

INDIAN CREEK ELEMENTARY

NHJ Website: www.nhj.k12.in.us

878-2150

Parent Newsletter **"TEACHING TOOLS FOR TOMORROW"**

Lunch Menu

January 14, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan. 14 Breakfast Tray Lunch Chicken Nuggets Green Beans Raisins Cheddar Goldfish Milk	15 Breakfast Tray Lunch Pizza Salad/Dressing Peaches Pudding Milk	16 Breakfast Tray Lunch Turkey & Noodles Mashed Potatoes Mandarin Oranges Jello/Topping Milk Go Day EARLY RELEASE	17 Breakfast Lunch Chicken Taco Refried Beans Lettuce Pears Fruit Snacks Milk	18 Breakfast Tray Lunch Biscuit & Gravy Egg Patty Sausage Carrots Applesauce Milk
21 MARTIN LUTHER KING DAY NO SCHOOL	22 Breakfast Tray Lunch Chicken Patty Sandwich Chili Beans Lettuce Fruit Cocktail Fruit Snacks Milk	23 Breakfast Tray Lunch Pasta/Alfredo Sauce Broccoli Apple Slices Jello Graham Crackers Milk Go Day EARLY RELEASE	24 Breakfast Tray Lunch Calzone Carrots Ranch Dip Chortles Orange Slices Milk	25 Breakfast Tray Lunch Rib Patty Sandwich Green Beans Pineapple Pretzels Milk

UPCOMING EVENTS

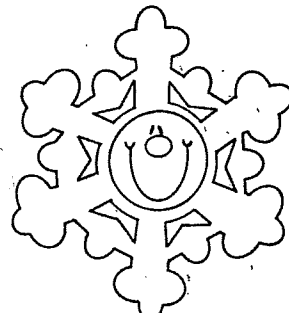
Fri.	Jan. 18	Donuts for Dads at ICES in cafeteria 6:30 AM-7:45 AM.
Mon.	Jan. 21	Martin Luther King Day NO SCHOOL (E Learning Day if needed)
Wed.	Jan. 23	Jump Rope for Heart Kick off.
Thurs.	Feb. 7	ICES School Skating Party at Franklin Skate Club 4:30 PM- 6:30 PM.
Tues.	Feb. 12	NHJ School Board Meeting at the admin. bldg. at 7 PM.

POP TABS

We have collected 185,493 pop tabs since our first newsletter, **Great Job!** Our goal is to collect one million tabs. The container is at the ICES office in which to deposit collected tabs. Get your friends and family to help and we will reach our goal quickly. We will keep you informed each newsletter of the latest count. Keep up the good work and keep bringing those tabs so we may collect one million tabs this school year for Ronald's House.

DONUTS FOR DADS

The ICES PTO would like to invite you to our annual "Donuts for Dads" on Friday, January 18, 2019. This event will take place in the ICES cafeteria from 6:30 AM – 7:45 AM)



ICES SKATING PARTY

The Indian Creek Elementary Skating party will be on Thursday, February 7th at the Franklin Skate Club from 4:30 PM – 6:30 PM. We will not be selling pre-sale tickets. Admission at the door will be \$3.00 hope to see you there!

EARLY RELEASE

Parents, just a reminder **EVERY** Wednesday is early release. Students are dismissed at 2 PM. If you have any questions please call the office at 317-878-2150.

IS YOUR CHILD TOO SICK FOR SCHOOL?

The following information is guidelines regarding a child's return to school. Please keep your child at home if any of the following occurs:

1. Vomiting within the last 24 hours.
2. Diarrhea within the last 24 hours.
3. Temperature of 100 degrees or higher within the last 24 hours.
4. Any symptoms of acute illness such as persistent cough, runny nose with body aches. Your child should look and behave like him/herself for 24-48 hours before returning to school. Why?
5. To protect your child from exposure to infection before he/she is able to build resistance.
6. To protect the other children and school staff from communicable diseases that your child may transmit. Remember hand washing is the most effective means of preventing the spread of communicable diseases!

PRESCHOOL REGISTRATION

We will have early enrollment starting February 22nd from 9:00 AM -10:30 AM in the preschool room for children ages 3-5. We will have the classroom opened for families to come in and check out our room and fill out forms. To hold a spot for next year you will need to turn in your forms with your deposit of \$50. Please bring a copy of your child's birth certificate and shot records with you. Please contact Mrs. Engelking at eengelking@nhj.k12.in.us if you have any questions about preschool for the 2019-2020 school year.

KINDERGARTEN REGISTRATION

Kindergarten registration for the 2019-2020 school year will be held on Monday, April 8th. The times you may register your child are 9:00 AM – 10:30 AM, 1:00 PM – 2:30 PM and 6:30 PM – 8:00 PM in the ICES gymnasium. You will need to bring your child's birth certificate (the one from the county health department), current immunization records, and the child's social security card. In addition, you will need to bring your child with you when you register. They will go through a screening process. If you have any questions please feel free to call the office at 317-878-2150.

JUMP ROPE FOR HEART

The kick off for Kids Heart Challenge (Jump Rope for Heart) will be held on Wednesday, January 23rd. This event will be held on your child's PE day and will take place Monday, Feb. 11th – 15th. This event helps students learn about the benefits of regular physical activity and heart health while they raise funds to support vital research for the American Heart Association and educational programs. Your student will be bringing home more information soon.

PARENT TIPS

RESTED AND READY TO LEARN:

Did you know most experts agree that 5 to 9 year old children need 10 to 11 hours of sleep a night? Here are ways to help your youngster get a good night's rest:

1. Television, exercise, and rowdy games close to bedtime can make it harder for kids to fall asleep. Make this time more soothing with board games, books, and heart-to-heart talks.
2. If your youngster has trouble falling asleep, try making bedtime a half-hour earlier. That will let him wind down and allow extra time for nodding off.
3. Set a regular weekend bedtime. If children stay up late on Friday and Saturday, they can have trouble dozing off on Sunday night. Plus, your child may need extra sleep after a busy school week.

