

St. Joe's News



Coming Events

- April 1st—Wear your St. Joe's shirt.
- April 5—7th—ELA Assessments, Grades 3rd, 4th and 5th
- April 8th—3rd Quarter Ends
- April 12th—Wear Blue for Rachel's Challenge/Karen's Hope
- April 13th—Report Cards Distributed
- April 13—15th—Math Assessment, Grades 3rd, 4th and 5th
- April 13th—MCS D Choral Celebration—6:30 at the Franklin Academy
- April 19th—Report Card Conferences —11:00 am dismissal
- April 22nd—Earth Day
- April 22nd—Hat Day
- April 25th—April 29th— NO SCHOOL—SPRING BREAK

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FROM THE DESK OF Mrs. Dunshee, Principal

April 1, 2016

Dear Parents/Guardians:

Hopefully spring weather is just around the corner for us in the North Country!

******IMPORTANT NOTE******

Report cards for elementary students will be distributed on April 13th for those students whose parents will not be asked to conference with their child's teacher. The early release date for report card conferences will be Tuesday, April 19th. Students will be dismissed at 11:00 AM that day. Parents who are asked to meet with their child's teacher will be contacted by them directly and receive their child's report card when they come in for their conference.

We have many important New York State tests on the horizon for our intermediate level students at St. Joe's. I have included the assessment dates in this newsletter to assist you in helping your child prepare for them by insuring they get plenty of rest the night before and eat a good breakfast the mornings of the exams. **Please be sure that your child arrives at school on time each day, but particularly on the days of the NYS assessments. If a child arrives after testing has begun they may end up sitting for close to 90 minutes without being able to be tested that day. Students would then need to take the test on a make-up day and miss classroom instruction in order to do so.**

- | | |
|-----------------|---|
| April 5 | ELA Assessments – Grades 3, 4, 5 |
| April 6 | ELA Assessments – Grades 3, 4, 5 |
| April 7 | ELA Assessments – Grades 3, 4, 5 |
| April 13 | Math Assessments – Grades 3, 4, 5 |
| April 14 | Math Assessments – Grades 3, 4, 5 |
| April 15 | Math Assessments – Grades 3, 4, 5 |
| June 2 | Science Performance Test – Grade 4 |
| June 6 | Science Written Assessment – Grade 4 |

Please make plans now to attend our MCSD Choral Celebration on April 13th at the Franklin Academy gym. It will begin at 6:30 PM and is sure to be a spectacular event!

My thanks to all of our school families for their continued involvement and support of all we strive to achieve at St. Joe's.



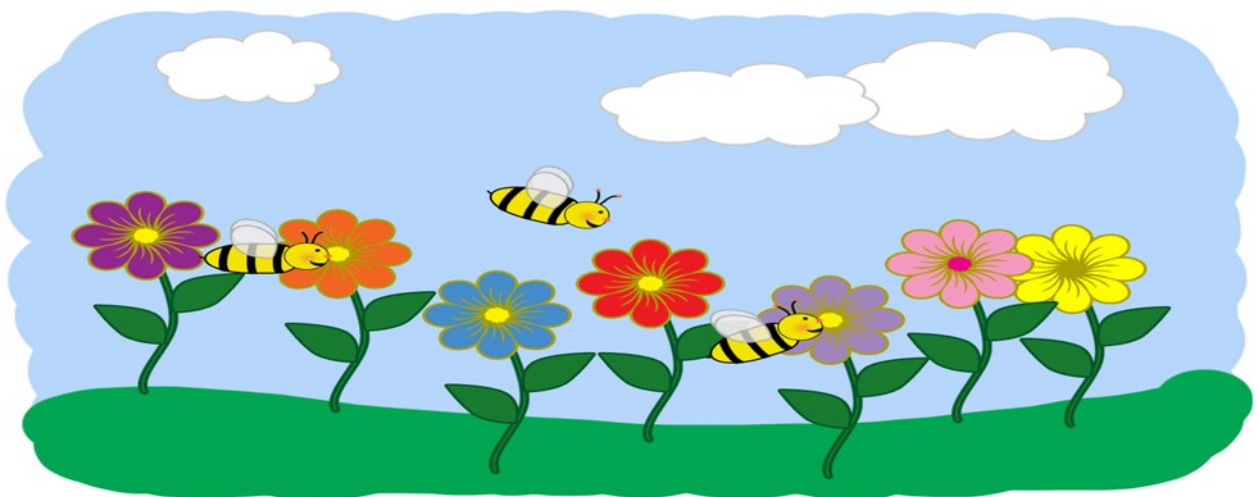


Pre-K News

I would like to start out by saying thank you to all of the chaperones that joined us on our field trip to the Chateaugay Town Hall Theater. The students were very well behaved and seemed to really enjoy themselves watching *Tigger and Pooh and a Musical Too*. We had several students prior to this trip that had never been to a movie theater before. What a great experience for them! A special thank you goes out to the St. Joe's PTO for funding this trip, and to Mrs. Maguire for popping the popcorn for us to enjoy.

The students have been working hard on mastering name writing in the classroom. Working on this skill at home would be a great help. You can refer to the ABC ring I sent home to explain how to make the letters using vocabulary such as BIG line, little line, BIG curve, little curve, etc. This might seem awkward or silly to you, but the children really understand this, as it is part of a writing program that we use in pre-k. Please continue to practice the ABC Flashcards that I sent home as well. I will be sending home a letter mat as well for you to review letters with your child. Thank you for everything you do for your child!

~Mrs. Decosse~



News from Kindergarten!!

Mrs. Lori Gordon Walbridge's Kindergarten

Our class is happy that spring is finally here! The children have written about all the fun things they like to do during this time of year. Many mentioned how they love to ride their bikes and four wheelers outside. Some love to jump in mud puddles on rainy days. Most of all spring is the time for picking flowers, rainbows, getting eggs swinging, running and playing baseball. It is my favorite season of the year. Make sure you take some moments to experience some of these activities.

This month the children will be focusing on reading books, learning the rest of their sight words and writing complete sentences. I stress that they must use capitol letter at the beginning of sentences, punctuation, spacing between words and reading it back to themselves to be sure it makes sense.

Please have them read the books to you in their baggies and review sight words nightly. Thank you for your support.

Mrs. Leahy's Kindergarten Class

It's hard to believe that fourth quarter is almost here. Report cards will be sent home on Tuesday, April 19th. Students will be dismissed at 11:00. A note will be sent home regarding report card conferences, so please continue to check your child's folder. We are continuing to practice our reading skills to prepare us for First grade. We are learning about animals and how they are alike and different. Next we will learn about animals and where they live. Please continue to practice sight words and read at home with your child. Thank you again for all that you do!

In Math, we have been classifying objects by their similarities and differences. In chapter 10 we will discuss the position of objects: above, behind, below, beside, in front of and next to.

There will be no school the week of April 25-29. I hope everyone enjoys their Spring break!



First Grade News from Mrs. LaBare and Mrs. Andrews

Students in first grade welcome the warmer spring temperatures. Now we move on to a new month and new adventures. We will be learning about our earth and earth friendly practices. In a discussion about classifying and categorizing, our focus will include recycling. As **Earth Day** approaches on April 22, this is a very appropriate time of the year to focus on environmental issues.



In Math, we will continue to practice math facts. Knowing math facts quickly, helps to master more involving math concepts. We will also investigate two and three dimensional shapes. Students will be able to recognize the different attributes.



Lastly, we want to congratulate the students for their progress made during the third quarter of school. Report card conferences will be held on the half day April 19th. Families will be receiving a notice if a conference is requested at this time. Please continue to read nightly with your child. This is a key factor in your child's success in school. As always, thank you for your interest and support.

Second Grade News from Mrs. Wheeler and Mr. Wheeler

Wow! Spring has arrived and April is here. Our students enjoyed getting outside during recess on the couple of nice days we had in March. Hopefully, we will have a lot more of those beautiful days in April. We've been busy in second grade. Students have learned about how people can make a difference, what good citizens do, how people get along, what heroes do, and how we help the environment. They've been reading nonfiction, realistic fiction, and fictional books. We've compared characters, discussed different points of view, and learned about people's lives using biographies and timelines.

In Math, students have learned how to tell time and are beginning to learn about units of measure, both standard and metric. Students have learned to tell time using both analog and digital clocks. Students learned to tell time to the hour, half hour, quarter hour, five minute interval, and to the minute. Students have also learned to solve word problems using time. Currently, we are using centimeters and meters to measure. Students were introduced to the computer program, Prodigy. Login information has been sent home.

In writing, we wrote stories about leprechauns. Students focused on including a beginning, middle, and ending for their stories. They wrote a stories about how they can help the environment, related to World Water Day (addressed in our Wonder's reading program). Our students also enjoyed creating comic strips and dabbling in poetry.

We were fortunate to have Cornell Cooperative Extension visit us for NYS Agriculture Week. We learned about apples, their features, and the many different varieties. Our students were also able to experience Star Lab with Mrs. Fournier. They enjoyed learning about the nighttime sky and stories of the constellations.

Thank you to everyone that created a leprechaun trap. Students and staff throughout St. Joe's enjoyed seeing them. Please continue to encourage your child to read each night. Asking him or her questions about what was read will help you know if he or she is understanding the texts. Thank you for supporting your child's learning by checking over homework assignments as well. This helps him or her know that their education is as important to you as it is to them.



Third Grade News

During the month of March we had daily Women's History Month discussions where we learned a lot about women who took a stand for equal rights, women who spoke out for what they believed in and who helped paved the way for women today.

Students were asked: Who is a woman in your life that inspires you?

They responded with, "A woman who inspires me is....."

...my mother because she takes care of me and buys me what I need. She makes me food, gives me water, and brings me where I want to go." By: Kylie St. Mary

"... my mom because she is active and healthy and makes time for me." –Levi Sutton

"...my grandma because she's nice and kind. She inspires me to ride my bike and she inspires me to try different foods." By: Carson Palmer

"...my mom because she loves me, helps me when I need it and spends time with me. She cares about me." –Addison Jewtraw

"... Ms. Gravel because she teaches 3rd grade. She inspires me to be a teacher when I grow up!! It will take 4 years of college and 1 year of graduate school." By: Alani Perry

"...my nana because she helps me with my homework, makes me feel like I can do anything and she is really awesome!" –Brady Riley

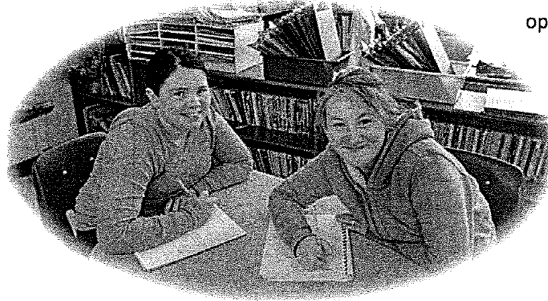
"... my grandmother because she answers the phone when I call her. She spends time with me. She is kind and takes care of me. She gets me a lot of stuff. She brings me places."

By: Grace McClain

"...Mrs. McGibbon because she teaches me to treat people the way I want to be treated, how to be an up-stander not a by-stander and to be nice to people." –Arianna Santamore

4th Grade News

We have been working on fractions in Math class. We have been learning about unit fractions, mixed numbers, and simplifying fractions. In Reading, we have been learning about GM foods some think they are good, and some think they are bad. We are writing opinion essays on what we think of GM foods. Are they good, or bad? In Small Group Reading, we've been working on these leveled readers are about pesticides. We've been discussing of view.



and Bt corn. Some kids think GM foods are good, and opinion essays on what we think of GM Group Reading, we've been working on These leveled readers are about persuasive articles and author's point

By: Maggie Larry and Rachel Baker

We have been working on measuring angles in Math class. We found out there are acute, and obtuse angles. We are also learning how to draw and measure angles. We are writing opinion essays that tell how someone feels about a situation. In Small Group pesticides are helpful, or harmful to



are writing opinion essays that tell how someone Reading, we are reading about how the environment.

By: Nolaan Hungerford

In Math we have been working on angles. We are using different materials like geoboards and favorite activity was measuring the angles of the constellations. We played a game and draw our own doing lots of hands-

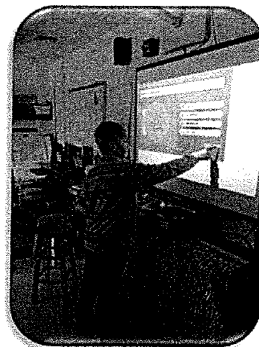


different angles that are acute, like battle ship, but with angles. angles. Math is really fun on activities!



By: Natalie Marlow, Adeline Chodat, and Jordan Perry

In Math we have been learning about angles. We also do fun activities. In Science we learned about electricity. We learned that metal objects conduct electricity. We used nichrome wire to make a heater. We learned that it works inside of a toaster or in the bottom of an oven. In Vocabulary, and Reading. Sometimes we go group, Mrs. Blank is another, and the last we have snack and do reading groups. The Giant Peach" and "Bunnicula".



Small Group we work on Grammar, around in groups. Ms. Walbroehl is one group goes to the SmartBoard. At A.I.S. time reading groups are reading "James and the

By: Landyon Metzler

Welcome Spring! As the warm weather approaches, your child's learning keeps growing and their minds keep blooming. With April upon us, we are happy to have warmer weather to enjoy!

In **Math**, your child will be learning how to measure length, weight, capacity and mass. Upon completing the unit on measurement, your child will begin the study on geometry.

In **Reading**, we will be reading stories to become engaged in answering the Big Idea: *In What Ways Can Things Change?* The different topics of change include:

- What experiences can change the way you see yourself and the world around you.
- How do shared experiences help people adapt to change?
- What changes in the environment affect living?
- How can scientific knowledge change over time?
- How do natural events and human activities affect the environment?

Students will be reading the genres of Realistic Fiction, Historical Fiction, Expository Text and Persuasive Article. Within each genre the comprehension strategies of focus will include making predictions as well as asking and answering questions. Comprehension skills of focus will include compare and contrast, cause and effect and identifying author's point-of-view.

In **Writing**, students have been working on genres of mystery and poetry. They have been working hard on their creative writing skills.

As always, thanks for all you do to support your child's educational journey as he/she prepares for the Middle School.

Sincerely,

Mrs. Eilers & Mrs. Kent

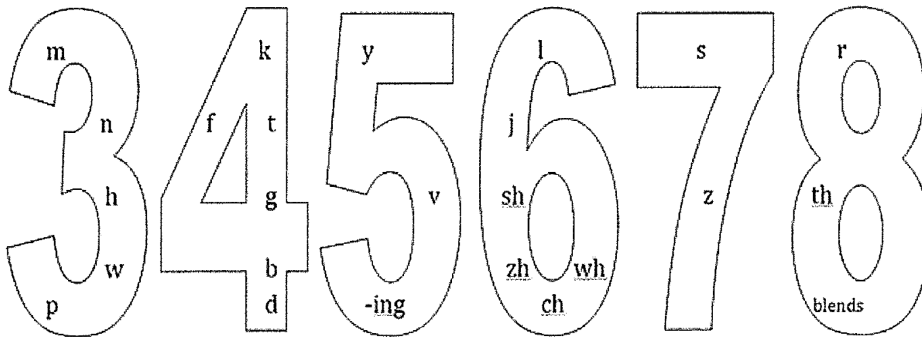


Speech News from Mrs. Leduc

Developing Speech Sounds Articulation Practice at Home

Ever wonder when your child should be expected to say a certain sound?

Speech sound development by age....



In articulation therapy, we work on our target sounds in the

Initial (*the sound that starts the word*),
Medial (*the sounds that fall within the word*), and
Final (*the sound that ends of the word*) position of words.

We practice our sounds in these positions at the syllable level, word level, phrase level, sentence level and the conversational level, or spontaneous speech.

When you target one sound, you are focused on that one sound in one position.

Levels of Articulation Therapy:

Syllable practice (use the long vowel sounds) ... X= target sound * **try mixing and combining them!**

Initial: Xa...Xe...Xi...Xo...Xu (for example: ma..me..mi..mo..mu kind of reminds me of the apples and bananas song)

Medial: aXa...eXe...iXi...oXo...uXu (for example: ama...eme...imi...omo...umu have fun with it!)

Final: aX...eX...iX...oX...uX

Word level

A word based on your child's age and ability that contains the target sound in the initial, medial or final word position.

Short Phrases Level

Descriptive word + target word (*ie: purple puppy, silly purple puppy, etc*)

Sentence level

4 or more words to make up a sentence containing the target word.

Conversational level

Listen to your child's spontaneous production to see if they are able to carryover and use what they have learned in the hierarchy.

Hello Spring! With the end of the year quickly approaching it is important to look toward the future and begin to or continue to set goals for yourself. Setting goals for yourself will allow you to feel a sense of accomplishment once you have reached your goal! Your goals can be short term or long term goals. Maybe you want to set a goal for the upcoming State tests, a homework goal, or a kindness goal. Parents/Guardians can help their student set goals that are realistic by using the SMART Goal template below. What is a SMART goal? A SMART goal is:


S-Specific
M-Measurable
A-Affainable
R-Relevant
T-Time-Bound

My **SMART GOAL**

I want to _____

by _____

so I will _____

 _____ to meet my goal.



If you have any questions please do not hesitate to contact me if there is something I can do for your child.

Mrs. McGibbon

Literacy Corner with Mrs. Eldridge, Mrs. McClain and Mrs. Marlow

Exploring Genres

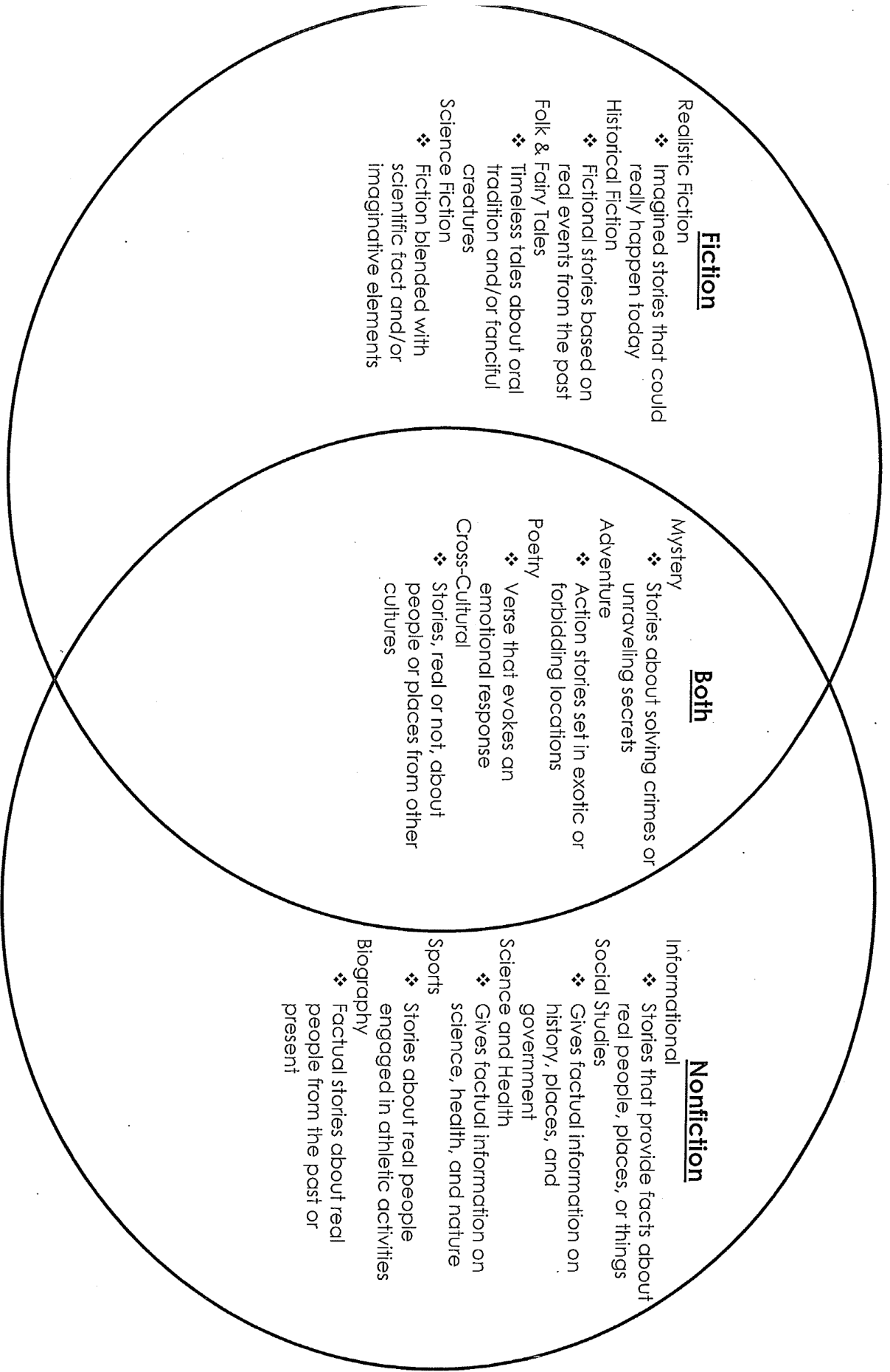
We have been looking at different genres in our Reading classes. Exposing your child to a variety of genres allows them to explore their personal reading interests. This will hopefully spark their overall love of reading.

Genres are broken down into two basic categories: fiction and nonfiction.

Fiction à a story that has not actually happened. The author has created the story in his head.

Non-fictionà these books have true facts and information about different subjects.





Fiction

- Realistic Fiction
 - ❖ Imagined stories that could really happen today
- Historical Fiction
 - ❖ Fictional stories based on real events from the past
- Folk & Fairy Tales
 - ❖ Timeless tales about oral tradition and/or fanciful creatures
- Science Fiction
 - ❖ Fiction blended with scientific fact and/or imaginative elements

Both

- Mystery
 - ❖ Stories about solving crimes or unraveling secrets
- Adventure
 - ❖ Action stories set in exotic or forbidding locations
- Poetry
 - ❖ Verse that evokes an emotional response
- Cross-Cultural
 - ❖ Stories, real or not, about people or places from other cultures

Nonfiction

- Informational
 - ❖ Stories that provide facts about real people, places, or things
- Social Studies
 - ❖ Gives factual information on history, places, and government
- Science and Health
 - ❖ Gives factual information on science, health, and nature
- Sports
 - ❖ Stories about real people engaged in athletic activities
- Biography
 - ❖ Factual stories about real people from the past or present

Physical Education News from Mr. Powers

Kindergarten through second grade: The students are currently finishing up a scooter unit where they will be focusing on the scooter safety. They will be engaging in activities such as scooter relay races, scooter group activities, and scooter obstacle courses. Students are learning about the importance riding scooters the safe way and learning how scooters can be a fun way to exercise. The next unit will be a fitness unit where the students will be learning about the importance of eating health foods and exercising

Third through fifth grade: The students are currently finishing up a volleyball unit where they focusing on basic fundamental skills of volleyball such as the set, bump and underhand serve. They are also learning about the importance of teamwork and communication that make their groups successful in volleyball activities. Also learning about the basic rules of volleyball. The next unit will be a fitness unit where the students will be learning about the different types of fitness and health benefits of participating in physical activity.

Fitness Activity:

Ever hear of a TV workout? Well there is great way to work out and watch TV at the same time. When you are watching your favorite TV show you can do some basic exercises during the commercials. You can try basic exercises such as push-ups, sit-ups, lunges, planks and etc. Set a goal of how many repetitions you want to do during each commercial. For example you can do 15 push-ups during every commercial and then go back to enjoying your TV show. Try it out



Art News from Mrs. Ducharme

In Kindergarten, we are working on an Eric Carle's unit. We will create a blue horse using blue tempera and crayons. This project is based on the Eric Carle book called The Artist Who Painted A Blue Horse. This story is about a real Germany artist, named Franz Marc who painted blue horses. The students will look at a couple of Fran Marc's paintings, and listen to the Eric Carle story.

In first grade, the students are learning about the artist, Claude Oscar Monet. He was a French Impressionism landscape painter who was famous for his Water Lilies and Haystack series. The students are working on water lilies creations. The students first painted a circle using blue and magenta paint. The circle will be their pond. Then they will add green leaves and tissue paper water lilies. This will finish their water lilies creations.

In the second grade, we are learning about the artist, Vincent Van Gogh. He was a Dutch post-impressionism painter. He was famous for his sunflowers and Starry Night paintings. The students will create their own Van Gogh cat, which will look like one of Van Gogh's sunflower paintings. After the students finish the cat, they will move on to drawing and coloring a sunflower pictures.

In third grade, we are learning about the artist, Wassily Kandinsky who was called the Father of Abstract Art. Abstract art deals with color, sizes, shapes, lines, form, scale and brushstroke. Abstract art doesn't depict a person, place or natural world. The students will use the wet on wet technique to color in their background. Then they will add construction paper in geometric shapes to form pleasing composition. The last step will be to add black lines, which will add interest to the composition.

In fourth grade, the students are continuing to work on their weaving. The weaving project takes a long time to complete, but results are great when the project is finished. The students have a choice of creating a pillow, wall hanging or purse from their weaving.

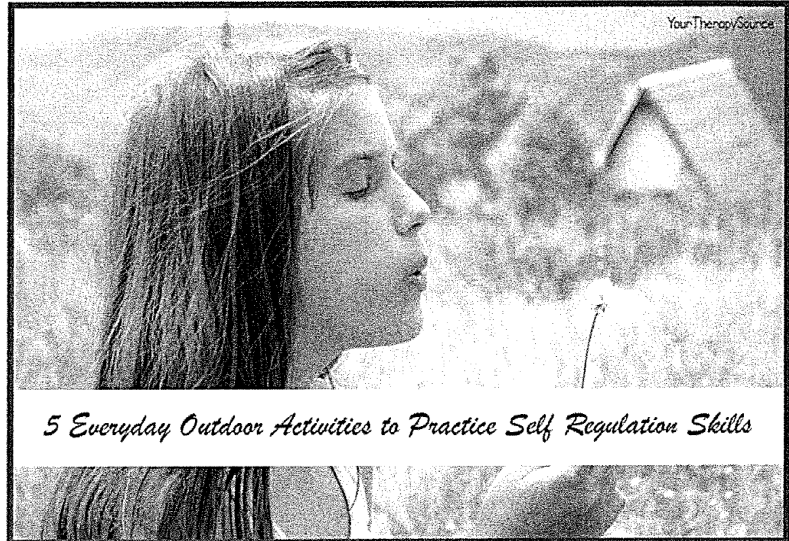
In fifth grade, the students will be working on their color wheel. Here the students are learning about primary, secondary, tertiary, warm, cool, neutral, monochromatic, analogous, value, tint, shade, etc. while creating their color wheel.



Self regulation is the ability of a person to tolerate sensations, situations and distress and form appropriate responses to that sensory input. Simply stated, it is the ability to control behavior. The ability to self regulate in children is a predictor for academic abilities.

Here are 5 everyday outdoor activities to practice self-regulation skills in children:

1. Outdoor free play with a group of children without much adult interaction is an excellent self regulation activity. A game of tag, kick ball or hide and seek will certainly require self regulation. Kids will argue and fight and try to work it out. Many children may tend to lose it in situations where adults don't intervene to keep it "cordial". But in the end, these are situations where children gain the self-regulation skills because they've used their own coping mechanisms to problem solve.
2. Recess also requires self regulation. Children may come out of school bursting with energy and need to control it outdoors to remain safe.



OT NEWS FROM MS. VIVLAMORE

3. Walking to school requires self-control. For younger children, the child needs to stay with an adult when walking and must control the desire to run ahead. For older children, they must exhibit self control to avoid other pedestrians and traffic. Waiting for the school bus requires a significant amount of self-regulation especially when children have to wait for long periods of time.
4. Be mindful of the beauty of the outdoors. Teach children to slow down and appreciate the outdoors. Practice deep breathing and relax. This models a calm body for children. In order to remain in control in difficult situations children need to have calming experiences.
5. On the playground, children to need to exhibit self regulation to follow the rules, wait on line to use different equipment and to exhibit safety awareness. Without self regulation, the child and others are at risk for injury.



“FREE BREAKFAST!!”

All students at St. Joe’s may participate on the following dates:

April 5, 6 & 7th

NYS English Language Arts Assessments

April 13, 14 & 15th

NYS Mathematics Assessments

Nutrition Nuggets™

Food and Fitness for a Healthy Child April

St. Joseph's Elementary School
Stephanie LaPlant, RN School Nurse



BEST BITES

Summer programs

Many communities offer summer youth programs that can boost your children's fitness or help them learn about healthy foods.



For instance, the parks and recreation department probably has a lineup of sports and outdoor activity camps. Your local community center may offer gardening and cooking programs. Take a look for sign-ups now.

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 he's having trouble waking up early enough, move his bedtime back.

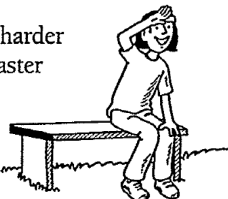
Fiber-rich snack

For a quick and colorful snack that your child can make herself, try this lettuce wrap. Have her combine black beans, black-eyed peas, and corn (canned, drained). Let her add chopped tomato and avocado, along with low-fat ranch dressing. Finally, she can scoop $\frac{1}{2}$ cup of the mixture onto a large romaine or Boston lettuce leaf, fold it over, and eat.

Just for fun

Q: What gets harder to catch the faster you run?

A: Your breath.



Smart portions

Oversized portions can lead to overweight kids. Consider these strategies to help your youngster get used to healthy serving sizes.

See my hand?

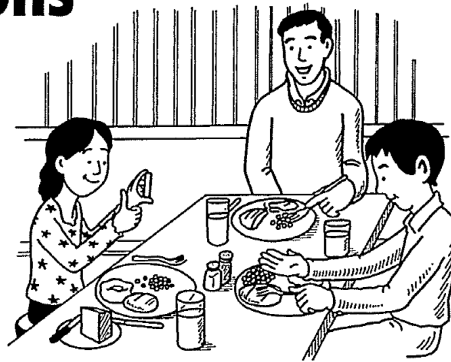
Your child carries along with her the easiest tools for measuring portions—her hands! Have her make a fist. That's how big a serving of pasta or rice should be. Let her look at her thumb—that's a good size for a piece of cheese. A portion of meat or chicken should fit in her palm, and a serving of pretzels or crackers can be a handful.

Downsize

Using smaller plates is a clever way to control portions. Ask your youngster to set the dinner table with salad plates. Use teacups for soup or ice cream. And instead of large serving spoons, put tablespoons into bowls or platters of food—everyone will naturally take less.

Think ahead

Before putting food on the table, cut it into smaller pieces. For instance, thinly



slice a steak, or cut chicken breasts into quarters. Another idea is simply to make less. Toast half of a bagel (rather than a whole one) for each person, make one baked potato for every two people, or cut down the quantity in a recipe. That way, there won't be enough for seconds or thirds.

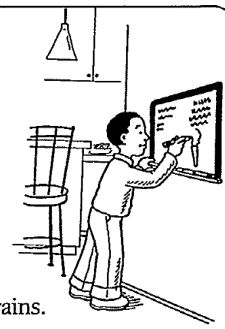
Make a plan

When you eat out, suggest that your child order an appetizer for her meal, or split an entrée with her. Try to avoid buffets—it's too easy to take large portions and overfill a plate. Also, stay away from supersizing. The name itself shows that it's too much! ♥

It's a sign

Want your family to get the message about healthy eating? Try putting it on your kitchen walls! Here's how.

1. Ask your child to create posters advertising healthy foods. He can think of a catchy or silly slogan ("Orange you glad we're having carrots?" or "Don't be mean, eat your beans"). Then, he can write it on a poster board and decorate it with pictures of the food.
2. Hang a dry-erase board, and let your youngster write each day's menus in brightly colored markers. He could draw special symbols by the fruits, vegetables, and whole grains.
3. Post a paper that says, "I like _____ because _____," and invite family members to fill in the blanks. One week the theme could be fruits and another week vegetables. What foods and reasons will your child add? ♥

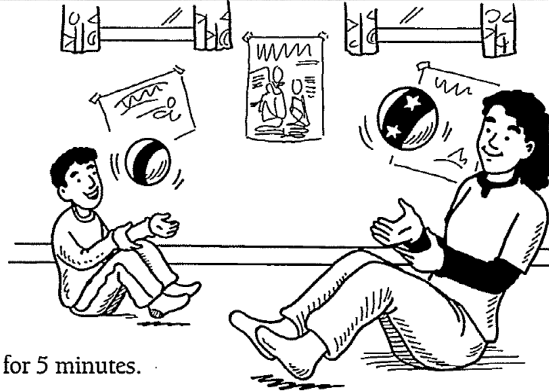


Home gym

Your children may be too young to go to a gym, but they're not too young for the benefits of working out. Use these ideas for a home gym routine that is just their size.

Jog. Jogging in place can be like running on a treadmill. Stand facing each other (so you can talk), and run for 5 minutes. Over time, work up to 20 minutes.

Climb. Climbing up and down stairs can take the place of a stair machine. Step up the pace, and run the stairs instead.



ball or basketball, gently throw it in the air and catch it for 30–60 seconds. ♣

Row. Loop an old pair of tights (or a resistance band, if you have one) around a support beam or bedpost. Grip a leg of the tights in each hand, and row back and forth, bringing your elbows straight back.

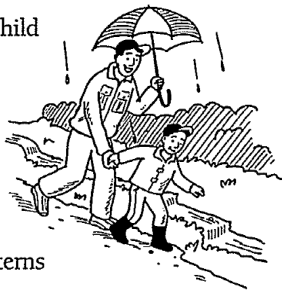
Toss. For a "seated ball toss," have each person sit with knees bent and feet slightly off the ground. Using a playground

ACTIVITY CORNER

Raining? Let's go outside!

When April brings showers, it doesn't mean your youngster has to stay indoors. Going outside in light rain, or after a rainfall, can be one of the joys of childhood. Try these ways to enjoy active time on rainy days:

- Let your child put on rain boots and jump in puddles. He can use his feet to make swirls or other patterns in the water.



- Together, follow the path of water running down a hill or sidewalk.
- How does he think frogs, birds, or squirrels move in the rain? Have him show you by acting it out.
- Suggest that your youngster call friends and play a muddy version of soccer, football, or baseball (wearing old clothes). ♣

PARENT TO PARENT

Dealing with diabetes

Our 10-year-old daughter, Angela, was recently diagnosed with Type II diabetes. Naturally, we were all very upset. On top of everything else, Angela seemed embarrassed about it and didn't want anyone to know. I asked the school nurse if she had any recommendations.

The nurse suggested we tell Angela it might be easier if her friends knew. Then they wouldn't wonder why she went to the health room every day or ask why she wasn't eating cake at a birthday party. When we told our daughter that, she actually seemed relieved.

The nurse also mentioned that Angela isn't the only child in the school with diabetes. She said the students meet for a support group and that she would invite Angela to join. The best part is that the nurse works with them on healthy eating and exercise habits that can help with diabetes. I'm hoping the support group will let Angela cope better—and even get healthier. ♣



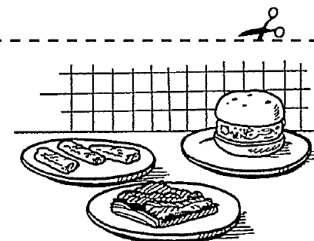
IN THE KITCHEN

Gone fishin'

Fish is an excellent source of lean protein and important nutrients. Encourage your children to eat fish with these recipes.

Fish sticks. Cut cod fillets into strips (½-inch wide). Soak in fat-free milk or yogurt for 10 minutes. Drain, and then dredge the fish in whole-wheat bread crumbs. Put in a baking pan, and bake at 450° for about 10 minutes, until fish flakes with a fork.

Fish package. For each serving, tear off a large piece of aluminum foil. On top, put 1 cup spinach leaves, 1 tilapia fillet, ½ cup sliced carrots, and ½ tsp. thyme. Drizzle with a little olive oil.



Tightly seal the foil, and place on a cookie sheet. Bake 15 minutes at 425°.

Fish burger. Mix 2 cans tuna (6 oz. each, packed in water, drained) with 1 egg, ½ cup whole-wheat bread crumbs, ¼ cup diced celery, ¼ cup diced onion, and ground pepper. Form into 4 burgers, and put on a baking sheet. Bake at 375° for 10 minutes per side. Serve on whole-grain buns. *Variation:* Make with canned salmon. ♣

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

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