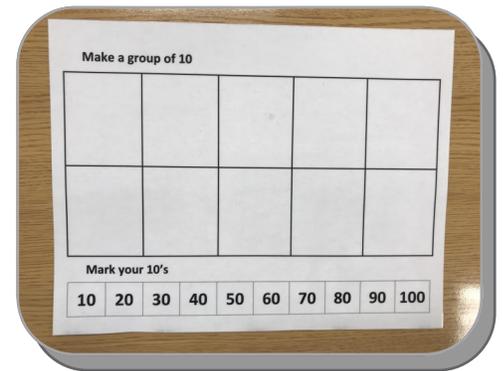


## Minneapolis Grade School FLC Students Reinforce Math Skills While Providing a Service Project that helps the School and Community

Mrs. Abell's FLC students have been practicing their math skills while providing a service and contributing to the school and community. This goes hand-in-hand with their PBL class theme: "Making Our Communities a Better Place".

FLC staff came up with the idea to create a ten frame that students could use for a new PBL activity that would help the community and also the Cub Backer organization. For this project, the FLC paras designed and printed ten frames for each student. The frames were also laminated so students could use them as a dry erase board. Students filled their ten frames with caps collected for the AuBurn Pharmacy Caps-to-Cash program. They practiced matching one on one and counting by one's and ten's as they filled their ten frame with the caps.



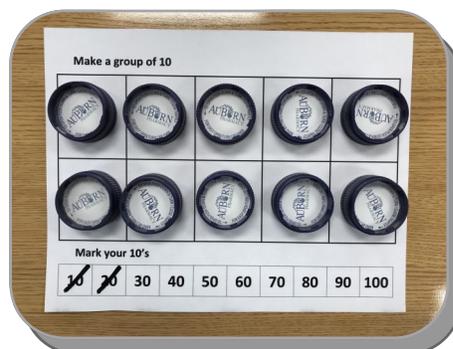
### How will this PBL activity help the community and school?

Enrollment in the Caps-to-Cash program began several years ago when Cub Backers made a commitment to collect, submit and redeem the caps for cash. This fundraiser helps the organization raise funds for numerous MGS school projects and equipment purchases. Until this year, one or two Cub Backer members had the time-consuming job of counting and bundling up the collected caps. Now, the job of counting has been taken over by Mrs. Abell's students, who are learning while providing a service, resulting in benefits for all parties. Service-learning projects like the FLC ten frame activity at MGS, meet real-life needs and promote motivation and a purpose for learning in school while giving students the opportunity to learn through active participation in experiences that help the community in some way.

Students fill their ten frame one cap at a time, then tally the set of ten before dumping them in a garbage bag. Once the students have deposited 1,000 caps, the bag is taken to Cub Backer member Mallory Hosler so the caps can be submitted to AuBurn Pharmacy.

Cub Backers will receive a donation check from AuBurn Pharmacy for the number of caps collected. Each cap collected and submitted is worth 25¢, and Cub Backers can earn as much as

\$10,000 a year from the Caps-to-Cash program.



# Health & Wellness News



**parent tips** we can!



## Energy Balance: ENERGY IN & ENERGY OUT

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?

### How to do the worksheet

Look at the meals at the bottom of this page.

- For each meal, find the ENERGY IN. Those are the calories you get from eating the meal.
- Look at the ENERGY OUT Table. It lists physical activities and the calories burned for each.
- Choose an activity for each meal. Write it in the blank.
- Figure out how long you need to do the activity to burn the calories from the meal. Write that in the blank.

### Here's an example:

Let's say you have a turkey sub meal and you choose the jump rope activity.

To balance ENERGY IN and ENERGY OUT, you need to burn about 750 calories.

The ENERGY OUT Table says jumping rope for 15 min. burns 150 calories.

To burn about 750 calories, you would need to jump rope for 15 minutes, 5 times—for a total of 1 hour and 15 minutes.



### Energy In Meals

Now it's your turn. Balance the ENERGY IN and ENERGY OUT for these meals.

 <b>= 307 calories</b>	activity: _____	
<b>Meal 1:</b> Whole-grain cereal (1 cup), Fat-free milk (1 cup), Banana		
 <b>= 662 calories</b>	activity: _____	
<b>Meal 2:</b> Baked fish (3 ounces), Green beans, Rice (1 cup), Low-fat frozen yogurt		
 <b>= 1290 calories</b>	activity: _____	
<b>Meal 3:</b> Fast food double cheeseburger, Large French fries, Large regular soda (32 ounces)		

### We Can!

Is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

### Energy Out Physical Activity

These activities all burn about 150 calories. Activities that take more effort take less time to burn 150 calories. Easier activities take longer to burn 150 calories.

<b>less effort more time</b>		<b>more effort less time</b>
Wash and wax car for 45–60 minutes	Push a stroller 1½ miles in 30 minutes	Rake leaves for 30 minutes
		Shovel snow for 15 minutes
		<b>NEIGHBORHOOD ACTIVITIES</b>
Shoot baskets for 30 minutes	Walk 1¼ miles in 35 minutes	Play touch football for 30 minutes
		Jump rope for 15 minutes
		<b>SPORTS ACTIVITIES</b>

Note: Calories burned are for a healthy 150-pound person. Lighter people burn fewer calories than heavier people doing the same activity. Source: [http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_whatcanyoudo.html](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.html)