

WATSON ELEMENTARY SCHOOL



JANUARY NEWSLETTER, 2021!

WELCOME BACK STUDENTS AND STAFF. We hope everyone had an enjoyable, relaxing Winter Break. We are excited to begin the 3rd Quarter and 2nd Semester of school.

READING OVER WINTER BREAK

We hope that students continued reading over break. Set a goal for your child to read 15-20 minutes a day. Talk to them about what they read. Turn the TV or Game System off and have them spend time enjoying a good book, magazine or whatever they enjoy reading. *Share some quality time with your child by reading together.*

THANK YOU

Thank you to all the families and staff that provided toys for the “Goodfellows” box. Those toys brought a smile to many of the children’s faces in Hastings on Christmas. Also, thank you to everyone who brought items for Start Over Rover. Mrs. Schultz’s class had fun preparing the gift boxes and gathering the items for our four-legged friends.

REPORT CARDS

Report cards will be sent home next week – please check your child’s folder.

COLD WEATHER SCHOOL RECESS

Students should dress appropriately for the weather. **Students must remain on the concrete/blacktop if they do not wear snow boots when there is snow on the ground.** Please remember to put your child’s name on ALL clothing in case it gets lost. They will be able to identify the item with a name on it.

TECH CLUB

Tech Club for 4th & 5th grades resumes this week. Same schedule as 1st semester.

FITNESS CLUB– will start up again on Monday, January 25th after school. New permission forms will be sent home with students next week.

NO SCHOOL JANUARY 18th - MARTIN LUTHER KING, JR. DAY



STUDENT COUNCIL UPDATE

STUDENT COUNCIL MEETINGS – Student Council will be meeting Jan. 12th and Jan. 26th right after school in Mr. Hollister's room.

WATSON SPIRIT DAY – Our next Watson Spirit Day will be Friday, January 15th. Make sure to wear your Watson school colors proudly!

WATSON PTO HAPPENINGS

PTO MEETING

NO PTO MEETING IN JANUARY. The first PTO meeting for 2021 will be on Monday, February 1 at 7:00p.m. in the library. We welcome parents and guardians to attend and share their ideas. See you then!

POPCORN AND WATER DAY - JANUARY 15th

Popcorn and water may be purchased for 50 cents each. Order forms will be sent home on Thursday, Jan. 14th.

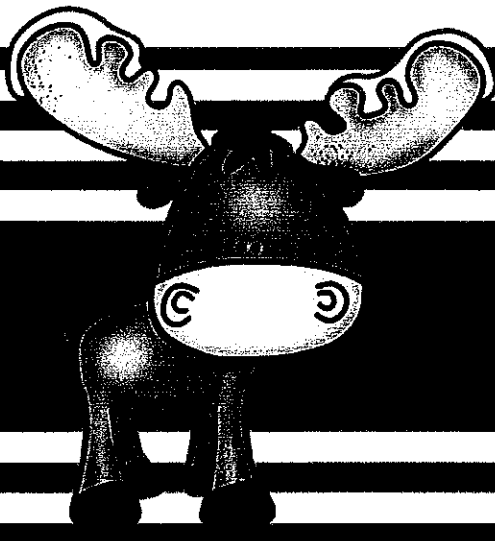
RUSS'S AND ALLEN'S RECEIPTS:

Watson Families: PLEASE remember to continue saving your Russ's and Allen's receipts! Watson receives several hundred dollars each year as our percentage of total purchase sales. This is a simple and easy way to raise funds for Watson students without any additional cost to families. All you need to do is simply save receipts as you make purchases and send them to school with your child!

BOX TOPS – Keep them coming!

Remember to look for box tops on items at home and continue to bring to school. Each box top brought in brings \$0.10 into Watson. Money received from box tops collections goes to the Watson PTO to purchase items for our students and school.

HAPPY NEW YEAR FROM THE WATSON STAFF!!!



library news January

book suggestions

Happy Birthday Tedd Arnold author of the Fly Guy series and A. A. Milne with his beloved Winnie the Pooh. Both of these are still a regular check out for all ages. Some call them easy, picture or everybody books because we **ALL** still enjoy reading them.

Guinness World Records along with Ripley's Believe It Or Not are popular non-fiction or true books as we begin 2021!

reminders

We continue to wipe down all books that come back into the library.

Each student has their own bookmark to select and check out books from our library.

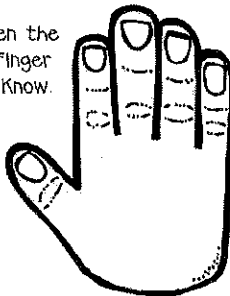
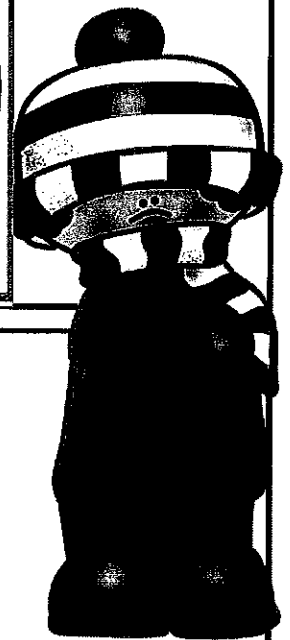
What we are learning

This month we will be reviewing the 5 finger rule with library classes. Ask your child if they know how to choose a "Just Right" book. This means they can read it independently.

5 FINGER RULE

What To Do: Pick a book. Open the book to any page. Put one finger up for each word you don't know.

0-1	Too Easy
1-2	Perfect Choice
3-4	Give It A Try
5+	Too Hard

hours, volunteer opportunities, contact info

Did you know the library of congress in Washington D.C. has 168 million items? This library serves more customers than the movie theatre. The top 5 countries that read are: India, Thailand, China, Philippines, and Egypt. (US averages 5.7 hours per week).



Cornell University
Cooperative Extension



Color Your Plate!

Eat More Vegetables and Fruits!

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat a vegetable at lunch!
- Make half my plates veggies/fruits!
- Eat vegetables or fruits for snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe we learned today!
- My own idea:

Signed: _____

Eating more vegetables and fruits may lower your risk for heart disease, stroke, and cancer, and help with weight control. Fill half your plate with vegetables and fruits to get the recommended 2½ cups of vegetables and 1½ cups of fruit per day for children aged 9-13 (more for adults). To help your family eat more:

- Include at least one vegetable or fruit at every meal and snack.
- Serve dark green, red and orange vegetables, and beans like pinto and kidney – these are especially healthy!
- Use frozen, canned (drained), dried, and fresh - all are healthy!
- Let children try vegetables many times, but don't push or they are more likely to say no.
- Keep ready-to-eat veggies and fruits available where your kids can help themselves!
- Eat lots of veggies yourself! It's the best way to get your kids to eat them too!
- Make them kid-friendly and watch them disappear - veggies with dip, apples slices, etc!



Colorful Black Bean Salad

Ingredients

- 2 15-ounce cans black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- ¼ cup finely chopped onion
- 3 Tablespoons lime juice
- 2 Tablespoons olive or canola oil
- ½ teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped, optional
- 1 avocado, chopped, optional



Instructions

1. Mix black beans, corn, tomatoes, chilies, onion, and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone or with rice, quinoa, whole grain tortillas, or tortilla chips.

Yield: About 12 servings

Source: Adapted from <http://snacktheplanet.blogspot.com>

Nutrition Facts

Serving Size 1/2 cup			
Servings Per Recipe 12			
Amount Per Serving			
Calories	100	Calories from Fat	20
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	18g		6%
Dietary Fiber	5g		20%
Sugars	2g		
Protein	4g		
Vitamin A	4%	Vitamin C	30%
Calcium	4%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

20% calories from fat. Nutrition facts using frozen corn, chili powder, olive oil, green bell pepper, and no avocado.