



Sabine Parish Universal Preschool

"Small Talk"

"A Good Start"

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.

Make Time

Set the alarm to allow 10-15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. *Tip:* If your youngster doesn't like to make decisions first thing in the morning, give him breakfast choices the night before.

Make It Healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole wheat bread).

The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

Make It Kid Friendly

These quick breakfasts are sure to bring an early morning smile to your youngster face:



- **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole wheat bread, put the slice in the pan, and crack an egg into the hole. Cook two minutes, flip and cook until the egg is set and lightly browned.
- **Waffle Wonder:** Toast a whole grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt.

SPSB -Small Talk

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Special points of interest:

- ☺ "A Good Start"
- ☺ "It All Adds Up"
- ☺ Health/Nutrition News
- ☺ "A Walk A Day"
- ☺ April B/L Menu
- ☺ Dates to Remember

"It All Adds Up"



Exercise doesn't have to be done all at once. Encourage

your youngster to be active through out the day—small amounts of time will add up! In general, school age children should get at least an hour of physical activity each day. Here are some ways to put more exer-

cise into your child's routine:

- Have her invite friends over for a backyard game of tag or capture the flag.
- Suggest that she jump rope for 10 minutes.
- Put on some music, and dance to it.
- Bike together to the library or a friends house.

- When you do errands together, park far from the store to encourage more walking time.
- Take the steps rather than the elevator when your shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier-it will help her sleep better at night and be in better shape to

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Mental Health/Health/Nutrition News

The month of April is National Child Abuse Prevention Month. This is the time to raise awareness about child abuse and to create strong communities to support children and families. If you suspect a child is being abused, it's critical to get them the help he or she needs. Reporting child abuse seems so official. Many people are reluctant to get involved in other families lives. Understanding some of the myths behind reporting may help put your mind at ease if you need to report child abuse.

- **I don't want to interfere in someone else's family.** The effects of child abuse are life-long, affecting future relationships, self-esteem, and sadly putting even more children at risk of abuse as the cycle continues. Help break the cycle of child abuse.
- **What if I break up someone's home?** The priority in child protective service is keeping children in the home. A child abuse report does not mean a child is automatically removed

from the home—unless the child is clearly in danger. Support such as parenting classes, anger management or other resources may be offered first to parents if safe for the child.

- **They will know it was me who called.** Reporting is anonymous. In most states, you do not have to give your name when you report child abuse.
- **To get help or report abuse, call, 1-800-4-A-CHILD (1-800-422-4453)** *(Submitted by Meredith Mitchell)*

"A Walk A Day"

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the sign along the way.



"Two Steps to Becoming Your Child's Best Advocate"

Communication

Learning to communicate effectively with teachers and other school personnel is one of the best ways to ensure that your child's school is creating a good learning environment for your child, and to ensure that your child's school is providing your child with the service or programs that he or she needs to succeed in school. Not everyone starts out by being a good advocate.

Participate

The most important thing you can do for your child is to participate. Attend teacher conferences, parent group meetings, school functions. And always attend parent night meetings; give your ideas and suggestions. If your child has a disability remember to attend the meetings, and negotiate and Individualized Education Program (IEP) that is truly individualized for your child. **REMEMBER YOU ARE & ALWAYS WILL BE YOUR CHILDS BEST ADVOCATE.** *(Submitted by LaSha' Garner)*

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
SPRING BREAK!				
9 WG Donut Powdered Sugar Glaze Sausage Fruit	10 WG Pancake Eggs Fruit Syrup	11 WG French Toast Sticks Sausage Fruit Syrup	12 WG Dutch Waffle Powdered Sugar Sprinkle Sausage Fruit	13 WG Toast Cheese Sausage Fruit
16 WG Biscuit ½ Chicken Patty Fruit Jelly Assortment	17 WG Muffin Sausage Fruit	18 Oatmeal Sausage Fruit	19 WG Honeybun Sausage Fruit	20 WG Waffle Egg Fruit Syrup
23 WG Dutch Waffle Powdered Sugar Sprinkle Sausage Fruit	24 WG Biscuit Egg Sausage Fruit Jelly Assortment	25 WG Cinnamon Roll Powdered Sugar Glaze Sausage Fruit	26 WG Pancake Eggs Fruit Syrup	27 WG Donuts Powdered Sugar Glaze Sausage Fruit
30 WG Pancake and Sausage Stick Fruit Syrup				

CEREAL OFFERED DAILY
DIFFERENT FRUIT OFFERED DAILY
CHOICE OF MILK

MENU SUBJECT TO CHANGE

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
SPRING BREAK!				
9 Rockin Rib Patty on Bun Sweet Corn Zingy Salad Awesome Applesauce Moolicious Milk	10 Taco Tuesday w/ Meat and Saucy Cheese Pleasing Pinto Beans Zingy Salad Juicy Peaches Moolicious Milk	11 Bubbly Beef Tips Fluffy Rice and Gravy Dynamite Green Beans Hot Roll Refreshing Pineapples Moolicious Milk	12 Dog on a Bun with Chili Fantastic Fries Lip Smacking Fresh Fruit Zingy Salad Moolicious Milk	13 Mouth Watering Pizza Sweet Corn Crunchy Celery/Carrots Divine Pears & Cherries Moolicious Milk
16 Bandit Burger Fantastic Fries Robust Relish Tray Mixed up Fruit Moolicious Milk	17 Savory Spaghetti Sweet Corn Toasty Garlic Bread Juicy Peaches Zingy Salad Moolicious Milk	18 Red Beans Smoked Sausage Fluffy Rice Southern Cornbread Crunchy Celery/Carrots Awesome Applesauce Moolicious Milk	19 Sticky Chicken Cheesy Potatoes Dynamite Green Beans Toasty Garlic Bread Lip Smacking Fresh Fruit Zingy Salad Moolicious Milk	20 Corn Diggity Dog Zesty Baked Beans Zingy Salad Refreshing Pineapples Moolicious Milk
23 Clucking Chicken On a Bun Zesty Baked Beans Robust Relish Tray Divine Pears/Cherries Moolicious Milk	24 Yummy Nachos w/ Meat And Saucy Cheese Piping Hot Pinto Beans Zingy Salad Juicy Peaches Moolicious Milk	25 Scrumptious Soup Southern Cornbread Chunky Cheese Stick Zingy Salad Refreshing Pineapples Moolicious Milk	26 Tasty Tamale Pie Sweet Corn Zingy Salad Lip Smacking Fresh Fruit Moolicious Milk	27 Say Cheese and Ham Sandwiches Fantastic Fries Robust Relish Tray Mixed up Fruit Moolicious Milk
30 Smacking Good Joes Zesty Baked Beans Crunchy Celery/Carrots Refreshing Pineapples Moolicious Milk				

Menu Subject to Change

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

**Universal Preschool
Sabine Parish School Board**

P.O. Box 1079
1501 Natchitoches Hwy.
Many, LA 71449

(318) 256-6126
(318) 256-6143
(318) 256-8014
Fax: (318) 256-0385

**"JOINING HANDS FOR THE
FUTURE"**



Preschool Philosophy

The Universal Preschool Program is designed to encourage and support the overall development (cognitive, social, emotional and physical) of each child through a variety of structured play activities. We believe that the early childhood curriculum should be child-centered with the teacher serving as a facilitator of learning. We believe children develop vocabulary skills best by exposure to repeated readings of quality literature.

It is our objective to learn the needs of the individual child in our program and to provide opportunities for each child to be successful in Preschool. The teachers and administration are committed to exhausting all resources to instill in each child a healthy self-concept. Parents play a very important role in the development of a child's self-esteem. The Preschool Staff aims to work with the family in creating the best possible environment for each child.

Mission Statement

The Sabine Parish School Board Universal Prekindergarten staff and administration are committed to providing a high quality, comprehensive, preschool program for all preschool children and their families through a child-centered curriculum. The first priority of the program is to instill a healthy self concept in each child. Parents play a very important role in the development of a child's self esteem. The Universal Prekindergarten staff works with the family in creating the best possible environment for each child.

It is the objective of the Sabine Parish School Board Universal Prekindergarten program to learn the needs of each family and provide opportunities for them to become successful. Partnerships with community agencies are sought to help support each family and move them toward self sufficiency.

"Dates to Remember"



- Spring Break—March 30—April 6, 2018
- Teacher Appreciation Week—May 7-11, 2018
 - Pre-K Picnics—May 11, 2018
- Last Day of School—May 18, 2018

