



Whitmore Lake ELEMENTARY EXPRESS

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

JANUARY 2019

SPECIAL THANKS TO...

**NO MATTER HOW MANY
MISTAKES YOU MAKE
OR HOW SLOW YOU
PROGRESS, YOU ARE
STILL WAY AHEAD OF
EVERYONE WHO
ISN'T TRYING.**

JJ Smith



*The WLES PTO, as led by
Lindsay Collins, and our many
family, staff and student volunteers,
for putting on a great North Pole
night in December! Without all
the teamwork events like these
would not be possible!*



WANNA KNOW?

GREETINGS, FROM OUR PRINCIPAL

Happy New Year! It's often hard coming back from a two week break however, students and staff are quickly back in the school routines of teaching and learning.

Please remind your children to be prepared for school by bringing their homework, daily folders or any other materials and/or supplies their teachers require. In order to be ready to learn, and stay hydrated, we encourage all students to bring a water bottle to fill at our water stations throughout the day. Healthy lunches and snacks also help to keep students alert and focused. If your child wants to eat breakfast at school they can enter the building at 7:30 AM for grades 5 & 6 and 8:20 AM for grades K-4. Students in our Head Start and GSRP preschool programs have snacks and lunch provided at school. Preschool students in our tuition program bring their healthy snack and lunches from home. Ask your child's preschool teacher about water bottles in the classroom.

It's that testing time again! MAP and DRA testing will begin next week for students in grades K-4. Please talk with your children about doing their best and putting forth the effort to be successful.

*Issues, concerns or just good stuff? We want to hear it and give you feedback! Please join us for **WANNA KNOW?** on Thursday, 1/6 at 8:00 AM in the media center. Feel free to call the office or email me as well at sue.wanamaker@wlps.net

The best to you and your family in this new year!



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

School Board Appreciation Month!

*ECC Playgroups, for children ages 0-5 years,
every Friday from 9:30-11:30 AM

*K-6th Grades: Building Healthy Communities Kids Club
every Thursday at 3:40 PM

1/8	PTO Meeting	5:30 PM
1/10	WANNA KNOW?	8:00 AM
	Food Gatherers	2-4 PM
1/11	K-4th Grades PBIS Celebrations	

1/14	School Board Meeting	7:00 PM
1/15	Head Start Policy Committee Mtg.	1:30 PM
1/16	ECC Family Forum	1:30 PM
1/18	Day in the Life of a Kindergartener:	

*Have a fall 2019 kindergartener who doesn't go to our
WLPS preschool? Sign up online to come in and see
what we are all about! Can't make this date?*

There's more to come!

1/21	NO SCHOOL TODAY!	
1/21-1/25	National School of Choice Week!	
1/22	ECC Male Ambassador Kick Off	1:30 PM
1/25	HALF DAY OF SCHOOL TODAY!	

1/28 NO SCHOOL TODAY!

*Mark your calendars: Kindergarten Round Up is
happening for fall 2019 on Tuesday, March 12th!
Call today to get on the list to receive your packet
prior to round-up!*

HEALTH & WELLNESS

Do things for people

NOT BECAUSE OF WHO
THEY ARE OR WHAT
THEY DO IN RETURN,
BUT BECAUSE
OF WHO YOU ARE.

HAROLD S. KUSHNER

DENTAL HEALTH

New Year's Resolutions to Make You Smile!

Good dental health habits not only promote healthy teeth and a beautiful smile, but contribute to your overall health as well. Here are some dental health tips to consider for the New Year:

Eat healthy

A healthy diet is important for maintaining good dental health. Nutrients in fruits, vegetables, dairy products and whole grains strengthen teeth and fight bacteria that cause gum disease. Make a point this year to incorporate more tooth-healthy foods in your daily diet.

Control your sweet tooth

Sugary snacks and beverages are your teeth's worst enemy. Make it a goal this year to limit your intake of sweets, for your health and your teeth!

Quit using tobacco products

Tobacco use can cause all kinds of oral health problems, including bad breath, stained teeth, gum disease, tooth loss and oral cancer. Instead, try out a healthier habit, like chewing sugar free gum, which stimulates the flow of saliva that washes away bacteria.

Brush and floss regularly

Brushing and flossing your teeth are the first line of defense against oral health complications. Dentists recommend brushing twice and flossing once each day.

Check in with your dentist

Your dentist knows best when it comes to keeping your mouth healthy. Scheduling regular checkups allows your dentist to monitor your dental health and address any concerns before they become bigger problems.



NUTRITION

*Soup to warm
you this
winter!*



Slow-Cooked Mexican Beef Soup

Ingredients

- 1 pound beef stew meat (1-1/4-inch pieces)
- 3/4 pound potatoes (about 2 medium), cut into 3/4-inch cubes
- 2 cups frozen corn (about 10 ounces), thawed
- 2 medium carrots, cut into 1/2-inch slices
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1-1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 cups beef stock
- 1 can (10 ounces) diced tomatoes and green chiles, undrained
- Sour cream and tortilla chips, optional

Directions

In a 5- or 6-qt. slow cooker, combine all ingredients. Cook, covered, on low until meat is tender, 6-8 hours. If desired, serve with sour cream and chips.

For more winter soup recipes go to:

www.tasteofhome.com/collection/soup-recipes-to-make-this-winter

REMINDER...



FOOD GATHERERS

Thursday, 1/10 from 2-4 PM

Boxes of fresh fruits and vegetables will be available in the cafeteria for *all* families to take home. Please direct your questions to Charlie Basham at extension 4001 or charlie.basham@wlps.net.



HEALTH & WELLNESS



PHYSICAL HEALTH

Our busy lifestyles can be hard on our family's health. Here are five simple ways for your family to lead a healthy lifestyle and get back on track:

1. Get active each day

Regular physical activity is important for the healthy growth, development and well-being of kids and teens. They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.

2. Choose water as a drink

Water is the best way to quench your thirst and it doesn't come with the added sugar found in soft drinks, fruit juice drinks and other sweetened drinks. Reduced fat milk for children over two years of age is a nutritious drink and a great source of calcium. Give kids and teens whole fruit to eat, rather than offering fruit juices which contain less fiber.

3. Eat more fruit and vegetables

Eating fruit and vegetables every day helps kids and teens grow and develop, boosts their vitality and can reduce the risk of many chronic diseases. Aim to eat two serves of fruit and five serves of vegetables every day. (This varies for boys and girls at different ages.) Have fresh fruit available as a convenient snack and try to include fruit and veggies in every meal.

4. Switch off the TV or computer and get active

Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.

5. Eat fewer snacks and select healthier alternatives

Healthy snacks help kids and teens meet their daily nutritional needs. Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices. Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight

www.healthykids.nsw.gov

MENTAL HEALTH

Beating the Winter Blues



Winter blues can affect people of any age, including children. Here are a few tips that could help.

Keep active

A daily walk in the middle of the day could be as helpful as light treatment for coping with the winter blues.

Get outside

Go outdoors in natural daylight as much as possible, especially at midday and on brighter days. Inside your home, choose pale colors that reflect light from outside, and sit near windows whenever you can.

Keep warm

Being cold may make you feel more depressed, so staying warm may reduce the winter blues. Keep warm with hot drinks and hot food. Wear warm clothes and shoes.

Eat healthily

A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Balance your craving for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

See the light

Some people find light therapy effective for seasonal depression.

Take up a new hobby

Keeping your mind active with a new interest. The important thing is that you have something to look forward to and concentrate on.

See your friends and family

It's been shown that socializing is good for your mental health and helps ward off the winter blues. Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.



WLES PTO

We hope to see you there!



Mark your calendar for these important
PTO Meeting Dates:

1/8/19, 2/5/19, 3/5/19, 4/2/19, 5/7/19 & 6/4/19



Just a Reminder...

Pizza Kit orders are due Fri. 1/18
Delivery date will be Wed. 1/30

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



COMMUNITY
RECREATION



Get **ACTIVE**, learn new **SKILLS**,
make new **friends** and have **fun**!

Whitmore Lake Community Recreation
7430 Whitmore Lake Road
Whitmore Lake, MI 48189

phone: 734.449.4461 ext: 3057
wlcrinfo@wlps.net

www.wlps.net/community-recreation

The EARLY CHILDHOOD CENTER
Is now located at the elementary school!

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

COMING SOON...

Fall 2019 preschool pre-enrollment sign-up dates.



Kindness is
a gift everyone can
afford to give.



- Unknown

OFFICE POLICY

Please remember, if you are picking your child up early from
school, they must be signed out from the office by 3:15 PM.

Anyone arriving after 3:15PM must join the Kiss and Go line to
pick up their child.

All changes in pick up procedures must be called in to the office
by 2:15 PM for 5th & 6th grades and 3:15 PM for K-4th grades.

Thank you for your help in keeping our dismissal process
running smoothly.



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

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.

Kindergarten - 4th Grade students that walk, or enter
through the Kiss-N-Go line, may enter the building at 8:40 AM.