 607-  
351-8049 or Jessica Northrup @  
607-342-4020



## Chicken BBQ

**\$12.00 per  
dinner**

**Saturday, April 24, 2021  
South Seneca High School  
7263 Main St.  
Ovid, NY 14521  
5:00pm till gone.**

**This is a drive up  
drive thru only!!**

Tickets can be purchased through any junior  
or senior

### **DINNER INCLUDES:**

**1/2 CHICKEN WITH ROLL & BUTTER,  
BAKED BEANS- SALT POTATOES AND  
DESSERT!**





American Heart Association.

**KIDS HEART CHALLENGE™**

*\* Envelopes due 4/25/21  
We will be jump roping during P.E. class in April. Thank you for your consideration! :)  
Questions? → amcmahon@southseneca.*

### Dear Parent or Guardian,

It's time for the American Heart Association's Kids Heart Challenge™! By participating in Kids Heart Challenge, your child will raise funds to help kids with special hearts and make all communities healthier. They'll also learn about taking care of their hearts and participate in cardio-pumping challenges. Plus, your school can earn PE equipment and your child can earn fun thank-you gifts!

Start today to enjoy educational, fun online experiences and raise funds. Everything can be done easily online with our Kids Heart Challenge app or website. Send emails, texts and post social media messages to collect donations online. Make a pledge to move more as a family and track your progress with our free online Move More tracker. *Tip: if you receive checks, use the app to scan them and have the amount immediately added to your child's total.*

#### STEPS TO GET STARTED:

- 1 Download our app or visit [heart.org/KHC](http://heart.org/KHC) to register.
- 2 Ask your child to select a personal health challenge: move more, be kind or choose water.
- 3 Set a fundraising goal with your child and send emails to invite friends and family to support it.



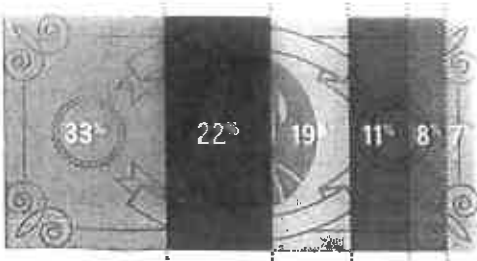
### Donations collected will help kids like Finn.

#### HEART HERO



**Finn, age 6, Virginia**

Finn was born with multiple heart defects and spent the first eight months of his life in the hospital. Finn has had 14 heart surgeries and last year underwent a customized procedure to correct his special heart anatomy and give him the gift of life. Today, an energetic Finn loves to have fun.



22% RESEARCH

11% FUNDRAISING

8% MANAGEMENT AND GENERAL

7% COMMUNITY SERVICE

Your student can also earn the following thank-you gifts.

REGISTER ONLINE wristband

**RAISE \$5 DASH**

**\$10 SAM**  
plus lower-level gifts

**\$15 SPAGHETTI YO-YO**  
plus lower-level gifts

**\$25 IKER**  
plus lower-level gifts

**\$40 KAI**  
plus lower-level gifts

**\$50 T-SHIRT**  
plus lower-level gifts

**\$75 PLAYGROUND BALL**  
plus lower-level gifts

**\$100 JOURNEY**  
plus lower-level gifts

**\$200 TAYE & SCOUT**  
plus lower-level gifts

**\$250 SOCKS**  
plus lower-level gifts

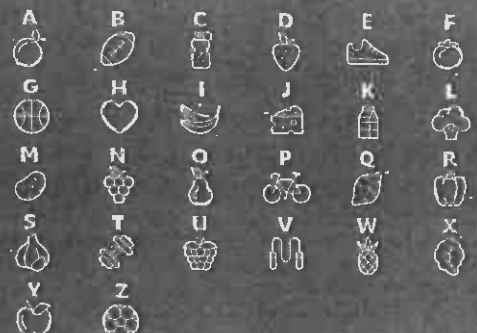
**\$500 BALL LAUNCHER**  
plus lower-level gifts

**\$1,000 SPEAKER**  
plus lower-level gifts

Complete Finn's Missions online to earn his exclusive yellow wristband!



HANG ONTO THIS DECODER. You'll need it to decode mystery messages on your wristband.







Save the  
date

Save the  
date

## Seneca County House of Concern Mobile Food Distribution Dates:

April 20<sup>th</sup>

May 4<sup>th</sup>

May 18<sup>th</sup>

June 1<sup>st</sup>

June 15<sup>th</sup>

June 29<sup>th</sup>



**Location: Waterloo Fire House**

**Time: 1pm-3pm**

More information located on the back.

**Please fill out the slip given with first and last name, and number of adults, children and seniors in the home.**

**The House of Concern Pantry is open Monday through Friday from 9:30 to 3:00 pm. Please call to make an appointment to get a food box if in need which can be utilized once a month.**

# Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2021

South Seneca Central School

Mr. Adam Rundell, Principal

## BEST BITES

### Nature's paintbrushes

Encourage your child to eat her fruits and vegetables by letting her "paint" with leftover scraps. For instance, she could dip a carrot top, an apple core, and a pineapple crown into paint. Then, she can use the "paint brushes" to spread or stamp the paint on paper to make a picture.

### Dance to the beat



Turn on upbeat music for a dance party with your youngster! Add props to encourage him to move more. He might spin in circles while trailing ribbons. Or suggest that he incorporate a hula-hoop or a soccer ball into his moves.

### DID YOU KNOW?

Kids may be tempted by soda and candy if they see their favorite TV and movie characters enjoying it. Look for examples of product placement when you watch shows with your child. Point out that just because a character drinks or eats something doesn't make it healthy. Can she think of healthier alternatives?

### Just for fun

**Q:** Why don't fish play tennis?

**A:** Because they're afraid they might get caught in the net.



## Breakfast around the world

What do children in other countries eat for breakfast? Encourage your youngster to expand his definition of "breakfast food" with these ideas inspired by popular choices from faraway lands.

### Noodles

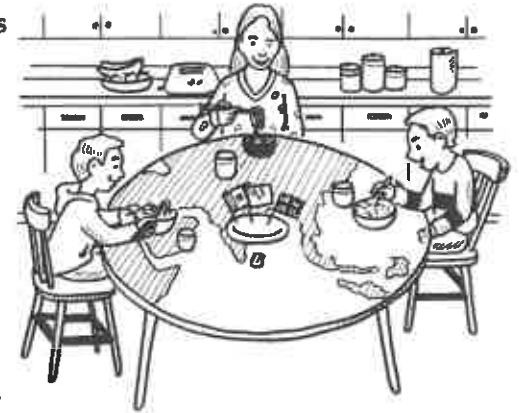
Kids in many Asian countries eat noodles for breakfast. Heat up leftover pasta in chicken or vegetable broth to make a soup. Or your child might toss noodles with sesame oil and peanut butter. Sprinkle in shredded carrot for crunch and vitamin A. *Idea:* Learn to eat noodles with chopsticks by watching online tutorials together.

### Porridge

In the United Kingdom, children call oatmeal *porridge*. And parents know it gives kids lasting energy, making it a smart way to start the day. Suggest that your child arrange apple slices, raisins, and blueberries on his porridge to make a smiley face.

### Beans

Beans make it easy to add extra protein to breakfast. In some Latin American



countries, kids enjoy beans with their eggs. Top a warm soft corn tortilla with a fried egg, cooked black beans, diced tomato, and low-fat shredded cheese. Your youngster can eat it with a side of tropical fruit like mango or kiwi.

### Sandwiches

Many countries have their own versions of a breakfast sandwich. For a Middle Eastern twist, set out small plates of hummus, diced hard-boiled egg, and cucumber and tomato slices. Your child can stuff everything into a whole-wheat pita pocket or eat ingredients separately. 🍴

## Fitness is in the cards

Tap into your youngster's love of card games to keep her active. How? By encouraging her to create her own deck of fitness cards to play with!

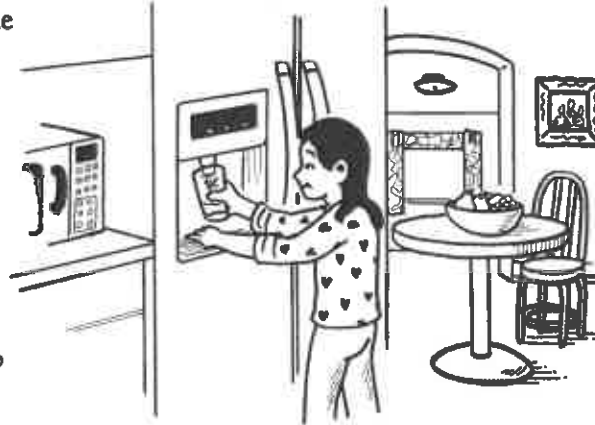
1. Have your child write and illustrate 20 exercises on separate index cards. *Examples:* "Pose like a flamingo." "Wiggle like a worm." "Run backward in a circle."
2. Now your youngster can shuffle the cards and deal them all out facedown.
3. The first player turns over her top card and rolls two dice. She does the movement the number of times rolled and earns that many points.
4. When all the cards have been used, high score wins. 🎲



# Sweet strategies for less sugar

Soda and other sweet drinks are the leading source of sugar in children's diets. But that's far from the only source. Help your youngster cut back on the sweet stuff with these strategies.

**Stick to water and milk.** Get your child in the habit of drinking mainly water (or sparkling water) and plain fat-free milk. She should have no more than 4 to 8 oz. of 100%



fruit juice—including orange juice—per day.

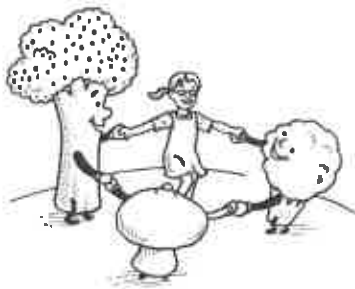
**Choose condiments carefully.** Teach your youngster to look for the words “no added sugar” on labels for foods like ketchup, pasta sauce, and jelly. If a variety without added sugar isn't available, help her compare to find the least sugary option. One brand of jelly might have 7 grams of sugar while another has 12!

**Satisfy with fruit.** Have your child sweeten her cereal and yogurt with berries and top pancakes and waffles with banana slices. Let her create her own recipe for fruit salad and make it for dessert. 🍓

## Q&A Going vegetarian

**Q:** My daughter wants to become a vegetarian. How can I make meals that both she and the meat eaters in our house will eat?

**A:** Start by presenting your question to your family. Ask them what meatless dishes they like. Your child could make a list of those that everyone agrees on, such as vegetable frittatas, cauliflower curry, and green lentil soup. Then, work them into the rotation a couple of times a week.



On other nights, look for ways to give your daughter a meatless alternative. You might find recipes for foods to make and freeze, like chickpea burgers to heat up for her on burger night. If you cook fajitas, add mushrooms for hearty flavor, and serve chicken or steak separately.

You may discover that your whole family eats less meat—and enjoys it! 🍓

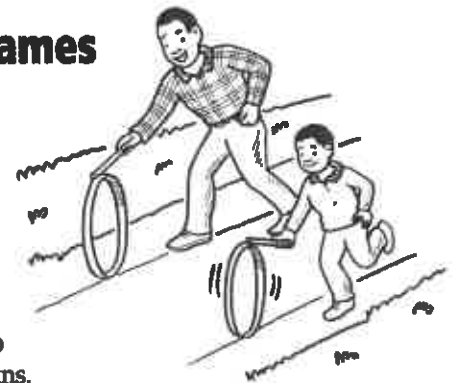
## ACTIVITY CORNER

### Old-fashioned games

Your youngster will enjoy hearing about games children played in the “olden days.” Share some stories, and then try versions like these with him.

#### Hoop and stick

Draw lines with chalk up and down a driveway or sidewalk. Then, have each player use a stick to roll a hula-hoop from one end to the other. The first person to the finish line wins.



#### Stickball

Play this version of baseball with a broom or yardstick and a ball that bounces (such as a tennis ball). Let your child designate bases, perhaps a fire hydrant, trees, or lawn furniture. The pitcher lobs the ball, and the batter tries to hit it on one bounce. Play nine innings, and score runs as in baseball. High score wins. 🍓

## IN THE KITCHEN

### Inspired by pizza

Pizza is tasty, but it can be hard not to overeat! Experiment with these healthier options.

**Veggie boats.** Use vegetables as the “crust.” Cut 2 zucchinis in half lengthwise. Brush the cut sides with olive oil and arrange on a baking sheet. Top with a thin layer of tomato sauce, and cover with shredded low-fat mozzarella cheese. Bake at 400° until the veggies

soften and the cheese melts, about 12–15 minutes.

**Chicken bowls.** Dice 1 lb. boneless chicken breasts, 1 green bell pepper, and 1 onion. Heat 1 tbsp. olive oil in a skillet, and sauté chicken and veggies until chicken is cooked through.

Divide mixture among four bowls. Stir ½ cup warm marinara sauce and ¼ cup grated Parmesan cheese into each bowl, and sprinkle with oregano. 🍓



**OUR PURPOSE**  
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.  
 Resources for Educators,  
 a division of CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 800-394-5052 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
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