

Central Connection

Central Elementary School

Susan Roberts, Principal
February 2012



8422 S. Westnedge
Portage, MI 49002
(269) 323-6100

"Respect yourself, respect others, and respect our school."

ENROLL NOW FOR KINDERGARTEN 2012

Please let us know if you have a child who will be eligible to enroll in school in September 2012. To be eligible for entry into school, a child must be **five years old on or before December 1, 2012**. If you have a neighbor who has a child in this age group, please pass the word along that it is time to notify Central Elementary at 323-6100. Thank you in advance for your help.



SPRING CONFERENCES



Your spring conference schedule will be coming home in early February. **Conferences will be held February 21st and February 22rd**. An additional Kindergarten conference night will be held on February 16th. We look forward to seeing you!

MEDIA CENTER NEWS FROM MS. NICOL

It's that time again! The Book Fair is rolling into town **February 20-24**. Join us for our Book Fair with a Luau theme, where you will find a selection of books for all ages in the Media Center. There will also be the *Classroom Wish Lists*, where you can purchase books to fill the teachers' classroom libraries. The Book Fair will be open during the school day and during conferences on Tuesday and Wednesday evening. We look forward to seeing you!



KINDERGARTEN PARENT INFORMATIONAL MEETING

A meeting for all parents of incoming kindergarten students will be held on Thursday, March 15, at 6:00 p.m., in the Gym. At this meeting you will learn about the kindergarten screening process, as well as schedule your child's screening date. Also, information about Young 5's and Kindergarten programs will be given. Please call the office at 323-6100 to register your child for kindergarten if you have not yet done so.

FIFTH GRADE PARENT NIGHT

Middle School Parent Night will take place on the evening of **Wednesday, February 1st** at all Middle Schools. You will receive an invitation letter from the middle school your 5th grader will attend next year. Please note that there are specific middle school immunization requirements. Bring any updated immunizations to the parent meeting. Please contact the middle school if you have further questions.

STUDENT INFORMATION FORM

On the back of the newsletter you will find a Student Information Form. ***This is not a teacher request form***. Please fill out this form and return it to your child's teacher before Wednesday, February 29, 2012. This form will assist us in the placement of students for the 2012-2013 school year.



STATE OF MICHIGAN COUNT DAY

Wednesday, February 8th is the State of Michigan count day. On this day students are officially counted as attending our school. Please try to have your child in attendance. If your child is absent on that day please send them to school with a dated, signed note upon their return. Thank you!

SCHOOL TRANSFERS

The Board of Education and administration of Portage Public Schools believe students should be assigned to a school based on the location of their permanent address. If there are special circumstances that would require your child to attend a Portage school out of those boundaries, a transfer application must be completed. This application is available in the Central Elementary office or on our web site, www.portageps.org. All applications must be completed and delivered to the Portage Public Schools Administration Office by February 23, 2012. You will be notified about the status of your request in writing, by March 30, 2012. Please call the Central Elementary office at 323-6100 if you have any questions.

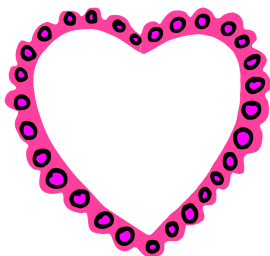


READING SERIES PREVIEW

Portage schools will be previewing a new reading series. The books will be available for viewing at Central Elementary from March 14 through March 28. Please contact the office at 323-6100 if you would like to preview these new reading books.

ZERO TOLERANCE FOR BULLYING

Our school has zero tolerance for bullying. If there is ever a concern in this regard, please contact our principal, Mrs. Roberts. We strive to maintain a happy, safe environment where all children can achieve their very best!



SPRING PICTURES

Tuesday, March 13, will be spring picture day at Central Elementary. Additional information will be sent home with your child closer to that date.

EMERGENCY INFORMATION

If there is a change in your emergency contact information for your student, please contact the office. Your children will only be released to those people listed on the emergency contact form. It is very important that this form remains up to date. Also, you completed an early dismissal form at the beginning of the school year. This information is important if for any reason school is dismissed early. Please be sure this information is updated and discussed with your child as well. We want to be sure all students know what they should do if school needed to close early. If you have questions, please contact the office at 323-6100. Thank you for helping to assure the safety of all our students.

MANAGE YOUR STUDENT'S FOOD SERVICE ACCOUNT ONLINE

Adding money to your child's food service account has never been easier! With the help of SendMoneytoSchool.com, parents are able to add money to food service accounts with a credit or debit card. The site also allows parents to view balance and transaction information, transfer funds between students' accounts and provides the opportunity to place purchasing restrictions on the accounts. SendMoneytoSchool.com is available to students in all grade levels. Information on how to create your account can be found on the districts website. www.portageps.org/departments/foods. Select the NEW! Online Lunch Account Balances from the menu on the right hand side of the page. Print off the instructions for creating your account and you are on your way!



PHYSICAL EDUCATION REMINDER

A reminder to parents: with winter and snow here, please remember that hiking boots and winter boots are not permitted as “gym” shoes for physical education. Without the proper gym shoes student will not be able to fully participate in the whole class activities. Thank you!

STUDENTS PARTICIPATE IN DAILY RECESS

Weather permitting; children have a thirty minute recess following lunch each day. It is more enjoyable for the children if they are properly clothed – hats, gloves, boots, etc. Your help is appreciated.

Easy Ideas to Keep Your Child Healthy and Active in Winter



Keeping your children active during the winter months can be challenging. Overall, people tend to be much less active in winter months. Less daylight combined with inclement weather makes it is harder to fit in the recommended minimum of one hour of daily activity for children and adolescents. However, it is possible. With a little creativity and the following tips, you can give your children the gift of a safe, healthy and active environment even on the coldest of days.

“With the incidence of childhood obesity and diabetes on the rise, now more than ever, it’s vital to ensure our kids are getting the daily exercise they need,” says Donna Moyer, clinical nurse specialist at Bronson Methodist Hospital. She continues, “Limiting the amount of screen time is only one part of the equation; giving kids lots of opportunities to be active – and making those choices as appealing as possible – is the other. Kids are more likely to be physically active if parents encourage activities that are consistent with the child’s own unique interests and hobbies.”

Donna suggests the following indoor activities to entertain your child and encourage greater activity:

At home:

- Play a few rounds of charades as a family. You’ll laugh, use some energy and make some memories in the process.
- Turn on some music and dance when cleaning or doing other indoor chores.
- Make a treat and walk it over to a neighbor.

- Have some friends over and create an action-packed play or movie.
- Younger children may really like playing a classic game like Simon Says or Ring Around the Rosy.
- Try doing some jumping jacks, sit ups or push ups to fight cabin fever.
- If you’re feeling really adventurous, you can set up a simple obstacle course in your family room. Older kids can help plan it out. Be creative!

Outdoor activities: Have fun in the snow!

- Go sledding, ice skating or skiing. Make sure that children are bundled up to stay warm and wear all the necessary protective gear.
- Build a snow fort or igloo.
- Build a snowman. Younger children can help decorate a snowman or make angels in the snow.
- Take a walk and search for animal tracks or other wildlife.
- Walk a neighbor’s friendly dog.

In the community:

- Sign up for swimming or tennis lessons at a local fitness center.
- Visit an aquatic center or indoor splash park, if one is in your area.
- Take a martial arts class, dance or gymnastics class at a local studio.
- Organize a game of basketball or volleyball at an indoor gym with friends.
- Take your kids to an inflatable amusement park to burn off some of that extra energy.
- Go bowling (parents, too!)

For those cold or stormy winter days when it’s just not possible to go outside, active play on a fitness-oriented video game system can help your child get some of the sixty minutes of daily activity they need.

Donna concludes, “Though we can’t promise you’ll never hear, ‘Mom, I’m bored,’ again, we can promise it’s easier than you think to get your kids off of the couch and interested in some form of physical activity. In fact, you may find they like it so much that they want to do more of the same!”

This article is brought to you by Bronson Children’s Hospital, southwest Michigan’s only children’s hospital. For more information about children’s health, visit bronsonhealth.com/children.