

Livingston County R-III School District
Chula Accelerated School
PO Box 40
Chula, MO 64635

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Chula, MO

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Menus

School: Livingston County R-3

Academic Year: 2020-21

Meal: All

Month: April 2021

April				
M	Tu	W	Th	F
29 Breakfast: Whole grain waffles, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	30 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, french fries, fruit, milk	31 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Baked ham, mashed potatoes & gravy, carrots, whole wheat hot roll, fruit, milk	1	2
5	6	7 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Whole grain chicken fillet, mashed potatoes and gravy, broccoli, whole grain bread & butter, fruit, milk	8 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, baked beans, whole wheat bread & butter, fruit, milk	9 Breakfast: Whole grain biscuit, breakfast chicken patty, fruit, juice, milk Lunch: Corn dog, mashed potatoes, carrots, fruit, milk
12 Breakfast: Whole grain french toast, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	13 Breakfast: Whole grain biscuit, sausage gravy, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	14 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Pepperoni pizza, tossed romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	15 Breakfast: Whole grain breakfast pizza, fruit, juice, milk Lunch: Taco soup with corn chips, celery stick, fruit, milk	16 Breakfast: Bacon egg scramble, whole wheat toast, fruit, juice, milk Lunch: Hot dog on whole wheat bun, french fries, carrots, fruit, milk
19 Breakfast: Whole grain breakfast bites, syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	20 Breakfast: Whole grain breakfast burrito, fruit, juice, milk Lunch: Hamburger patty on whole grain bun, french fries, whole kernel corn, fruit, milk	21 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Turkey & cheese roll-up, baked chips, celery sticks, raw baby carrots, fruit, milk	22 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Spaghetti with meat sauce, tossed romaine salad w/low-fat Ranch, green beans, fruit, milk	23 Breakfast: Whole grain waffles, syrup, fruit, juice, milk Lunch: Walking tacos, shredded cheese and lettuce, refried beans, fruit, milk
26 Breakfast: Whole grain french toast, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	27 Breakfast: Whole grain biscuit, sausage gravy, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	28 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Lasagna roll-up, tossed romaine salad w/low-fat Ranch, whole wheat bread & butter, peas, fruit, milk	29 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Chicken & cheese burrito, refried beans, whole kernel corn, fruit, milk	30 Breakfast: Whole grain Pop-Tart, strawberry Go-Gurt, fruit, juice, milk Lunch: Corn dog, mashed potatoes, carrots, fruit, milk

Chula Accelerated School

April 2021



Preschool News

Happy Spring!

*The wind told the grass
And the grass told the trees.
The trees told the bushes
And the bushes told the bees.
The bees told the robin
And the robin sang out clear,
"Wake up!
Wake up!
Spring is here!"*



Spring is finally here and we are making daily observations of the changes that are taking place around us outside. We hear the birds chirping and the spring peepers singing, and the flowers are blooming a beautiful yellow in our flower garden. Inside the classroom, conversations have been taking place about rainbows, mixing colors to make a new color, observing the weather to see if the day is a lion or lamb day, and soon we will start gardening and creating a worm farm. We have enjoyed all of our March activities. April will be a busy month also as we prepare for the end of the year activities and preschool graduation. It is so hard to believe it is that time already. This year has been a very memorable one and we have enjoyed our time together. ~Mrs. Mindy

Greetings from 4 Year-Old Preschool!

The month of March has been a fun filled month. In our class we have been learning so much about numbers and Phonics. We are working hard to remember what letters sound like and what numbers look like. On St. Patrick's Day we were hit hard by the leprechaun. He destroyed our classroom and left some fun things to do as well. He even gave us green treats! As we approach spring we are doing lots of fun spring activities and really branching out there. ~Miss Ammie

Kindergarten News

March has been an exciting month. We had a visit from those mischievous leprechauns! We build leprechaun traps and even baited them with leprechaun food. The leprechauns ate the food, tore up our room, left footprints on our window AND stole our hamster! We found the hamster in his cage at Mrs. Cypert's house, but we had to clean up the mess in our room. But it was okay since the leprechauns left each student a pot of gold.

Thanks to Shannon Burris, we now have eggs in our incubator! We have THIRTY EGGS!! We are hoping they all hatch. What fun that will be! ~Mrs. Cypert

First & Second Grade News

Guess what? The leprechauns paid us a visit on St. Patrick's Day! The kids made traps in hopes of catching one, but once again, they all escaped. They left a terrible mess in our classroom – things were dumped out, messed up, turned upside down and backwards. They took a nap with our blanket, ate our cheese and crackers, played a card game, and mixed up our chrome books. They also threw shamrocks all over our floor. On the plus side, they left everyone some chocolate gold. We discovered they came in through a window (they left their footprints) and repelled down to the floor with a piece of string. It was a very exciting day and it only took us twenty minutes to clean up our room.

We've been tracking the weather to see if the old saying about March coming in like a lion and going out like a lamb is true. March definitely came in like a lamb, but we've had several days of lion weather. We're waiting to see how the month ends.

The warm weather has us thinking about being outside and planting a garden. We've cleaned up our garden and it is ready for planting. We're hoping to get some seeds planted this week. We'll be planting lettuce, spinach, radishes, and beets.

We wish everyone a Happy Easter and we hope the bunny brings your favorite treats! ~Miss Stone

Third & Fourth Grade News

Another month has come and gone! March was a very busy month. It was full of basketball practices, games, and the basketball tournament. The kids did such a great job and played so hard! We also began gardening classes which has been a lot of fun. We learn some great new skills and get to go outside and play in the dirt! Spring picture day was another busy day with individual, class, and a whole school picture. Of course we can't forget St. Patrick's Day too! It is hard to believe we are so close to summer break. I can't wait to see what the next couple of months hold! ~Mrs. Leadbetter

Save those receipts!

Hy-Vee will donate a portion of our receipts to the school!

Qualifying receipts must:

- Be a minimum of \$25
- Not have gasoline, pharmacy, or alcoholic items
- Be from the Chillicothe store
- Be dated during the current school year



SPRING



Fifth & Sixth Grade News

Spring is in the air! In celebration, I asked my class to finish this sentence: I am excited for warmer weather so I can...
John BeVelle...go for rides with my dad on the side-by-side!
Marley Slattery...go arrowhead hunting!
Mylo Murphy...go on 4-wheeler rides!
Dandy Rogers...FINALLY go outside!
Dewayene Yount...go to SkyZone!
Victoria Gramenz...go to the mountains with my family!
Levi Campbell...going boating with my family!
Emily Woodside...going fishing with my family!
Tymber Anderson...having friends over!
Charlee Hibner...doing summer sports with my dad!
Madison Burris...showing my rabbits at the fairs!

I too am looking forward to being outside with family as much as they are! We talk often as a class about how blessed we are to be "country" people so we can have enjoyment from all that nature has to offer. Enjoy your warmer weather too!

~Mrs. Pauley

From the smART Room

We have been enjoying our projects in the smART gym! The preschool and kindergartners made beautiful spring flowers and the kindergartners have taken home snakes! Well, they were stuffed neck ties made into snakes, but snakes none the less.

The first and second graders will finish their neck tie snakes soon. Meanwhile, the third through sixth grades are making coiled paper flowers that will be used to decorate the stage for the spring concert. On the first day they found these flowers challenging but by the second day they had mastered the technique! Practice makes almost perfect! I say almost because perfect is just too much to expect from anyone! Progress, not perfection.

The junior high room is finishing up a unit on cartooning their faces. Challenging, but sure is fun to see what they do with it. When we worked on how to draw a cartoon body, there were lots of giggles.

Next up will be a student art show in Chillicothe at the Cultural Corner. It will be April 20-29. The junior high acrylic canvas paintings will be shown as well as some other pieces. Woo Woo!

~Mrs. Locker

Seventh & Eighth Grade News

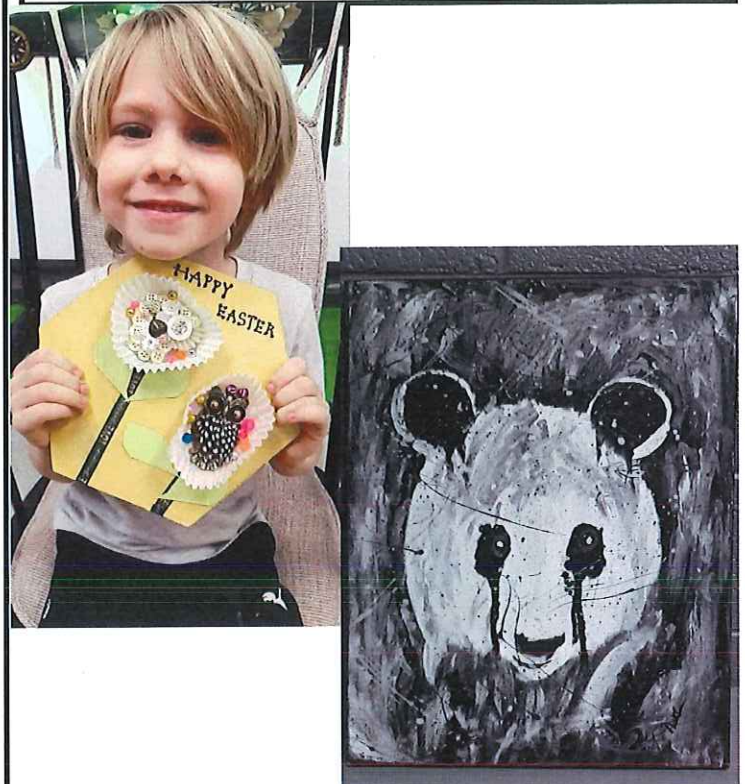
Spring is in full swing for seventh and eighth grade. We have wrapped up the play and have moved on to graduation planning! We have picked a theme and will soon start writing wills and speeches!

St. Patrick's Day was full of fun and all enjoyed the treats received. In academics, we have completed our argumentative writing unit. Our final writing unit includes more research on a self-generated question. In American history, several students were appalled at the inequalities afforded women in the mid-1800s.

In fifth and sixth grade writing, students wrote paragraphs comparing and contrasting apples and oranges as an introduction to the unit; next up, is the Android or iPhone better? In world history we are covering religions and trade.

The eighth-graders are looking forward to a field trip to the Walt Disney Museum in Marceline; all are counting the days until spring break and end of the year events!

~Mrs. Peterson



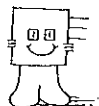
Early Years

WORKING TOGETHER FOR A GREAT START

April 2021

Livingston County R-III School

Megan Hardie, Principal



KID BITS

Picture book character

When you read stories with your child, look for examples of good character. He might notice how brave a little giraffe is in a story about a talent show. Or you could point out a kind boy standing up for a classmate who is being made fun of.

On-the-job training

Your little one might not be able to do all the steps of a chore, such as loading the dishwasher. Show her how anyway ("I'm putting the knives in with the sharp sides down") and let her do as much as possible ("Here, you load the spoons"). She'll gain confidence and be ready to tackle the job herself when she's older.

Helmet safety

Keep your youngster safe by making sure he always wears a helmet when he rides a bike or scooter. It should fit snugly, have a liner that's at least 1 inch thick, and sit level on his head. *Idea:* Let him make a helmet for a stuffed animal. Then, he may be more excited about wearing his own.

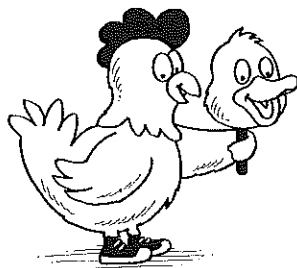
Worth quoting

"There is nothing in a caterpillar that tells you it's going to be a butterfly."
Buckminster Fuller

Just for fun

Q: Why did the chicken say, "Quack"?

A: It was learning to speak Duck.



Going with the flow

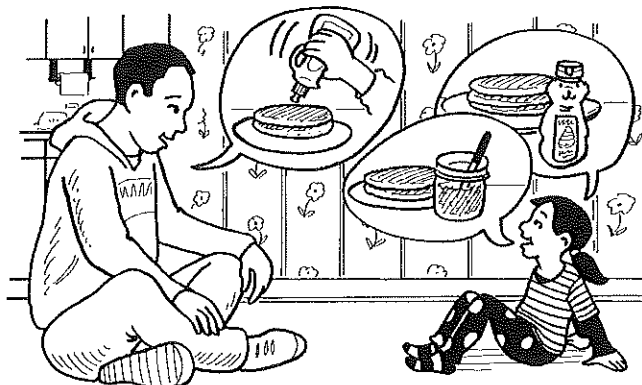
Flexible thinking lets your child adapt to changing situations and look at things in multiple ways. Stretch her thinking and problem-solving skills with these activities.

Two voices

Your youngster will need to shift gears to succeed in this twist on Simon Says. Give her instructions ("Touch your toes," "Spin around"), but switch back and forth between two silly voices (say, a robot and a pirate). The catch? Tell her to listen only to the robot. If she follows the pirate's instruction instead, her turn ends. Now she gets to choose two voices and give you directions.

Mystery pictures

Can your child figure out what's in a picture even if she can't see the whole thing? Cut a 1-inch hole in a sheet of paper, and lay it on top of a book illustration. Now let her slide the paper around,



peek through the hole, and think about what it could be a picture of. Something that looks rough and brown might be a furry animal. Or is it a football or a tree trunk?

What if?

This activity encourages your youngster to practice finding alternatives. Ask a "what if" question like "What if we didn't have syrup for pancakes?" Take turns naming possible solutions (use jelly or honey, eat them plain, make toast instead). Keep going until you run out of ideas. Then, ask a new "what if" question. ♥

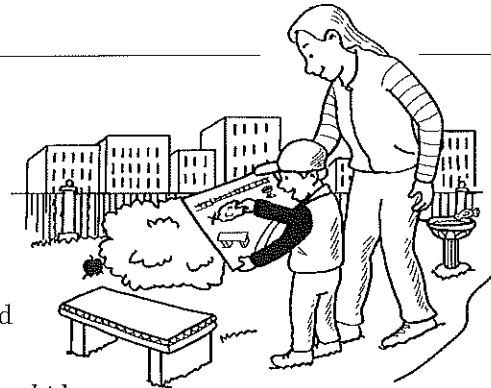
Search for treasure

Finding hidden treasure is a fun way for your youngster to learn how maps show where things are located. An X marks the spot with this idea.

1. Help your child draw a map of a room or the park. Encourage him to include landmarks like doors and furniture or trees and fences.

2. Have him cover his eyes while you hide a "treasure," maybe a juicy apple, in the actual location. Put an X on the map where the treasure can be found.

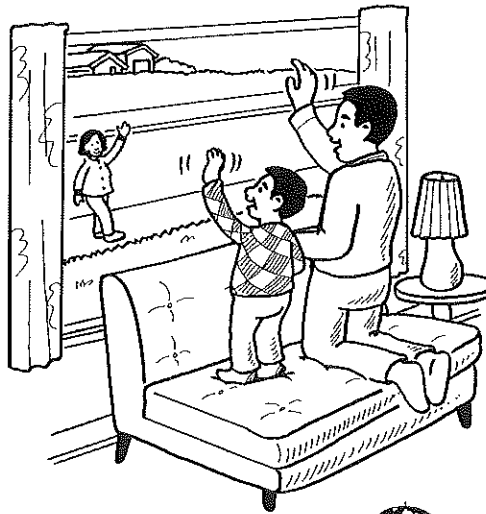
3. Challenge your youngster to use the map and find the treasure. When he locates it, let him erase your X, hide a treasure, and mark it on the map for you to find. ♥



K is for kindness

Simple acts of kindness make the world a friendlier place—and give your youngster warm, fuzzy feelings. Here are ways to inspire him to be kind.

Pretend to be a superhero. Suggest that your child draw himself as a “kindness superhero.” He can make up a superhero name, maybe Captain Kindness. On his drawing, help him write what superpowers he has. (“Cares about others.” “Loves to help.”) Then, encourage him to step into the role and put his superpowers to work whenever he sees the



opportunity to be kind. Maybe Captain Kindness will help you look for your misplaced car keys or offer to take a photo of his big sister.

Make a kindness calendar. Together, think of a month’s worth of ways to show kindness, and write each one in a calendar square. *Examples:* Smile and wave at neighbors walking by. Compliment a family member. Make a card for a friend. (It’s okay to use ideas more than once!) Every day, read the tip on the calendar, and have your youngster do it. He can draw a heart on each one as he completes it.♥



Q & A Storytelling at home

Q: My son’s kindergarten class is working on storytelling. How can we tell stories at home?

A: Start by asking your child to tell stories about pictures he draws. Listen to his tale, then ask questions that spark his imagination. If he draws people in a car, for instance, you could ask where they’re going. This is good practice for storytelling now—and creative writing later.

Also, take a few minutes before bed to let him tell the story of his day. He might describe a game he played and what he ate for lunch.

Encourage him to keep going by asking questions like “What happened after lunch?”



Share the story of your day, too, making sure to include lots of details. Listening to your story will help him learn to tell his own.♥

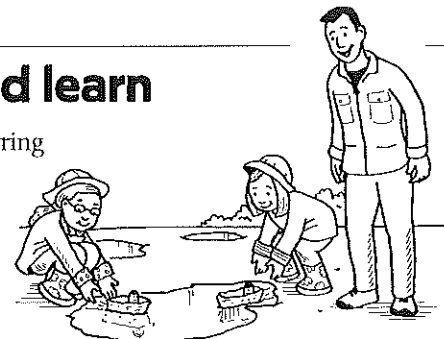
ACTIVITY CORNER

Splash and learn

April showers bring

May flowers—and lots of learning opportunities for your youngster! Sprinkle these activities into the next rainy day:

- Together, listen to the rain and think of words (real or made up) to describe the sound it makes when it hits the windows or pavement. *Examples:* tap, plop, plink. Then, put on slickers and rain boots, and let your child set different containers out in the rain. What words come to mind when she hears raindrops land in a plastic bucket, tin can, or glass jar?
- Help your youngster make aluminum foil boats and sail them on puddles. Which design floats best? Can she create a boat that will carry a small toy across a puddle? Have her use chalk to draw circles around puddles. Let her check back periodically and trace around the puddles again. She’ll notice they get smaller and eventually disappear (*evaporate*). Do bigger puddles last longer than smaller ones?♥



PARENT TO PARENT

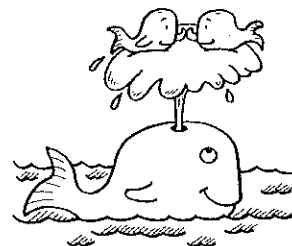
Help siblings get along

It seemed like my daughters Kate and Brianna were always bickering. My nieces, on the other hand, get along pretty well, so I asked my brother for advice.

He assured me that his girls don’t always get along. But he’s noticed their relationship is better when he lets them work out minor disagreements rather than taking sides. Sometimes, he pointed out, they seem to argue just to get his attention.

Now when my girls argue, I tell them to work it out. If they’re still fighting after 15 minutes, I send them to separate rooms to cool down, as my brother recommended. Afterward, I have them try again to solve their disagreement.

Knowing I won’t jump in and referee has cut down on my daughters’ arguments—and I’m hearing fewer complaints of “You always take her side!”♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
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Home & School

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CONNECTION[®]

April 2021



Livingston County R-III School

Megan Hardie, Principal

SHORT NOTES

Family show-and-tell

Show-and-tell builds your child's speaking and presentation skills—and it's not just for school! Schedule special time each week or month for everyone to share a belonging, talent, or memory. Your youngster could share the stuffed animal he got for his birthday or read a poem he wrote, for example.

The definition of me

How kids see themselves plays a big role in their self-esteem. Ask your youngster to write a dictionary-style definition of herself that includes things she's proud of. ("Ellie: a 9-year-old girl who is friendly, loves to read, and has a good sense of humor.") *Idea:* Suggest that she write positive definitions for other family members.

Current events

While it's important to become informed about current events, the news can be upsetting for children. Turn it off when you're not watching. If you'd like to let your youngster see the news, record it and watch together. That way, you can pause to discuss events, which will help him put them in context.

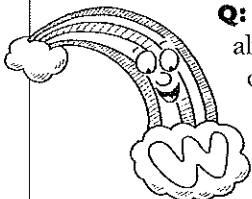
Worth quoting

"Happiness is a perfume you cannot pour on others without getting a few drops on yourself." *Ralph Waldo Emerson*

JUST FOR FUN

Q: What will you always find at the end of a rainbow?

A: The letter W.



Get your child to listen—the first time

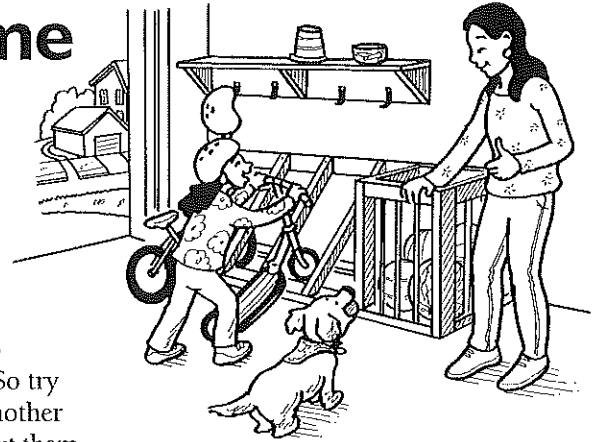
What you say and how you say it can make a world of difference when you need your child to listen. Consider these tips to curb nagging and encourage better listening.

Get close

Your youngster is more apt to listen when you're face-to-face. So try not to shout instructions from another room or across the yard—or to text them to her. It's also a good idea to get her attention before you start talking ("Hey, there's something you need to do ..."). Then, have her repeat your instructions ("I'm supposed to put my scooter in the garage") so you know she has heard and understood you.

Slow down

Too many instructions at once can overwhelm your child. Instead of rattling off a bunch of tasks (put away your laundry, do your homework, take out the trash), give her one at a time. Or



suggest that she write them down and check off each one as she completes it. She can come back and proudly show you her finished list.

Give options

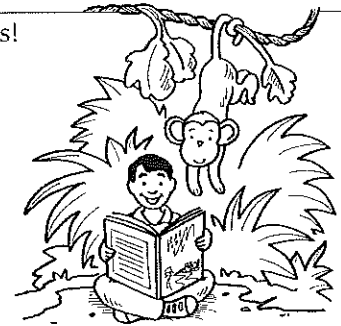
Say your youngster often procrastinates when you tell her to get dressed in the morning. Instead of nagging, you could ask, "Are you going to wear sweatpants or jeans today?" Or if you find yourself repeatedly telling her to eat her vegetables, you might try, "Do you want carrots or broccoli?" Giving her a say will make her more apt to listen and respond.♥

A world of nonfiction

It's exciting to read about real people and places! Ask these questions to help your youngster pick out nonfiction books he'll want to read.

"Who would you like to meet?" Your child might read biographies of people who intrigue him, like his favorite baseball player or an explorer he learned about in history class. How does "getting to know" these people influence his opinion of them?

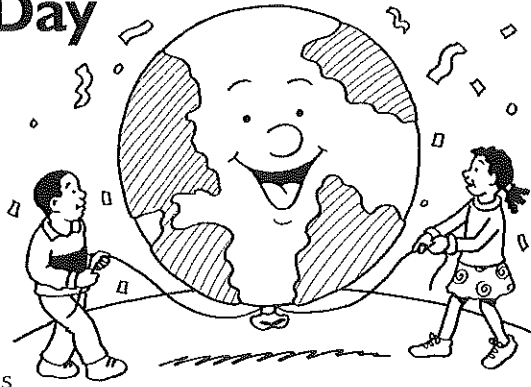
"Where do you want to go?" Nonfiction can transport your youngster anywhere in the universe—and even back in time. Maybe he'll read about a tropical rain forest, the International Space Station, or medieval times. Encourage him to imagine himself in the place or time he reads about.♥



Celebrate Earth Day

Show the Earth some love on April 22—and every day. Here are activities that will help the planet *and* boost your child's math and research skills.

Calculate and conserve. A typical showerhead sprays out 5 gallons of water per minute. Have your youngster time his next shower and multiply the number of minutes by 5. If his shower took 8 minutes, he used 40 gallons of water ($8 \times 5 = 40$). Encourage family members



to time their showers, too. Then, ask everyone to trim 2 minutes off their showers, and let your child calculate how much water your family saved.

Try plant-based foods. Eating less meat is an eco-friendly habit that's also healthy for your youngster. Ask him to research plant-based alternatives to some of the meat-based foods your family eats. He might find recipes for black bean burgers, shiitake mushroom "bacon," and eggplant "steaks." Make and try them together. *Idea:* Consider committing to one meatless day per week. Your child can choose the recipe—or come up with his own.♥

ACTIVITY CORNER DIY stickers



What makes stickers ... well ... sticky? Your youngster can find out with this art project.

1. Draw stickers. Let her make lines to divide a sheet of white paper into 12 equal boxes. Encourage her to use colored pencils to draw a picture (taco, star, heart) in each box.

2. Make glue. In a bowl, have your child stir together 1 tbsp. cold water and 1 packet unflavored gelatin. Meanwhile, boil 3 tbsp. water. Pour it into the gelatin. Now she can add $\frac{1}{2}$ tsp. sugar and stir until dissolved. She made glue! Help her use a paintbrush to coat the back of her paper with the glue.



3. Stick. When the glue dries, she can cut out her stickers along the lines. To use, she should moisten the backs with a damp sponge. Then, she could stick them on papers, binders, notebooks, and more.♥

End-of-year volunteer

As the school year winds down, consider these ideas for helping your child's teachers.

● **Assist with projects.**

Offer to bind student-made books or frame children's artwork. You might also put together a slide show of photos the teacher took during the year.

● **Participate in special events.**

Ask the teacher how you can lend a hand during in-person or virtual events, such as end-of-year parties, awards ceremonies, or graduation.

● **Drop off boxes.**

Find out if teachers need boxes to pack up their books and supplies. You could call grocery stores and dollar stores to see which ones donate boxes, then volunteer to pick them up and drop them off at the school.♥



Q & A Promote hopefulness

Q: *I don't want the negative events of the past year to keep my son from being hopeful. What can I do?*

A: Hope is contagious! Encourage your son to "catch" it from you. Share your plans for future good things. For instance, you might talk about fun things you hope to do this summer, like go camping or watch a fireworks display. Ask your son what he hopes for, too.

Taking action is another way for your

son to feel more hopeful. Whenever possible, let him do things to make a difference. For example, if he's worried about people needing food, the two of you might grow vegetables to donate to a food pantry.

Remember, you know your child best. If your son talks about feeling hopeless, or you are concerned that he might be suffering from depression, talk to his school counselor or doctor.♥



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