

# January 2021

www.junctionesd.net

JUNCTION ELEMENTARY SCHOOL DISTRICT  
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## Principal's Corner



Dear Junction Family,

I hope that everyone has had a wonderful Winter Break. The break was a great opportunity to reflect on a truly unique and challenging year while also looking hopefully toward better things to come in 2021.

Before heading off to the break, Junction's middle school students crafted "break up letters" written to 2020. The letters were written, discussed and *burned!* As written memories of 2020 floated away in smoke, some of the ashes remained. I hope the same is true for our memories of 2020. May the unpleasant memories drift away and fade, but may all of the good times, growth, coming together and adversity overcome remain like the ashes, reminding us and inspiring us as we start the new year!

One of the fun traditions associated with a new year is the forming of New Year's Resolutions. I encourage everyone to take part in the fun and include your children in conversations about hopes, dreams and goals for the coming year. Research has shown that striving toward goals is great for children's development. As you discuss goals with children, make sure to ask questions that will help them think more deeply about what they hope to achieve. Some examples:

- Describe your goal in as much detail as possible.
- Why do you want to achieve this goal? What makes it important or worthwhile to you?
- Imagine you have just achieved your goal. Describe how you will feel. What has changed in your life? How were others affected by your accomplishment?

You can also discuss the actions and strategies that might help them achieve their goals while helping them think through any potential barriers or obstacles that might make those actions/strategies difficult. You might even discuss goal progress-tracking, people/resources that will help them achieve their goals and possible rewards/celebrations that could help them stay motivated to stick with them. Again, try to have fun with this. Remind them that it is better to strive for a goal and fail than to do nothing.

Junction's next intermediate goal is to "press on 'till President's Week" by continuing with on-campus instruction until our next break begins February 13th. In order to do this, we need to keep our positive cases on campus down. Help keep our community safe and our kids in school by remembering to "Mask Up!" and if someone in your family is experiencing symptoms, err on the side of caution and stay home. As always, call the office if you have any questions or are otherwise in need of assistance.

Thank you for your great partnership in achieving our district's mission of ensuring students' well-being and academic achievement!

Best Regards,  
Christopher J. Nelson  
Principal, Junction School



*Save the date!*

*January 18*  
*Martin Luther King Day*  
*No School*



*I have*  
*a dream...*

**Lunch is free to all students through the end of the school year.**

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**For information about school events and occurrences, please see the District Calendar available on our website.**

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**Don't forget about Minimum Days: All students are released at 1:15 on Wednesday's**

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Thank you for helping Junction stay open by remembering to "Mask-Up".



# Nutrition Nuggets™

Food and Fitness for a Healthy Child

Junction Elementary School District  
Elizabeth Paris, Admin. Secretary

## BEST BITES

### Thank you, cafeteria staff

Does your child know all the things that the school cafeteria staff does? Together, brainstorm a list. (Examples: Cooks meals. Puts the food out. Smiles and says hello to all the children. Encourages us to try new foods.) Suggest that your youngster write a note or draw a picture thanking the cafeteria folks for all they do!

### Kangaroo hop

Try this fitness idea from Down Under. Have your children hop



like kangaroos by jumping with both feet and holding their hands in front of their chests. They can race each other by hopping from one end of a room or yard to the other. Or they could take turns being the leader and play Follow the Kangaroo.

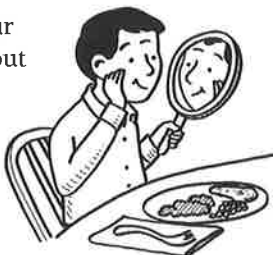
## DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If she's having trouble waking up early enough, move her bedtime back.

### Just for fun

**Mom:** Eat your spinach. It'll put color in your cheeks.

**Jack:** But I don't want green cheeks!



## Snack attack

Did you know that frequent snacking is tied to obesity? In fact, today's kids average three snacks a day and get about a quarter of their daily calories from between-meal eating. Try these strategies for keeping snacking under control in your family.

### Stock the kitchen

Whatever is in the house is what your youngster will eat—so shop with that in mind. Get interesting fruits and vegetables in different colors. Buy mango or peach salsa, and let your child dip in veggie sticks (bell pepper, celery, jicama). Stock popcorn to air pop (rather than getting less healthy microwave popcorn). Then, offer her choices. She'll have a say in what she eats, but she'll be choosing only from healthy foods.

### Have a mini-meal

Breakfast or lunch foods can make a good snack. You could serve oatmeal with bananas and cinnamon, or tuck scrambled eggs into a pita pocket. Or try individual pizzas on whole-wheat English muffins. Top each half with a little



tomato sauce, shredded low-fat mozzarella cheese, sliced mushrooms, and then bake until the cheese melts.

### Build your own

Let your youngster get creative in the kitchen, and she'll be likely to eat the results. She can make kebabs by threading strawberries, melon chunks, and cheese cubes onto toothpicks. Put out cookie cutters for her to cut sandwiches into fun shapes. Or she could spread cream cheese on rice cakes or apple slices and decorate them with raisins or dried cranberries. ♥

## Add activity to chores

Help your youngster get fit while building responsibility. Try these suggestions the next time he does chores.

● **Listen to music.** Make an upbeat "chores playlist" together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. *Tip:* Bring in math by asking him to estimate how long chores will take and create a playlist to fit that time.

● **Turn it into a game.** To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room? ♥



# Kids in the kitchen

Cooking with your youngster will teach him valuable kitchen skills—and help him practice reading and math. Try these suggestions.

**Read recipes.** Ask your child to read a recipe aloud. Then, have him gather the ingredients and tools you'll need. Can he find dried oregano and a whisk? Next, follow the steps together. *Idea:* Build his vocabulary by explaining unfamiliar cooking words. (“Zest means to scrape off tiny bits of the lemon peel.”)



**Use math.** Put your youngster in charge of kitchen math. He can find the correct measuring spoons and cups, measure wet and dry ingredients, and read a food thermometer. He'll also learn about conversions—for example, that 4 tbsp. =  $\frac{1}{4}$  cup.

*Tip:* Get your child in the habit of putting dishes in the dishwasher as he works. That way, there won't be a big sticky mess to clean up at the end. 🍷



## Q&A How much juice?

**Q:** My child loves to drink juice. Should I try to limit how much of it he drinks?

**A:** The short answer is “yes.” While juice has nutrients, it also has a lot of sugar.

Believe it or not, a 12-ounce glass of apple juice can contain 10 tsp. of sugar—the same as in a can of cola—and a glass of grape juice can have 15 tsp. of sugar.

Encourage your son to eat fruit rather than

drink juice. He will consume fiber along with more nutrients.

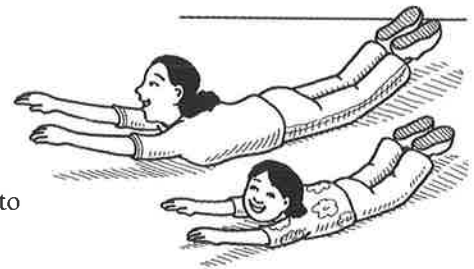
If your youngster does have juice, try to limit it to a glass a day. Choose varieties marked 100 percent juice, and stay away from those labeled “fruit drink” or “fruit cocktail.” The best bets are orange or grapefruit juice since they have more natural vitamin C and less sugar. 🍷



## ACTIVITY CORNER

### Exercise = fun

When children are young, exercise isn't exercise—it's just plain fun! Use these ideas for putting more physical activity into your youngster's day.



#### Superman

Lie on your tummy with your arms straight out in front of you (as if you're flying). Lift your chest, arms, and legs off the ground at the same time, and hold for five seconds. Lie back down. “Fly” 10 more times.

#### Bubble jumping jacks

Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she pop as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

#### Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. 🍷

## IN THE KITCHEN

### Shake-a-salad

Fill, shake, and eat.

That's the winning formula behind fun-for-you and good-for-you salad shake-ups.

*To assemble:* Give your child an empty container. Have her fill it with any of these combinations, put the lid on, and shake, shake, shake.

**Deli delight:** Chunks of left-over deli meat (lean ham, turkey, or roast beef), shredded skim mozzarella cheese, chopped lettuce, grape tomatoes, and low-fat ranch dressing.



**Southwest slam:** Cooked lean ground beef, chopped lettuce, shredded low-fat cheddar cheese, diced tomatoes, and a sprinkling of low-sodium taco seasoning.

**Pasta mix-up:** Cooked macaroni, black olives, chopped red pepper, grated Parmesan cheese, and Italian dressing.

*Tip:* Add something that makes a “shake sound,” such as nuts or baked pita chips, to put even more fun in the shaking. 🍷

## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
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Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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# JANUARY 2021

## RAIDER CAFÉ MENU

STUDENT BREAKFAST \$1.50  
 REDUCED STUDENT BREAKFAST \$0.30  
 ADULT BREAKFAST \$2.50  
 MILK \$0.35

STUDENT LUNCH \$3.00  
 REDUCED STUDENT LUNCH \$0.40  
 ADULT LUNCH \$4.00

ALL MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK

\*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.  
 \*LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.  
 \*MENU IS SUBJECT TO CHANGE\*

Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8
WG CEREAL CHICKEN FAJITA & SEASONED BROWN RICE	WG MUFFIN & YOGURT CUP RAIDER CAFÉ FISH & CHIP BASKET	HOT OATMEAL BAKED SPAGHETTI IN MEAT SAUCE	WG MINI PANCAKES WG PIZZA	
11	12	13	14	15
WG CEREAL CORNDOG & TOTS	WG CINNAMON APPLE STICK TACO MAC & CHEESE	BISCUITS & GRAVY RAIDER CAFE RAMEN NOODLE BOWL	WG CEREAL CHILI & CORNBREAD MUFFIN	PANCAKE SAUSAGE ON STICK ORANGECHICKEN, BROWN RICE & STERAMED VEGGIES
18	19	20	21	22
MARTIN LUTHER KING JR. DAY WG CEREAL RAIDER CAFÉ PULLED PORK NACHO FRIES	WG CEREAL RAIDER CAFÉ PULLED PORK NACHO FRIES	HOT OATMEAL GRILLED CHEESE SANDWICH & SOUP	WG MINI PANCAKES RAIDER CAFÉ GRILLED BRUSCHETTA CHICKEN OVER WG PENNE PASTA	RAIDER CAFÉ BREAKFAST BOWL WG PIZZA
25	26	27	28	29
WG CEREAL RAIDER CAFÉ FISH & CHIP BASKET	WG BAGEL W/ CREAM CHEESE RAIDER CAFÉ CHEESEBURGER QUESADILLA	RAIDER CAFÉ BREAKFAST BANANA SPLIT SOUP, SALAD & BREADSTICK	WG CINNAMON APPLE STICK RAIDER CAFÉ POPCORN CHICKEN BOWL	WG RAIDER CAFÉ DONUT WG PIZZA
	STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN.	STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.		



\*Junction Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our website at [www.junctionesd.net](http://www.junctionesd.net)

