



### IMPORTANT DATES:

- **Wednesday Oct. 22-** Aviators to visit Constitution Village
- **Sunday Nov. 2nd-Day** light Savings "Fall Back" an hour
- **Tuesday Nov. 4th-** Election Day
- **Thursday Nov. 6th-** Holiday pictures
- **Thursday Nov. 27th & Friday Nov. 28th:** NO SCHOOL "Happy Thanksgiving"

For the third consecutive year in a row one of Mr. Sanders' violin students has been chosen Alabama String Student of the year. Congratulations to Erin O'Brian and Mr. Sanders. Erin will receive her award at next months Alabama Honors String Festival.



# Friday News

NEWS OCTOBER



## The Lunch Box: Easy and Healthy School Lunch Ideas For Parents

Actual time for eating lunch at school is usually only about 30 minutes and is often filled with many distractions. Make sure the lunch foods you pack are easy to eat, packed in easily opened packages, and don't require peeling or special tools. Small children may not eat very much at one sitting. Think about packing appetizers instead of a large sandwich and whole banana. You can also include more choices if the quantity of each is smaller. **Small foods are not only easier for children to handle, but they are more fun to eat.** Fill a mini muffin tin with small amounts of foods, wrap with foil, and pack into the lunch box. Cut sandwiches into smaller pieces by cutting into quarters, in strips, or use cookie cutters to make them more appealing. Use tiny tortillas for wraps and small sandwich buns. **Think about different types of bread for sandwiches and dippers.** Try crackers, mini waffles, rice cakes, mini croissants, pita bread, mini muffins, small bagels, tortillas, raisin or cinnamon bread. **Try a variety of fillings and bread alternatives.** Fill a pita pocket with egg salad, chicken salad or tuna salad. Make mini-sub on a ranch roll or on a hot dog roll. Make tortilla roll-ups with tortillas and cheese spread or with sliced cheese and deli ham or turkey. Use left-over chicken or ham to make sandwich spread these tasty spreads are great on thin party bread slices.

**When you make dinner; think left-**

**overs.** Make sandwiches from sliced home-baked ham, roast beef or turkey breast instead of processed luncheon meats. Make an extra large roaster and slice half of the breast for chicken sandwiches. Make two meatloaves and save one to slice for cold meatloaf sandwiches. **Lunch doesn't have to include a sandwich every day.** Fruit and yogurt, cottage cheese with fruit, simple meat & cheese roll-ups, are just a few alternatives. Make pasta salads using colorful pasta in fun shapes. Make a cold Veggie Pizza When lunch doesn't include a sandwich, add a slice of homemade quick bread, a muffin or mini muffins, breadsticks, mini bagels with jam or low-fat cream cheese, breadsticks, peanut butter or cheese on whole wheat crackers, nachos and salsa, or graham crackers. For finicky eaters who need daily encouragement to eat enough to get the nutrition they need from meals at home, getting them to eat enough at school can be a real challenge. Picky eaters need a variety of foods in sizes they'll be comfortable with. A whole sandwich might look like too much food to a little girl without a big appetite, so pack only half a sandwich. To help make sure she's getting the nourishment she needs, include a thermos of milk each day. Make it strawberry or chocolate if that means she'll be sure to drink it. Add healthy extras like string cheese, peanut butter-stuffed celery, a hard-boiled egg

or pudding. **Add Fruit or Veggies....** Put fruit or veggies such as grapes, cherries, strawberries, tangerine slices, orange slices, fresh pineapple wedges, and chunks of melon, grape tomatoes, and baby carrots in a zipper sandwich bag or a small plastic container. Plums, peaches, nectarines, apples, pears, and other whole fruit should be washed thoroughly and wrapped in a paper towel. To minimize waste, look for fresh fruit that's kid-sized. When fresh fruit isn't available, pack dried fruit such as raisins, cranberries, apricots and peaches or canned fruit

If your child wants the same thing day after day, go ahead and pack it, as long as the overall meal is nutritious and you are sure your child eats it. Kids don't like a lot of change in what they eat. Did you know that it takes 10 to 12 introductions to a new food before a child is usually willing to even taste it?

A healthy lunch should include choices from each food group - protein, grains, fruit, vegetables, and dairy products. Using the New "My Pyramid" (which we have included as an attachment with your Friday news )you can let your child help to make choices and plan lunch menus in advance. You can also visit the web site at <http://www.mypyramid.gov/KIDS/>.

## Outdoor Project Off to a Great Start

The school Outdoor Project is off to a great start thanks to the success of our Flower Power Fundraiser. We have raised a total of \$1707!! Congratulations to the Geist brothers,

Cody and Brody for selling the most bulbs with a total of \$479.00 and coming in a close second was Lily Cowan selling \$330.00. Each student will get to pick a book from the book fair as a prize !

Congratulations to the Explorer Community who ended selling the most as a class. They get to have an ice cream party. Everyone did a fantastic job!!



## Green Eggs and Ham



Just for fun

### I Don't Want to Do Homework! (sung to the tune of "Take Me Out To the Ballgame")

I don't want to do homework!  
Please I'm fed up with math!  
Don't give me assignments, I'll surely botch!

Let me relax, I've got TV to watch!

And don't make me study my English.

I've learned it real extra good!  
So please say "No homework tonight!"

'cause you know you should.

I don't want to do homework!  
I don't want to plan maps I  
Every day it is the same parade.

Think of the papers you won't have to grade!

So let's hear, "There'll be no more homework. Go home and play with your friends!"  
Though I know that's only a dream until college ends!

This weekend at Ars Nova the play "Green Eggs and Ham" is being performed. It is based on the a best-selling and critically acclaimed book by Dr. Seuss. There are two main characters: The first is unnamed, and refuses to try the green eggs and ham. The second is named Sam, and he refuses to believe someone could not like the dish.

The plot revolves around the efforts of Sam (aka Sam-I-Am) trying to get on the good side of his moody neighbor by offering him a

dish of green eggs and ham. The neighbor refuses to taste the dish, and only wants to be left in peace. Sam-I-Am goes through an assortment of locations (house, car, tree, train, boat) and dining partners (fox, goat, mouse) trying to persuade his neighbor to eat, but he refuses to try them. The tale is in the form of a so-called "cumulative" story, with a list of circumstances which gradually increases as the story progresses and hilariously fun for all children and adults alike. Show

times are Friday Oct. 17th at 7PM, Saturday & Sunday Oct. 18th & 19th at 1PM and 4PM. Admission is \$8.00. For more information call (256)883-1105.



### Thank you Mrs. Eiras

We would like to thank Mrs. Eiras for giving the school some Tiger Lilies from her garden at home. Mrs. Croom and the children, as a part of our Outdoor project, planted the lilies in the school yard on Thursday. They are a beautiful addition to our campus.

### Holiday Photos

ZoomIn Photography will be at the school on Thursday November 6th to take holiday photographs. The photographers will start with the Preschool Community at 8:30AM and work their way up ending with the 8th grade. **Preschool parents please note:** If this is not your child's regular day for school, we recommend you bring them by that day if you want to have holiday pic-

### Today: October 17th in History

1980: Mount St Helens, in Washington State USA, erupts for the third time in 24 hours

1982: The outlawing of the 'Solidarity' labor movement causes widespread strikes and demonstrations in Poland

1988: Scottish scientist James Black awarded the Nobel prize for his work on treating angina and blood pressure

**Reminder:** there are only a couple more weeks to collect the Annie's Box Tops for our Organic garden set. We still need 94 tops to get our goal of 100, but if each student buys just one product and brings in their box tops that will give us enough! Find out more Annie's Home Grown Organic products by checking out the web site at: [www.annies.com](http://www.annies.com), where you can find products, recipes and much, much more.



Worth quoting

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

Dr. Seuss



# Aviator Friday News

## October 17, 2008

This week I have introduced the Thesaurus to help “spice up” our writing. The autumn short stories are in the final stages, and will soon be published. A copy will be sent home by Halloween.



We have begun a project on habitats that should be quite fun! We began by first learning what a habitat is, and also what an organism is. We also played game that showed the students how all organisms in a forest habitat are interconnected, so that when one thing changes, everything else is affected. Once we have learned all about the different habitats, the students are going to work in small teams to build a model habitat for an animal that they chose.

Field trip is Wednesday, October 22. Please be here by 8:15 am!!

In Art class this week we worked on billboard designs for the upcoming Panoply contest. Students created beautiful pieces of art in hopes of being one of the winners. If a winner is chosen from The Country Day School, the student’s work will be printed on a billboard in Huntsville. Good luck to all of our students who entered the contest!

This week in French class we reviewed our colors. The children are getting very good at these! We also reviewed numbers 1-29 and addition and subtraction. We began working on telling time in French and will continue working on that next week.

Spelling A: jump, pond, stamp, kind, bump, hand, land, send, camp, ramp \* spend

Vocab/Spelling B: habitat, pond, organism, prey, predator, species, nature, forest, human, fungus \* ecosystem