



HADFIELD ELEMENTARY SCHOOL



December 2013 - Grace Hess, Principal - Phone 970-1500 Attendance 970-1516

Hadfield Husky Happenings

A NOTE FROM THE PRINCIPAL

Dear Parents of Hadfield Huskies,

Thank you so much for your responses on our survey about the traffic. I was very impressed with the feedback and your willingness to serve on the committee. The choice that won is: to have traffic flowing in one direction from Hartwell/Bell streets to Oakland Avenue (west to east). I am in contact with our traffic safety person with Waukesha PD and she is excited to hear that we are moving in this direction.

Some of you gave some feedback about how STEM does this now. I went to visit their campus and saw that not only is traffic in one direction but that there is no parking across the street. This would really open up the opportunity to do this the right way.

Therefore, I will be calling on parents to help me with this big decision that will impact our traffic flow for the rest of our lives.

We have received the gift of time! There is no school on November 27, 28, 29 and December 2, 2013. Please enjoy this time with your families. Be thankful and peaceful. As we continue in this cold weather season, please sit with your student and talk to them about covering their sneezes and coughs, and to wash their hands as often as possible. We have had a lot of absences due to illness.

Please enjoy your Thanksgiving.

Grace & Peace

**NO SCHOOL
NOVEMBER 27TH - 30TH
THANKSGIVING BREAK**

**MONDAY DECEMBER 2ND -
STAFF DEVELOPMENT DAY**

SCHOOL CLOSING REMINDER

In case of severe weather, school closings will be announced on the following radio stations:

<u>AM RADIO</u>	<u>FM RADIO</u>
WSSP 1250	WKLH 96.5

Local television stations 4, 6, 12 & 58 will broadcast our announcements as well. Also you can call the Waukesha School District school closing line at 970-1155, or check the District website at www.waukesha.k12.wi.us.

MAPS TESTING

Winter MAPS testing will be January 14th - February 14th. Please try not to schedule appointments during your child's testing period.

HEALTHY SNACKS

Please help your child choose a healthy snack to bring to school. Healthy kids make better students and that starts with healthy habits.





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CHILI BLEND AND HOLIDAY CELEBRATION

Please join us this Friday, December 6th from 5:30 - 7:30 pm for our annual PTO **Chili Blend & Holiday Celebration**. Bring a family size container **already warm** of your family favorite chili recipe to share with our families. The Book Fair will be open from 3:30 - 6:30pm for shopping.



COLD WEATHER AND RECESS

Please dress your children for the weather! Our school does watch conditions closely, and will keep children in for recess when the temperature or wind chill is below zero. Individual children will not be allowed to stay in for recess due to illness unless they have a doctor's written excuse. Winter coats, hats, and mittens or gloves are a **must!** Snow pants and boots are required to play on snow covered areas. Snow stays on the ground! Please remember that children need to use the Oakland Doors for breakfast service which ends at 8:20 a.m.

END OF THE DAY DISMISSAL

If you are picking up your child after school, please make sure you are at school no later than 3:30 p.m. Being picked up on time is very important. Young children need the security of knowing that they, too, will be picked up when the other children are going home. Picking up your child on time is essential.

STUDENT ATTENDANCE

We are certain you believe as we do that in order for students to be successful in school, regular and prompt attendance is a **MUST**. Studies have shown a strong correlation between attendance, good grades, and school success. The only way to learn is to be here on time each day! Wisconsin State Statute (118.15) requires schools to monitor student a.m. and p.m. attendance. You will be informed in writing when your child's absences or tardies become excessive according to district and state criteria. Daily attendance and punctuality is crucial for your child's success!

Thank you for working with your child and us to ensure regular and timely attendance.

PASSPORT TO READING NIGHT

This event on November 21st was a huge success! Each student received a Build-a-Book kit to complete at home. When the book is completed have your child return the book to their teacher and they will receive 10 Paw Points. The books will then be displayed in the library. Thanks to all families who attended and to our great staff for creating such a fun night!

HOLIDAY CLOTHING DRIVE

Hadfield Student Council is collecting donations of cold-weather essentials to contribute to the Hope Center in Waukesha. Please send your donation of **NEW** socks, underwear, hats, mittens and gloves to school with your child- your generosity will help keep kids in Waukesha warm this winter! Donations will be accepted through December 20th. Donations may also be brought to school during the Chili Blend on December 6th and the Holiday Concert on December 18th.





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Hadfield Husky Happenings

Happy Holidays to
All of our Hadfield
Families and
Wishing Everyone a
Healthy New Year

MARK YOUR CALENDARS

December 2nd - Culvers Night 4-8

December 4th - Book Fair 9-3

December 5th - Book Fair 9-3

December 6th - Book Fair 9-11 & 3:30-6:30

December 6th - PTO Chili Blend 5:30-7:30

December 10th - RIF Book Handout

December 18th - 4th & 5th Grade Holiday Concert
with El Sistema - students arrive at 6:10 -
concert begins at 6:30

December 20th - Reindeer Walk 1-2:30

December 20th - All School Sing-a-long 2:45-
3:25



NO SCHOOL

December 23rd -

January 1st

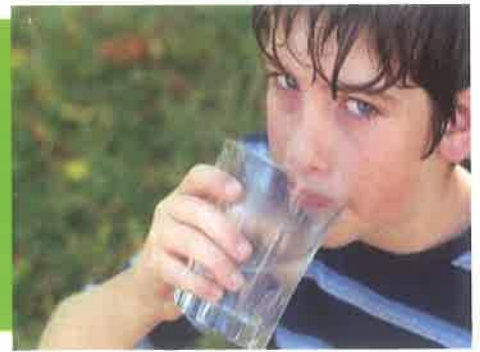
Holiday Recess

School resumes on
Thursday January 2nd

Getting Healthy Together:

Easy Tips for You & Your Kids!

Swap Out the Sodas!



Reaching for a soda or monster drink when we're thirsty is a habit, and we know habits can be hard to change. But every time we drink a sugary soda, we need to think about the impact on our body and our teeth: we are consuming a surprising amount of sugar and empty calories. The good news is, just becoming aware of how many sodas we drink daily can help us start making small changes that will add up to make a big difference. Here are a few suggestions to help you and your kids reduce the number of sodas you consume:

One Keep track of how many sugary beverages you drink in a day and how many your kids are drinking. Can you replace just one each day with milk or water?

Two Check to be sure your kids have access to free water, at school and at home. Buy them a refillable water bottle. Make sure water fountains at school are in working order. Can you make water the fastest, easiest option?

Three Show your kids how much sugar is actually in one soda. A 20-ounce can of cola has 17.6 teaspoons of sugar! Drinking one 20-ounce soda every day can contribute enough extra calories to equal 27 pounds per year!* Explain how long it takes to burn off the calories from drinking a single sugary beverage. To offset the calories in one 20-ounce soda, you'd have to walk at a moderate pace for two hours!

Four Make smart beverage decisions every time you have a choice. Take along your own water when you leave the house to avoid drive-through lanes when you're thirsty. If you do have a soda, opt for the smallest size -- avoid upgrades.

Five Set a good example. Let your kids see you drinking water, milk or juice instead of sodas. You may think they aren't paying attention, but they are! Kids are more likely to do what we do, not what we say. It's important to demonstrate that changes are possible and the results are positive.

Conversation Starters:

Do you think energy drinks are good for you?
Did you know that 2/3 of your body is water?
And 90% of your brain is water?

Eating Out Tip:

Try to cut back on eating at fast food restaurants. But if you do eat out, save money (and your health) by drinking water with your meal.



Helping Youth Make Better Food Choices

The tips at right are based on strategies and approaches used by nutrition, health and public health professionals who work with children, youth and families.

These professionals shared their ideas for helping youth make better food choices in keeping with the *Dietary Guidelines for Americans* as part of an **Action for Healthy Kids** research project that involved over 1,400 respondents nationwide.

Please refer any child with a special dietary need or health condition to an appropriate health care professional.

Action for Healthy Kids is a national nonprofit organization dedicated to addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in schools. Through volunteer Teams in all 50 states and the District of Columbia, and a network of 60 national Partner organizations, Action for Healthy Kids works to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn. For more information, visit www.ActionForHealthyKids.org

Tips for Parents and Caregivers

	Parents are role models. If you want your kids to drink their milk, you have to drink yours, too!	Eat family meals. Kids are more likely to eat more healthful foods at the family dinner table.	Set attainable goals! Set short-term goals that the entire family can reach — one good habit at a time.
Stop the clean plate club. The meal isn't done when the plate is clean; it is when the belly tells the brain that it's full.	Provide variety. Expose kids to a variety of low-fat and fat-free dairy, fruits, vegetables and whole grains.		Start young. Likes and dislikes are formed early. Teach kids about healthful foods from infancy.
Encourage the "one-bite taste." Don't force a child to eat. Taste for new foods occurs over time.		Food as fuel. Help kids think of their stomachs as gas tanks. Don't overflow your gas tank... or your belly!	Educate kids on the connection between healthy eating and energy, body image and school performance.
	Use your tools. Learn how to read food labels, MyPyramid charts, shopping lists and recipes.	Set TV limits. Allow no more than two hours a day of screen time, including computer and video games.	
Garden to table. Teach kids where their food comes from. Visit a farm! Plant a garden!	Get their hands dirty. Involve kids in food planning, selection, preparation and cooking.		Portion distortion. Teach youth about realistic food portions using age-appropriate serving sizes.
	Make it real. Show kids how much sugar is in soda or an energy drink by measuring it with sugar cubes.	Discourage dieting. Explain to kids that not eating "junk" food is a change in habits, not a diet.	

ELEMENTARY SCHOOL SAFE NUT-FREE SNACK LIST

"Food impacts how well a child's brain works, affecting their moods and abilities ... In a child's brain junk food can cause neurotransmitters, which pass along information, to function improperly. Smart foods, however, allow information to be processed correctly and help the child function at their optimal level." – Dr. Sears, one of America's most renowned pediatricians and author of over 40 books

LET'S HELP OUR CHILDREN DO THEIR BEST AT SCHOOL BY SENDING IN **SMART "REAL FOOD" SNACKS**

REAL FOOD IS...

- 100% whole grain
- Made with no (or very little) refined sweeteners like white sugar or corn syrup
- Fresh fruits and vegetables (preferably organic), dairy products, seeds, dried fruit, humanely raised animal products

REAL FOOD IS NOT...

- "Low fat" or "low carb" or "low calorie" products (in most cases)
- Made with artificial sweeteners like Splenda
- Deep fried in refined oil
- 100-calorie packs made with refined grains like white flour (labeled as "wheat flour")
- Something out of a package containing ingredients you cannot pronounce
- Highly processed food that is labeled as organic

FRESH FRUITS & VEGETABLES (Organic Recommended)

- | | |
|----------------------------------|---|
| • Apple | • Cherries |
| • Banana | • Edamame |
| • Carrots | • Sugar Snap Peas |
| • Celery | • Green Beans |
| • Mango | • Sweet Potato (with cinnamon) |
| • Pear | • Sliced Bell Peppers |
| • Grapes | • Trader Joe's Ready to Eat Beets |
| • Strawberries | • Cucumber |
| • Blueberries | • Jicama |
| • Raspberries | • Pomegranate |
| • Oranges | • Cherry Tomatoes |
| • Peaches | • Snow Peas |
| • Plums | • Cauliflower |
| • Grapefruit | • Broccoli |
| • Avocado | • Lentils – Tasty Bite Heat and Eat Lentils |
| • Pineapple | • Trader Joe's Steamed Lentils (Refrigerated Section) |
| • Papaya | • Garbanzo Beans |
| • Star Fruit | • Wedge of Cabbage |
| • Figs | |
| • Honeydew Melon | |
| • Cantaloupe | |
| • Watermelon | |
| • Black Beans, Pinto Beans, etc. | |
| • Lima Beans | |

Some of these veggies would be great dipped into Cedar's Organic Hummus or Sabra Hummus Dip (not roasted pine nut flavor)

SMART "REAL FOOD" SNACKS continued...

100% WHOLE-GRAIN SNACKS

- Triscuits
- Popcorn
- Oatmeal (served warm in thermos)
- Shredded Wheat (Post or Earth Fare brand)
- Arrowhead Mills Puffed Whole Grain Cereal (Corn, Wheat or Millet)
- Crunchmaster Multi-Seed Crackers
- Trader Joe's Woven Wheat Wafers
- Streit's Whole-Wheat Matzo Crackers
- Doctor Kracker Seeded Spelt Crackers
- Edward & Sons Brown Rice Snaps
- Koyo Brand Organic Brown Rice Chips
- Finn Crisp Thin Rye Crispbread
- Lundberg Brown Rice or Wild Rice Cakes
- Koyo Brown Rice Cakes
- Real Foods Corn Thins
- Wasa Rye Cripsbread Varieties
- Ryvita Rye Varieties
- Kashi Heart to Heart Whole Grain Crackers (Original and Roasted Garlic)
- Kashi 7 Grain Frozen Waffles
- Whole-Wheat or Brown Rice Pasta (macaroni noodles, penne, etc. can be served warm with butter in thermos or served cold as a pasta salad)
- HT Naturals Organic Brown Rice (good with bits of avocado and soy sauce)
- HT Naturals Whole Wheat Couscous (good mixed with a Greek yogurt sauce called Tzatziki)

OTHER "REAL FOOD" SNACKS

- Cheese
- Plain yogurt sweetened with a little honey
- Raw Sesame Seeds
- Raw Pumpkin Seeds
- Hard-Boiled Eggs
- GoRaw Live "Granola Bar"
- GoRaw Live "Pumpkin Bar"
- Bella Famiglia Olives
- Organic Divina Olives
- Mediterranean Organic Olives
- Gaea Kalamata Olives
- Earth Fare Organic Olives

DRIED AND CANNED FRUITS

- GoGo Squeeze Applesauce
- Unsweetened Raisins
- Trader Joe's Fruit Leathers
- Trader Joe's Fruit Flakes (Apple Raspberry, Apple Strawberry...similar to fruit leathers)
- Trader Joe's Fiberful Fruit Bars
- Trader Joe's Organic Fruit Wraps
- Buddy Fruits – Pure Blended Fruits
- Clif Kid Organic Twisted Fruit Rope
- Trader Joe's Dried Baby Sweet Pineapple
- Trader Joe's Freeze Dried Mango, Banana Slices, Blueberries or Strawberries
- Trader Joe's Vacuum Dried Pineapple or Banana Chips
- Costco – Brothers All Natural Crisp (dried fruit)
- Nothing But Banana Flattened
- Dried Apple Rings
- Native Forest Organic Mandarins
- Native Forest Papaya Chunks
- Native Forest Mango Chunks
- Native Forest Pineapple
- Made in Nature Dried Apricots
- Made in Nature Dried Apples
- Made in Nature Dried Mission Figs
- All Funky Monkey Freeze Dried Fruit Varieties
- Eden Organic Dried Cranberries
- Eden Organic Dried Blueberries
- Eden Organic Dried Cherries
- Organic Just Cherries
- Organic Just Mango
- Organic Just Blueberries
- Organic Just Strawberries
- Just Strawberries 'N Bananas
- Organic Just Apples
- Organic Just Peas
- Organic Just Veggies
- Trader Joe's Roasted Seaweed Snack

New Ideas for Parenting Children & Adolescents with ADHD/ADD



This class will explore the five gifts of the ADHD/ADD child, and teach parental coaching skills that cultivate the child's emotional intelligence.

Tuesdays

December 3-17, 2013

5:30-7:30pm

Parents Place
1570 E Moreland Blvd, Waukesha
Call 262-549-5575 to register!
Free pre-registered childcare available. Space is limited.

Effective Discipline for the Challenging Child



This is an opportunity to learn new parenting tools that will replace the old ineffective discipline techniques that are not working. Children will learn to be accountable for their behavior. The focus of this group is on parents of children five years of age and older.

Mondays

December 2-23, 2013

6:00-7:30pm

Call **Parents Place** at 262.549.5575 to register. Free pre-registered childcare available. Space is limited.

1570 E Moreland Blvd.
Waukesha, WI 53186
www.ppacinc.org

Parent/Teen Relations: Understanding Your Teen's Anger (For Parents and Teens)



Tuesdays

December 3 & 10, 2013

5:30-7:00 p.m.

This two part class is for Parents and Teens. The first class will meet with the parents to help them understand their teen's anger, development and strategies to cope with their seemingly ever changing moods. The teens will meet separately.

The second class will be parents and teens together to explore the essence of anger and anger management strategies. Discover how anger manifests itself in our bodies and techniques to control it.

Call Parents Place for details and registration.

262.549.5575

Complimentary childcare is available

1570 E. Moreland Blvd. ~ Waukesha ~ 53186



Give Kids A Smile

Friday February 7th, 2014

- Eligible children receive **Free** dental exams, x-rays, cleanings, fillings, and extractions.
- **MUST CALL** the Waukesha County Community Dental Clinic to schedule an appointment.
- Dental services will take place at Waukesha County Technical College.



May be eligible if:

Child has State Insurance (Medicaid/BadgerCare/
Forward Card), or is uninsured

Child qualifies for free or reduced lunches at school

Child is a Waukesha County resident

**Please contact Lisa at
262-522-7645 ext 227 to
schedule an appointment.**

Teams of dental professionals and volunteers provide a highly skilled and fun-filled atmosphere to treat the children. Experts provide dental and nutrition education. All of this is **free** to qualified children. Limited to 100 kids!

**By
Appointment
Only**

Waukesha County Community Dental Clinic
210 NW Barstow St. Suite 305
Waukesha, WI 53188

