



Whitmore Lake ELEMENTARY EXPRESS

EXCEPTIONAL, PERSONALIZED EDUCATION
— 1077 Barker Rd. Whitmore Lake, MI 48189 —

Future scientists at work!



DECEMBER 2018

SPECIAL THANKS

TO....

Korbyn May & family (Wrigley May & Presley Shaffer) for providing our staff with snacks and beverages! We really appreciate your thoughtfulness, kindness and generosity!



Here's What's Up at the ES in December!

ECC Playgroups every Friday from 9:30-11:30 AM
No playgroup on 12/21

- | | | |
|-------------|--|---------|
| 12/4 | Head Start Policy Committee Mtg. | 1:30 PM |
| | PTO Meeting | 5:30 PM |
| | Marco's Pizza Night | |
| 12/6 | WANNA KNOW? | 8:00 AM |
| | Food Gatherers | 2-4 PM |
| 12/7 | Traveling Artists Visit | |
| | Mobile Dentist | |
| | North Pole Night Family Event | 6-8 PM |
| 12/8 | Fundraiser for Ms. Carbary @
Ann Arbor Applebee's | 8-10 AM |
| 12/10 | School Board Meeting @ the ES | 7:00 PM |
| 12/11 | Fundraiser for Ms. Carbary @
the HS Basketball Game | 7:00 PM |
| 12/17-12/21 | ES Spirit Week! See each day for details. | |
| 12/17 | Candy Cane Day! Stripes galore! | |
| 12/18 | Dress like a holiday movie character! | |
| 12/19 | Ugly Sweater Day! | |
| | Preschool Family Forum | 1:30 PM |
| | Topic: <i>Communicating with Your Child</i> | |
| | 5th & 6th Grade Music Concert:
(Non-band students) | 7:00 PM |
| 12/20 | Pajama Day! | |
| | Last Day for Preschool before break: | |
| | Preschool Snowman Hunt | |
| | 5th & 6th Grade Bands to Perform at the
WLHS Holiday Band Concert | 7:00 PM |
| 12/21 | Holiday Cheer: Wear green, red, gold, silver... | |
| | Half Day of School for K-6th Grades | |
| | NO SCHOOL 12/24/18-1/4/19 | |
| | School Resumes 1/7/19! | |

WANNA KNOW?

GREETINGS, FROM OUR PRINCIPAL

*As part of our PBIS program, **Mr. Peace** returned to our school providing anti-bullying assemblies for our students in first-sixth grades. Mr. Peace's message is always positive, interactive and focused. This assembly was focused on making Positive Life Choices by being kind, putting forth effort and doing one's best. Mr. Peace also ate lunch with our students and talked about their individual concerns. For more information go to mrpeace.org.

*Students in 5th & 6th grades attended a **ukulele concert** and students in 1st & 2nd grades attended a **jazz concert** at Hill Auditorium in Ann Arbor. **Visiting Artists**, from the University musical Society, visited our school and provided musical education to our students. Special thanks to the University Musical Society for providing scholarships to making these unforgettable cultural experiences possible!

*Before we know it, it will be May and time for **5th grade camp** at Howell Nature Center! Their **first fundraiser**, to assist families in paying for camp, will be a **bake sale at North Pole Night** on 12/7. If you would like to donate baked goods please contact Mr. Wozniak or Ms. Kief.

*Issues, concerns or just good stuff? We want to hear it and give you feedback! Please join us for **WANNA KNOW?** on Thursday, 12/6 at 8:00 AM.

sue.wanamaker@wlps.net

Have a wonderful holiday break!

HEALTH & WELLNESS



DENTAL HEALTH



It's not easy to **stay healthy during the holidays**. Sweets seem to appear everywhere you go, and with all of the present-wrapping and card-writing, there's not much time to devote to you and your family's health and well-being.

Luckily, Hermey the Elf, best known for his adventures with Rudolph the Red-Nosed Reindeer, joined forces with the American Dental Association (ADA) to come up with tips for keeping your mouth and teeth healthy during the holidays.

In the classic holiday movie, Hermey dreamed of becoming a dentist and helping people keep their teeth healthy. In 2014, the ADA awarded Hermey with a Dental Do Gooder (DDG) for his passion for dentistry. This year, Hermey and the ADA came up with a set of tips to help families keep their smiles in tip-top shape:

***Have a routine.** Brush your teeth two times a day, for two minutes. It's what keeps your mouth healthy in December and all year long. Make sure to use a fluoride toothpaste that has earned the ADA Seal of Acceptance.

***Choose the carrots.** Cookies and sweets are nice holiday treats, but instead of reaching for another candy cane, take a cue from Rudolph and eat the carrots.

***Don't forget the dentist!** The holidays can be a busy time, but that doesn't mean you can forget about your teeth. If you are due for a teeth cleaning or need work done, don't forget to visit your dentist in December.

***Drink water.** You need a lot of energy for holiday activities, but avoid drinking sodas, sports drinks and juices with lots of sugar. Instead, drink water with fluoride in it to keep your teeth strong and healthy.

***Protect your teeth.** Wear a mouthguard whenever you play sports – or reindeer games – this winter.

For more information and as adapted from:
www.mouthhealthy.org/en/babies-and-kids/holiday-healthy-teeth-tips



REMINDER...

FOOD GATHERERS
Thursday, 12/6 from 2-4 PM



Boxes of fresh fruits and vegetables will be available in the cafeteria for families to take home.



We're
taste
testing
the
Apple
Salad
Bundles
prepared
by our
Food
Service
Department!

YUM!!



NUTRITION



**A few simple treats that really need
no recipes!**

For more info go to:
<https://brendid.com/healthy-christmas-treats-for-kids/>



HEALTH & WELLNESS

Mrs.
Hill's
ECSE
Class



PHYSICAL HEALTH

Everyone, not just kids, should be **active every day**, in as many ways as possible. Not being active can cause an energy imbalance, that's when you take in more energy than you actually use. It can have a big effect on your health and how you feel. The chart below shows how much activity children should have each day by age.

Birth to 1 Year

For healthy development in infants, physical activity, particularly supervised floor-based play in safe environments, should be encouraged from birth.

1 to 5 Years At least three hours a day, spread throughout the day.

5 to 12 Years

At least 60 minutes a day of moderate and vigorous activities. It's even better to be active for up to a three hours every day.

Strengthening activities, like climbing or jumping, at least three days of the week.

13 to 17 Years

At least 60 minutes a day of moderate and vigorous activities. For even more health benefits, try to be active for several hours a day. On at least three days per week, include activities that strengthen muscle and bone.

Moderate Activities

Walking fast
Bike riding
Skateboarding
Dancing

Vigorous Activities

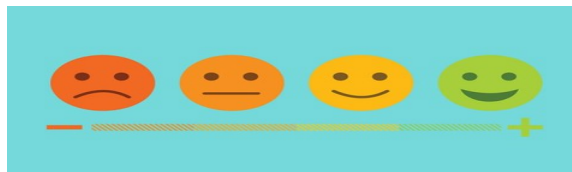
Organized sports
Running/chasing friends
Swimming laps
Star jumps



MENTAL HEALTH

HOLIDAY MENTAL HEALTH TIPS

This can be a **happy time** of year for many people however, the changes in family routines and extra demands on time and money can also cause **some stress**, especially for children.



The American Academy of Pediatrics offers some tips to help your family enjoy this time of year:

*Stick to your child's usual sleep and mealtime **schedules** when you can, which may reduce stress and help your family enjoy events and visiting.

*Take care of yourself, both mentally and physically. Children are affected by the emotional well-being of their parents and caregivers. **Coping with stress** successfully can help children learn how to handle stress better, too.

*Make a plan to focus on one thing at a time.

*Many children and adults experience a sense of loss, sadness or isolation this time of year. It is important to be sensitive to these feelings and ask for help for you, your children, family members or friends if needed.

*Most important of all, enjoy this time of year for what they are, time to enjoy with your family. So, be a family, do things together like sledding or playing board games, and spend time visiting with relatives, neighbors and friends.

Our ES musicians hard at work!



WLES PTO

Please join us for our annual **North Pole Family Night event on 12/7**, sponsored by our PTO with assistance from volunteers and staff! There's still time to get your pre-sale tickets at 5 for \$1.00 in the school office. Pre-sale ends on 12/7 at noon! Have a silent auction item(s) you would like to donate? We are taking donations right

Special thanks to our PTO for sponsoring our Mr. Peace Assemblies on Thursday. His positive messages and motivation help lift us up and work towards doing our best and being kind to others!

Fundraisers: If you submitted an "Opt Out" form for our school fundraisers you will still receive fundraising info however, just toss them aside or

For more information about our hard working & dedicated PTO and ways to volunteer please email PTO at: whitmorelakepto@gmail.com



Our donation tree is ready to receive donations of gloves/mittens, hats, scarves and socks of any size! Just drop them off in the office or the bin in front of the tree.



To ensure our school is **safe & secure**, and everyone in our building is accounted for, all visitors sign in at the office when entering the building. We welcome our visitors however, everyone must adhere to this policy at all times. Thank you for assisting in keeping our building secure.



To inform us of your child's absence please call the attendance line as follows:

- *For preschool call extension #862 by 9:00 AM
- *For grades K-6 call extension #2 by 10:00 AM



Preschool children learn through their senses with hands-on discovery of the world around them.

They are our future scientists!

Have a 3 or 4 year old in need of preschool?

For more information,
Call Charlie Basham at ext. 4001 or
email her at charlie.basham@wlps.net

SCHOOL HOURS



School Office Hours: 7:30 AM-4:00 PM

School Times:

5th and 6th Grades 7:50 AM - 2:35 PM
Half day dismissal: 11:15 AM

Kindergarten – 4th Grades 8:50 AM – 3:35 PM
Half day dismissal: 12:15 PM

School Entrance Times:

5th and 6th Grade students who eat breakfast at school may enter the building at 7:30 AM.

5th and 6th Grade students that walk, or enter through the Kiss-N-Go line, may enter the building at 7:40 AM.

Kindergarten-4th Grade students who eat breakfast at school may enter the building at 8:20 AM.