



SHAMROCK SHOUT OUT!

OCTOBER 2016



October Events

3rd - Grandparents/VIP Day 3rd & 6th Gr.
4th - Grandparents/VIP Day 1st Gr.
4th- John Glenn School Board mtg. 7 PM
5th- Grandparents/VIP Day 2nd Gr.
6th- Grandparents/VIP Day 4th & 5th Gr.
7th- Grandparents/VIP Day KDG
7th- Public Safety Day during lunch recess
10th - Fire Safety Day
12th - PTO Meeting in Library 3:15
14th- End of 1st Grading Period
18th- John Glenn School Board mtg. 7 PM
19th- Before & After Care Open House @ NLES 6:30
20th- Report Cards emailed
21st-25th - Fall Break - No School
26th-28th - Red Ribbon Week

Grandparents/VIP Week October 3-7

This special day is from 8:30-9:30 with some light snacks and drink in the cafeteria. PTO will be taking pictures for this special event at \$1.00

Oct. 3 Monday: 3rd & 6th Grade
Oct. 4 Tuesday: 1st Grade
Oct. 5 Wednesday: 2nd Grade
Oct. 6 Thursday: 4th & 5th Grade
Oct. 7 Friday: KDG

Book Fair Week Oct. 3-7

The book fair is available in the back gym during Grandparents/VIP Day and at scheduled classroom visits.

2nd Annual Public Safety Day Oct. 7

During recess, the school invites local, county, and state police officers, fire and rescue staff, and other members involved with public safety to feel like rock stars. The students love the interaction and opportunity to ask questions with sirens blaring.

Practice Lock Down Drill

Following the Oct. 7th Public Safety event, the school performs a lock down drill as officers walk the hallways and enter classrooms. Teachers will be practicing for the drill in the coming days.

Join the 4H Club

It's time to start a new 4-H year! With clubs and projects ranging from robotics to rabbits, fashion to foods, crafts to cows, Legos to leathercraft and in every county, parish, and territory of the U.S. 4-H has something for everyone, no matter where you live! 4-H is open to ALL children ages Kindergarten through 12th grade. Enrollment begins on October 1, 2016 through January 15, 2017.

Liberty Township 4-H Club will be having an information and enrollment day 2-4 pm on November 13, 2016 at the North Liberty Elem. School in the cafeteria & computer lab. If you have questions, email: libertytwp4h@live.com

Before & After Program: "Lights on Aftercare"

A day of celebration for Aftercare programs across the nation. We are spotlighting the need and importance of Aftercare programs for our youth.

Where: North Liberty Elementary School

When: Wednesday Oct. 19, 2016

Time: 6:30 pm to 7:30 pm

Activities: games, prizes and snacks

Gr. 4-6 Science Fair is November 9

Grades 4-6 will begin the scientific process for their required project. The science teachers are instructing the students on the process and creating classroom deadlines to help plan a well-developed experiment. Ms. Marks - 4th, Ms. Traub - 5th & Mrs. Weiss - 6th teach Science so contact them with your questions. Projects will be displayed in the back gym on Nov. 9 from 4-6 PM.

Labels for Education

UPC Campbell's labels are discontinuing with one more chance to win prizes. Turn in any UPCs with Labels for Education by Oct. 31. More info at www.labelsforeducation.com

Elementary Sports

Signups for Boys basketball will begin mid-October, Cheerleading late October and Girls basketball after Christmas break. Physical forms are required to participate so please plan accordingly.

A great place to learn, teach, lead and succeed.

Gym-NEWS-ium

6th Graders - Archery

The NLES 6th grade students recently held their Archery tournament to display the skills that they have been learning during their last several weeks of class. The students have had a thrilling time. Thank you to Mrs. Rice, Mrs. Bers, and DJ who have been helping every morning for six weeks with the archery students through this exciting and fun unit.



5th Graders - Bowling Fantastic fun was had by all as the 5th grade class went to Chippewa Bowl for the end of their bowling unit this year. 73 students and 14 chaperones bowled while many other parents stopped to watch the action. Even Mrs. Cummings stopped by to join the excitement. Each student applied the skills that they learned in PE class and bowled two complete games on 1 of the 28 lanes used by NLES.



4th Graders - Golf As a culmination to the indoor Golf classes, 4th grade students visited the Tri-Way Family Golf Facility in Plymouth to practice the new skills that they learned on September 19th. 77 students and 18 chaperones had a beautiful day to spend on the Mini Golf course. A shotgun start and everyone was through the course in 2 hours as everyone "putted" along. Many students showed off their new abilities by scoring several hole-in-one's.



Fall PE Fundraising Worlds Finest Chocolate is the annual PE fundraiser and has helped NLES purchase some fabulous new equipment for the students in the last few years. Last year the money raised was specifically used to buy the traverse climbing wall now up in the back gym. This winter we are planning on rolling out a fun unit for each grade level on the wall. Some items under consideration for future fundraising \$ include bicycles, gaga ball pit, and inflatable bumper balls. So please support our fantastic NLES fundraiser so we can continue to provide one of the most exciting PE programs around.



The Swoop Scoop

"Swoop" is a nickname for our Title I Program. Students in grades K–3 may qualify for extra reading support each semester thanks to a federally funded program for which JGSC qualifies.

From August through the beginning of September, our Swoop team took time to sit down with every NLES student in grades K–2 one on one to visit and do a little reading and/or word play. It is so nice to be able to get to devote some special attention to each child, even briefly, to check in on how the new year is beginning.

We have now begun our Swoop Groups! Our groups are led by our dedicated **Swoop Crew**. Mondays through Fridays, Mrs. Weiss and our instructional aides work within K–3rd grade reading classes. Some students work in the Swoop room in the afternoons for short periods. The students work in consistent small groups with reading lessons led by Mrs. Weiss or an instructional aide.

Along with the small groups, our Swoop Crew will host some special events this year. First up, **Swoop parents, please stop in to the Swoop Room (room 702 across from cafe) during conferences to meet Mrs. Weiss, for more information about our program, and to view curriculum. Mrs. Weiss will have a short activity for your child if he or she is with you.** 😊

Our NLES Swoop Crew

Swoopers and their parents are invited to our first 2016–17 Swoop Family Night on October 18. An invitation with more information will come home in October. Then RSVP as soon as possible. It is sure to be an enjoyable evening! We know how to have fun!

Put a Name With a Face!

Shown: Mrs. Weiss was a Red Carpet reader for I Survived the Destruction of Pompeii (note: her toga and head wreath is not usual attire). Then her Swoop Team helped the 3rd graders make their own volcanos!



l to r: Swoop aides Ms. Zoellner and Mrs. MacLeod;
Swoop teacher Mrs. Weiss; and; Swoop aide Mrs. Tibbs

NORTH LIBERTY VETERANS DAY PROGRAM

NOVEMBER 11th @1:00PM

NLES MAIN GYM

Please let us know any veteran that will be attending

Please indicate if your veteran is a World War II Veteran.

Invite all Veterans even if they do not have children, etc at the school.

Thank you,

North Liberty Staff

Veteran(s)_____

Student name:_____

Home Room Teacher:_____

Marshall County Reading Council 2016-2017 Membership Drive Now through October 12, 2016

Marshall County Reading Council was started in 1985 by a group of local teachers. It is a part of the national and state organizations of IRA (International Reading Association) and ISRA (Indiana State Reading Association).

The council's purpose is to promote reading and writing in Marshall County. It does this through different programs and projects that it sponsors and supports throughout the year. Some of them are Celebrate Literacy, Books for Babies, Classroom Grants, Scholarships, PGP Certificates, and the Young Authors' Conference.

The council invites *YOU* to be a part of the organization.

To become a member, please fill out the form below and return it to your North Liberty Elementary Reading Council Building Representative,
Mrs.. Karlie Gibson.

MCRC MEMBERSHIP

2016-17

Are you currently a member of IRA? _____

New Member _____ Renewal _____

IRA#/ Expiration Date _____

Name _____

Address _____

Cost = \$10.00 Please attach money or check made out to MCRC to this form.

City, Zip code _____

_____ cash _____ check

E-mail Address _____

**DUE to Mrs. Gibson
BY OCTOBER 12th**



Race for Reading

5K & Fun Run

Benefitting Marshall County Reading Council

Come support literacy in our community by running or walking in this benefit race (untimed). Monies collected will be used to:

- Support the Young Author's Conference for local school kids to meet a real author.
- Provide books for our Books for Babies program which gives two free books to each newborn in Marshall County.

First male & female to finish will receive a Barnes & Noble gift card.

November 5th, 2016

Potawatomi Wildlife Park-Tippecanoe, IN

Fun Run @ 10:30 ~ 5K 10:45 (following fun run)

Early Registration: \$15-5k \$10-fun run

Race day: \$20-5k \$12-fun run

Register at <http://raceforreading.eventbrite.com>

T-shirt guarantee through Oct. 20th

All kids who participate in Fun Run will receive a free book :)

Raffle to follow race: handmade items, gift certificates, direct sales items (ex:Scentsy, Norwex, etc) Tickets 1-\$1 or 6-\$5

Chubby Buddies BBQ on site

Home & School

CONNECTION®

Working Together for School Success

September 2016



North Liberty Elementary
Melanie Heiser, School Counselor

SHORT NOTES

I can visualize it

Whether your child is reading or doing math, being able to "see" the material can help her understand it. For example, have her sketch a scene from a story or draw a map of the setting. Or she might use objects to solve a math problem. For $15 \div 3$, she could arrange 15 barrettes into 3 equal groups to find the answer (5).

Update your information

Has your contact information changed since spring? Check that your youngster's school has your correct home address, phone numbers, and email addresses on file. That way, teachers and staff will know the best way to reach you about school events, concerns with your child, or emergency closings.

Trait of the week

Encourage good character all year long! Each week, vote on a trait to celebrate, such as respect, honesty, or tolerance. Ask your youngster to create a poster illustrating the trait, and hang it up. Then, family members can look for examples and jot them on the poster. At the end of the week, read the examples aloud—and vote on a new trait.

Worth quoting

"If you can dream it, you can do it."
Walt Disney

JUST FOR FUN

Q: Where can you find hippos?

A: It depends on where you hide them!



Launch into learning

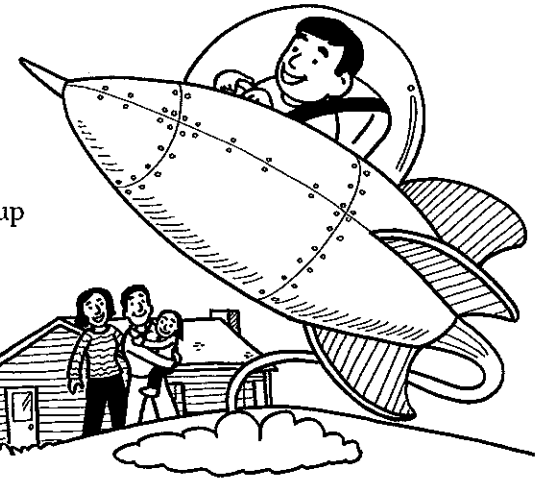
Three...two...one...blast off! It's a brand-new school year, and your child's mission is to learn. With these tips, he'll land in class ready to succeed.

3...Build excitement

Help your youngster get revved up about what he'll learn this year. To find out what's ahead, attend back-to-school night, talk to his teacher, and check the school website. Find topics you think will interest him, and read about them together in library books or online. Look for hands-on opportunities to get him excited, such as visiting a public garden or planting seeds at home if he's going to study plant life cycles.

2...Set goals

Specific, doable goals are critical to any successful mission. Let your child write goals and "due dates" on strips of construction paper ("I will finish long-term projects one day early so I have time to review them"). He can loop the strips together into a paper chain, then



cut off each link as he achieves the goal. With hard work, he'll be able to say, "Mission accomplished!"

1...Develop routines

Your youngster will blast off ready to learn if he is well rested, well fed, and active. Set a bedtime that gives him the recommended 9–11 hours of sleep. Make sure he wakes up early enough to enjoy a healthy breakfast. Also, try to see that he gets at least an hour of physical activity a day.♥

In school every day

Did you know that attending school regularly will affect how well your youngster does this year *and* in later grades? Use these suggestions to help her get an A+ in attendance.

● **Stay healthy.** Remind your child to wash her hands with soap and water before eating and after using the restroom or playing outside. Also, work with your pediatrician if your youngster has a chronic condition, such as allergies or asthma, that could cause her to miss school.

● **Address problems.** If your child wants to stay home when she's not sick, ask why. Talk to her teacher if this happens frequently or if you suspect a bigger issue. For example, struggling with schoolwork and being bullied are two common reasons for wanting to avoid school.♥



Building friendships

Children with friends enjoy school more, develop important social skills, and even do better academically. Here are ways to help your child build and strengthen friendships.

Find shared interests. Suggest that your youngster ask classmates what they do in their spare time and ask follow-up questions to show she cares. ("What's your favorite skateboard trick?") Then, she could talk about her own interests, whether she likes solving her Rubik's Cube or crocheting hats. She and a classmate may discover new activities to



share—which can naturally lead to friendships.

Be a good friend. Talk to your child about what you value in your friendships, and ask about hers. You might say, "I can always count on Debbie at work to help me think of ideas when I'm stuck."

Perhaps your youngster will say, "Maddie invites me to play at recess even when she's with the older girls from her class." She'll realize which traits she values in a friend, such as dependability and loyalty. Discuss ways she could show those traits, too (helping friends study, making them feel included).

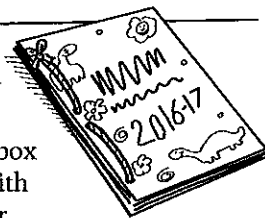
Note: Does your child struggle to make friends or complain she has no friends? Have her teacher recommend a classmate who may be a good match. Then, contact the other parent to arrange a get-together.♥

ACTIVITY CORNER

My school-year memory book

Encourage your youngster to create a personalized memory book this school year. It will give him a place to save schoolwork he's proud of and provide a nice keepsake for both of you.

1. To make the front and back covers, have him cut off the large panels of a cereal box and cover them with construction paper.



2. Let him write his name, the year, his school, and his teacher's name on the front. He can decorate both panels with stickers or drawings.

3. Hole-punch the covers, thread yarn through, and tie loosely so it's easy to untie and add pages.

4. As the school year goes on, he might add graded assignments, artwork, programs from plays or concerts, and notes from teachers.

Keep his memory book in a special spot so you can both enjoy looking through it this school year—and beyond.♥

Q & A

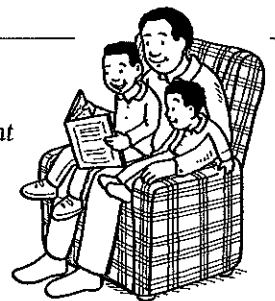
A reading habit

Q: This year, my son has a daily homework assignment to read for 20 minutes. What should we do to make sure this happens?

A: Reading every day is one of the best ways for a child to become a strong reader, and it's great that you're eager to help.

Some evenings, you could invite him to read to you. He'll practice reading, and you'll get to hear how he's doing. On other nights, hold family reading time where everyone quietly reads their own books, newspapers, or magazines. Your son might also enjoy reading aloud to younger siblings.

Here's another suggestion: If you normally read him a bedtime story, try ending your nightly routine by reading one chapter aloud. Does he want to know what will happen next? He can continue reading on his own for 20 minutes to find out!♥

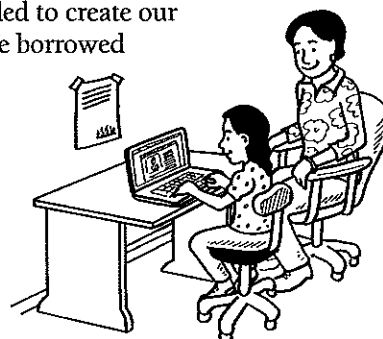


PARENT TO PARENT

Stay safe online

My daughter Sierra brought home an "online safety contract" that listed classroom rules for using the Internet. After we read it together and Sierra signed it, we decided to create our own version at home. We borrowed some ideas from the school form like:

- Keep usernames and passwords private.
- Do not post personal information online.
- Only respond to messages from people you know.



- Then, we added a few rules of our own:
- Turn on "safe mode" when using a search engine.
 - Do not create social media accounts.

Sierra helped me write out the contract, and everyone in our family signed it. We posted it by our computer as a reminder. While I still supervise my kids online, I feel better having a written agreement as an extra layer of protection.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

ISSN 1540-5621

Home & School

CONNECTION®

Working Together for School Success

October 2016



North Liberty Elementary
Melanie Heiser, School Counselor

SHORT NOTES

Focused on learning

Does your youngster know that sitting up straight and watching the teacher helps him stay focused? This position signals his brain to be alert so he can pay attention to lessons and instructions. *Tip:* To avoid distractions, he might pretend there's a tunnel directly between him and his teacher.

Respect for all teachers

Tell your child to treat substitute teachers the way she would treat guests in your home. She should be respectful and provide help if the substitute asks for it. Explain that it's also important for your youngster to follow classroom rules and routines—just as she would if her regular teacher were there.

Time to play

No matter what grade your child is in, he's not too old to play! He'll stretch his imagination and relieve stress. Try pulling out toys he hasn't used in a while, like building blocks or toy trains. Having them in plain sight may inspire him to play with them again. Or walk to a playground after dinner—and invite the entire family to swing, slide, and climb.

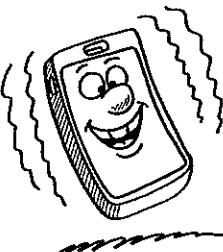
Worth quoting

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." *Henry James*

JUST FOR FUN

Q: What never asks questions but gets a lot of answers?

A: A phone.



Homework: Set the stage

Homework is your child's job, but you play an important role, too. Here are everyday things you can do to set her up for success.

Show interest

Before your youngster starts homework, ask her to tell you about her assignments. She could show you her textbooks or worksheets and explain what she is supposed to do. ("I have to finish the even-numbered math problems on this page and answer questions about this poem.") This shows her that homework is important to you.

Create a schedule

Encourage your child to list the subjects she has for homework every day, and help her estimate how long each will take. ("Math: 35 minutes. Writing: 20 minutes.") Keep in mind that some kids prefer to do easier assignments first so they can quickly accomplish something,

while others would rather start with harder work. Have your youngster decide which method suits her best.

Offer support

There are lots of ways to support your child while she works. Let her bounce ideas off of you for a project, or listen as she reads her essay out loud. If she gets stuck, ask questions to guide her rather than giving her the answers. Or suggest strategies like looking at a previous textbook chapter, consulting her notes, or calling a friend. She'll see that she can rely on herself to find solutions. ♥



After-school recap

"What did you do in school today?" If your youngster usually answers, "Nothing," you're not alone. Try these alternatives to get insight into what he's learning:

- Let your child pretend he's a newscaster reporting on the day's events. He could decorate a paper towel tube as a "microphone" for delivering his newscast. ("Alex's class had a guest speaker this morning! She talked about her job as a computer programmer.")

- Before dinner, have each family member write something he learned that day on a slip of paper and put it in a shoebox labeled "Guess what I learned today?" *Example:* "Jupiter has 63 moons." Pass the box around as you eat, and take turns pulling out a slip and reading it. The person who wrote it can answer everyone's questions. ♥

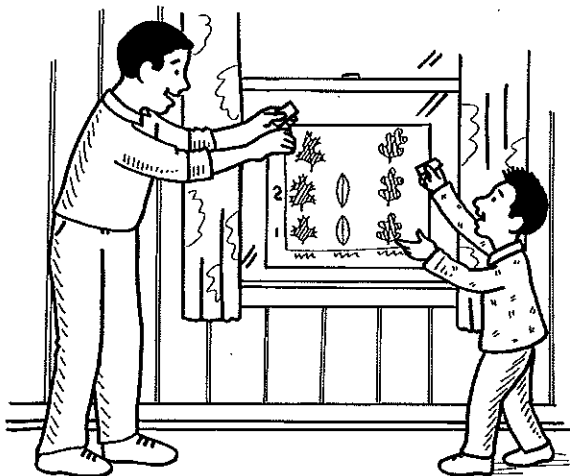


Learning with leaves

Fall leaves aren't just fun and colorful—they're ideal for practicing all sorts of skills. Help your youngster collect leaves from the ground, and enjoy these activities together.

Leaf prints. Have your child dip each leaf into finger paint and firmly press it onto a sheet of white paper. He'll see the imprints of the veins—ask what he thinks the veins are for. (They deliver water to the leaves.)

Graph of leaves. Encourage your youngster to sort his leaves into columns, lining them up evenly across each row. If he sorted by color, you



could ask, "How many more red leaves are there than yellow leaves?" or "Which color did you gather the most of?"

The story of my leaf. Suggest that your child pick his favorite leaf and write a story starring it as the main character. Perhaps he

will write about the leaf changing color or being carried to the ocean by the wind. ♥

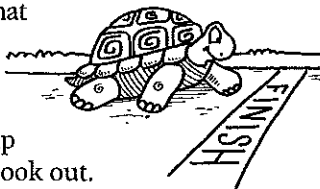
Q & A Finish what you start

Q: My daughter often signs up for activities and then wants to try something different. Recently, she asked if she could quit the school yearbook to join the art club. What should I do?

A: It's okay to try different activities, but sticking with commitments teaches your child to show grit, or perseverance and mental toughness.

Explain that the year-book staff is counting on her to help get the yearbook out. Find out why she doesn't want to continue. Is her job too hard? Does she want to join the art club because her friends are members? Then, brainstorm solutions. Perhaps your child could switch to a different role on the staff or get to know another member better by inviting her over after school.

Point out that she'll feel proud of herself for doing her best and meeting her obligations. And the perseverance that it takes to finish out the semester or year will serve her well in the future. ♥



ACTIVITY CORNER

Action-packed spelling

Be active and practice spelling? Yes! Encourage your youngster to grab her spelling list and use these ideas to study.

Cheerleading

Give me a G! Give me a Y! Give me an M! What does it spell? Gym! Suggest that your child spell her words like a cheerleader. She could do cheerleading jumps or other moves as she calls out the letters.

Basketball

Head to a basketball court for this twist on Around the World. Take turns choosing a word to spell (say, piece). Then, stand in a different spot and say a letter of the word for each shot. Get one point for each basket you make—and double your score if you spell the word correctly. When all the words on the list have been spelled, the player with the most points wins. ♥



Communication counts

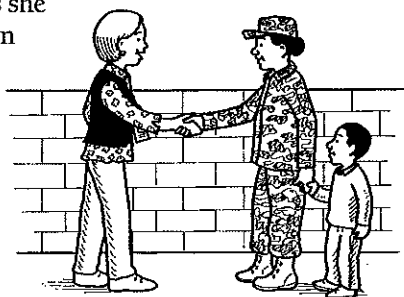
Build a strong relationship with your child's teacher by communicating regularly. Here are tips:

- Ask the teacher about the best way to contact her. Does she prefer email, notes in your youngster's backpack, or phone calls?

- Sign and return items as soon as possible. Your signature on a graded test or reading log

communicates to the teacher that you're interested in how your child is doing.

- Your youngster's life at home can have a big impact on his life in school. Talk to the teacher right away about changes like a new custody arrangement or a parent's military deployment. That way, you and the teacher will both be able to keep an eye out for any changes in his grades or behavior. ♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5621

October 2016

John Glenn School Corporation

BREAKFAST

**School Information:**

Full: \$1.25 Reduced .30
Students must select a fruit or juice.
Milk included with all meals.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
This institution is an equal opportunity provider



Monday

Breakfast Pizza

3

Fruit Juice

Tuesday

Cereal

4

Pop Tart

Fruit Juice

Wednesday

Chicken/ Biscuit

5

Fruit Juice

Thursday

PBJ Graham Bar

6

Fruit Juice

Friday

Mini Cinni Buns

7

Fruit Juice

Pancake/saus/stick

10

Fruit Juice

Apple Cinn Txt Tst

11

Fruit Juice

Cheese Omelet

12

Choc Chip Muffin

Fruit Juice

Yogurt

13

Crispy Cinnamon Bites

Fruit Juice

Dutch Waffle

14

Fruit Juice

Breakfast Pizza

17

Fruit Juice

Cereal

18

Pop Tart

Fruit Juice

Chicken/Biscuit

19

Fruit Juice

PBJ Graham Bar

20

Fruit Juice

NO SCHOOL

21

NO SCHOOL

24

NO SCHOOL

25

Yogurt

26

Crispy Cinnamon Bites

Fruit Juice

Chicken/Biscuit

27

Fruit Juice

Mini Cinni Buns

28

Fruit Juice

Cereal

31

Pop Tart

Fruit Juice



OCTOBER 2016

North Liberty Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Patty/bun Sweet Potato Fries Lemon Zest Broccoli Beets Mandarin Oranges/Pineapple	4 Ravioli Garlic Toast Garden Bar Sweet Peas Diced Peaches	5 Sloppy Joe/bun Curly Fries Baked Beans Baby Carrots Apple Wedges Chocolate Chip Cookie	6 Chicken Smackers Mashed Potatoes/gravy Dinner Roll Green Beans Fruit Cocktail	7 Pepperoni Calzone Garden Bar Golden Corn Diced Pears
10 Hamburger/Bar Oven Baked Fries California Blend Veg Raisins	11 Orange Chicken/rice Garden Bar Carrot Coins Pineapple Tidbits Blueberry Muffin	12 BBQ Pork Sandwich Cheesy Potatoes Sweet Peas Baked Cinnamon Apples	13 Turkey /Croissant Sun Chip Snack Mix Baked Beans Zucchini Wedges/dip Grapes	14 Cheese Bread Sticks/sauce Garden Bar Green Beans Fruit
17 French Tst Sticks/syrup Sausage Patty Hash Brown Potato Carrot & Celery Sticks Orange Wedges	18 Soft Shell Taco Corn & Blk Bean Salsa Scoops Green Beans Banana Juice	19 Chicken Tenders Rst Butternut Squash Lemon Zest Broccoli Dinner Roll Diced Pears	20 Hot Dog/bun Tri Tater Golden Corn Applesauce Carnival Cookie	21 NO SCHOOL Fall Break
24 NO SCHOOL Fall Break	25 NO SCHOOL Fall Break	26 Cheese Pizza Garden Bar Golden Corn Apple Wedges	27 Chicken Nuggets Mashed Potatoes/gravy Green Beans Dinner Roll Strawberries	28 Fish Filet Biscuit Baked Beans Cole Slaw Applesauce
31 Broomstick Haystack Green Fingers Goblin Fruit Spooky Sundae Happy Halloweeeee!	Cup of Chili Cheesy Pretzel Stick Golden Corn Grapes Pudding	Lasagna Roll Garlic Bread Garden Bar Sweet Peas Diced Peaches	BBQ Rib Sandwich Potato Wedges Carrot Coins Baked Cinnamon Apples	Deli Sub Sandwich Sun Chip Snack Mix Raw Veggies/dip Diced Pears Juice

News

Breakfast is offered daily in the cafeteria

Full Pay: \$1.25

Reduced: .30

Lunch

Full Pay: \$1.90

Reduced: .40

Students must select a fruit and or vegetable with each meal.

Enjoy your fall break!

Q. Why is a ghost such a messy eater?

A. He is always a goblin!