

January 2010

Outdoor Games for Kids

Clear the Obstacles: Make 10 snowballs of about two ft and 5 ft tall away from each other. Divide everyone into two groups and choose a leader in each group. Each team jumps over the obstacles while following their leader. The other team checks if no one is cheating and counts how many players finished jumping over all the 10 obstacles. The team with the highest score wins.

Write Names in the Snow: Winter games for kids are always fun when there's snow involved. So take your kids outside once you've got your gloves, hats, coats, scarves, and boots ready. Stand in the snow and drag your feet across the snow. Write your name in the snow as you are dragging your feet in it. Once you're done, go to your room and check out your name in the snow. This exciting game is a great way to stay warm even when there's snow outside, as there's lot of physical activity involved in it.

Colored Snow: Take two spray bottles and two squeeze bottles, and fill it up with four different colored water. You can use food colors to make the mix. Take the bottles out in the snow. Try to make various shapes and figures out of snow. You can also make a big circle in the snow and set it as a target. Stand 5-10 ft away from the target and try to spray inside the target. Take turns and see who can make the target first.

Driving during the winter has some special challenges that are worth reviewing to help stay safe on the roads. Here are few things to do before hitting the road:

- Check coolant and windshield washer fluid levels.
- Check oil level and condition.
- Take a quick look around under the hood for obvious signs of trouble.
- Take a peek under the vehicle for signs of leaks.
- Run your hand over the wiper blades. Are they smooth and flexible or do they feel rough to the touch? If that's the case, try cleaning them with soap and water.-otherwise, replace the blades.

All nap items need to go home every Friday to be washed!



Lunch Reminder:
The following food groups
must be in your child's
lunch:

Protein, dairy, grain,
*fruit, *veggies

*Can be 2 fruits or 2 veggies

Servings are as follows:

Meat/Protein 1 ½ oz

Fruits/veggies- ½ cup each

Bread-1 slice

Milk- ¾ cup

Happy Birthday to...

6-Ms. Megan (PS Lead Teacher)

8-Anna (PK4)

9-Jack (PK4)

11-Ella (PK4)

14-Brooke (PK4)

17-Naveen(PK4)

18-Elliot(SA)

24-Braden (PK4)

28-Mallory(PS)



Food Pantry Donations:

We are taking donations for
the Franklin Area food pantry.

This food pantry serves
Franklin, Carlisle, and
Springboro. Throughout our
school you will see large
boxes with the wish list on the
front on them. The food
pantry is only in need of the
items listed at this time!

Donations will be collected
year round and delivered
when the boxes are full.

Parent's Night Out

**Mark your calendars for our
upcoming PNO. They will be on
January 9th and 23rd. Dinner will be
provided. There will be lots of
activities and fun!
Please see the sign up sheet in
the main lobby.**

Here are a few more safety issues for winter driving:

- Turn on your low-beam headlights. They provide better illumination in snow and fog than high-beams.
 - Slow down when visibility is impaired or road conditions are poor. Remember that it takes vehicles up to nine times as long to stop on ice and snow as on dry pavement.
 - Allow more distance between your vehicle and the one ahead. If your tires lose traction, you don't want to slide into that vehicle in front of you.
 - Use extra caution on bridges and overpasses that can ice before roadways.
 - Keep the windshield wipers and windows free of ice and snow. Stop as often as needed to clear snow and ice off windshield wipers and window glass. Visibility is extra-important in inclement conditions.
 - Don't exceed a SUV's limits. Champion says while it's true that all-wheel-drive and four-wheel-drive systems improve chances of traveling on snow and ice, SUVs take every bit as much time -- maybe more -- to brake than other passenger vehicles. Don't speed even if a SUV has better traction in the snow.
 - Test the traction. When traffic permits, apply the brakes gently to see how much traction you really have. Road conditions can rapidly change.
- Clean the snow off all the windows and lights, so you can see and be seen by other drivers.

Emergency Supplies to store in your vehicle:

Consumer Reports recommends that motorists keep a box of emergency supplies in their trunk filled with the following for cold-weather trips:

- Small folding or telescoping snow shovel
- Ice Scraper
- Gloves
- Bag of non-clumping kitty litter, sand, or salt.
- Windshield and lock de-icer
- Jumper cables
- Flashlight with fresh batteries
- Emergency blanket and extra heavy winter clothes
- Cell phone
- Car-charger
- Half a tank of gas in the vehicle at all times