

# INDIAN CREEK ELEMENTARY

NHJ Website: [www.nhj.k12.in.us](http://www.nhj.k12.in.us)

878-2150

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

## Lunch Menu

February 25, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 Breakfast Tray Lunch  Mystery Meal	26 Breakfast Tray Lunch  Hot Dog on Bun Celery Sticks Ranch Cup Pears Pretzels Milk	27 Breakfast Tray Lunch  Waffles Egg Patty Sausage Carrots Juice Milk  Go Day  <b>EARLY RELEASE</b>	28 Breakfast Tray Lunch  Nachos Refried Beans Lettuce Juice Rice Krispy Treat Milk	Mar.1 Breakfast Tray Lunch  Grilled Cheese Sandwich Saltine Crackers Broccoli Apple Slices Milk
4 Breakfast Tray Lunch  Chicken Tenders Carrots/Dip Peaches Giant Goldfish Milk	5 Breakfast Tray Lunch  Brave Burger Corn Orange Slices Fruit Snacks Milk	6 Breakfast Tray Lunch  Mini Corn Dog Baked Beans Banana Pudding Milk  Go Day  <b>EARLY RELEASE</b>	7 Breakfast Tray Lunch  Spaghetti Cheese Bread Salad/Dressing Pears Milk	8 Breakfast Tray Lunch  Taco Snack Cucumber Slices Ranch Dip Frozen Fruit Treat Popcorn Milk

### UPCOMING EVENTS

- |       |            |   |
|-------|------------|---|
| Fri.  | Mar. 1     | ICES Spring Dance more info coming soon.              |
| Wed.  | Mar. 6     | PTO Meeting in the ICES cafeteria at 6:30 PM.         |
| Tues. | Mar. 12    | NHJ School Board Meeting at the admin. bldg. at 7 PM. |
| Fri.  | Mar. 15    | Spring Break begins at dismissal!                     |
|       | Mar. 18-29 | Spring Break!   |
| Mon.  | Apr. 1     | School resumes.                                       |
| Tues. | Apr. 8     | Kindergarten Registration. Information below.         |

### POP TABS

We have collected 275,940 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.

### KIDS HEART CHALLENGE (JUMP ROPE FOR HEART)

Kids Heart Challenge was a success because of you! The Elementary raised over \$14,500.00. All of which goes to the American Heart Association. Our school will receive a gift certificate for some new PE equipment for participating in the Kids Heart Challenge. The students that earned additional thank you gifts, will receive them in a few weeks. Again, thank you for your support! Dena Stropes PE

## ICES SPRING DANCE

Join us for a family dance/party. The theme this year is St. Patrick's Day, so be sure to wear your green! A \$5 admission fee per family will be accepted **at the door**. The night includes snacks, music, selfie stations and a souvenir. Tennis shoes and adult supervision are required. If you have any questions please email us at [icespto@nhj.k12.in.us](mailto:icespto@nhj.k12.in.us). Hope to see you there!

## NATIONAL SCHOOL BREAKFAST WEEK

March 4-8, 2019 is National School Breakfast Week. There will be daily announcements each morning describing the benefits of eating a nutritious breakfast. Posters will be hung in the cafeteria serving lines encouraging students to eat breakfast. Thursday, March 7, will be **Free Breakfast Day** for all students and staff. All are encouraged to come to the cafeteria on Thursday morning to have a free breakfast with us!

Breakfast is served each day before school begins in all the cafeterias. ICES/ICIS regular breakfast is \$1.40, ICMS/ICHS regular breakfast is \$1.45. Encourage your students to eat breakfast each day at home or at school.

## FOOD SERVICE NEWS

Parents, visit our website, [indiancreekschools.com](http://indiancreekschools.com) to read our Family Nutrition Newsletters in the Food Service section located under Resources. There are two monthly newsletters, Teen Food & Fitness geared to parents of middle and high school students and Nutrition Nuggets geared to parents of K-5<sup>th</sup> grade students. The newsletters feature articles, tips, recipes, exercise ideas, and fun ways to teach your child about nutrition and good health habits. Check them out today!

## 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.

## RECESS TIME

Parents, as you know the weather is changing. **Please** make sure your child is dressed appropriately according to the weather for that day. We are not able to supply jackets for all those children who seem to forget theirs. Thank you so much for your help with this matter.

## CAFETERIA UPDATE

Parents: You are welcome to join your child for lunch at school. We do request that you call the day before or by 9:00 that day if you need a tray, this is so our cafeteria can prepare the correct amount of food. Your help with this matter is greatly appreciated.

## KINDERGARTEN REGISTRATION

Kindergarten registration for the 2019-2020 school year will be held on Monday, April 8<sup>th</sup>. 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.

## CHARACTER COUNTS

February is Fairness month at ICES. Students will be learning about what it means to be fair. Being a fair person means you play by the rules, take turns and share, be open-minded and listen to others. Work with your family at home to discuss how fairness is a part of your family's life.

## 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 you're 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.