

Wolverine News

Sutter Creek Elementary

Sean Snider, Principal

January 2012

Principal's Message

Notes from Mr. Snider:

Happy New Year! I hope that your family had an enjoyable winter break and everyone is ready to get back in the swing of things at school. With the extra week off this year, that will be harder to do than usual! As we start the New Year, all staff will continue to work hard to be sure students are mastering the state content standards at each grade level. I hope for all of us that 2012 is a productive, safe, and truly happy year.

In preparation for upcoming weather, I would like to take this opportunity to remind you of the **District Snow Line @ 257-5355** and also of the district website at amadorcoe.org. On mornings when you are in question as to whether or not there will be school, please call this number or check the website for further information.

Welcome back! I am looking forward to a wonderful second half of the 2011/2012 school year.

Sincerely,

Sean Snider

Holiday ~ No School

Monday, January 16th

Martin Luther King, Jr. Day
Observed



Important Phone Numbers

Primary Office: 257-7100 Fax: 267-9210

Upper Office: 257-7200 Fax: 267-1231

Primary Attendance Hotline 257-7144

Upper Attendance Hotline 257-7244

Extended Learning (ELP): 257-5396

Extended Learning at SCP: 257-7107

Transportation: 257-5180

District Snowline: 257-5355

****For your Refrigerator****

Was your child absent?

**Did you use the ATTENDANCE HOTLINE?
24 hour answering machine**



**Primary Attendance Hotline
257-7144**

**Upper Attendance Hotline
257-7244**



UPPER CAMPUS LIBRARY

Book Fair will be **May 3 through May 8**. This year the theme is Hawaiian. The fair will be in room 12. The hours will be from 12:00 to 2:00. **I will need volunteers and so will Amber at the Primary School**. So if you have an hour or two with nothing to do, we would love to have your help. Please call us at **257-7246 (upper) or 257-7146 (Primary) if you are interested**.

Thank you,
Christina Liptrap, Librarian

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Independent Study Is Available

If your family is planning a vacation of 5 or more school days please contact the school office ASAP to begin an Independent Study Contract. Teachers appreciate at least 2 weeks notice to begin preparing the work. This contract is set-up to provide schoolwork for the student missing days of instruction. Days missed are counted as attended if all the work is completed when you return from your vacation. All work completed must be returned the day your child returns to school. Questions-call the school offices.

You can make first grade friends better. The second graders can teach the first graders. First graders like doing papers with the second graders. We like doing things together. Alex, Gabby D., Josue, Lucas

What are you looking forward to this school year?

AR reading, multiplication, math, field trips, and taking the bus to the upper school for an assembly today. Adam, Chloe, Gianna, Hailey



PRIMARY CLASS OF THE MONTH:

Mrs. Arnese's 1st/2nd grade Classroom.

Our Class Interviews:

What is your favorite part of the day?

Recess, choosing the jobs of the week on Monday mornings, and doing special projects like our Christmas projects we did. Andrew, Gage, Kyleigh, Nick

What is your favorite day and why?

Fridays because of music with Mrs. Evans and Fun Fridays which is free play at the end of the day. Alyssa, Dylan, Meghan, Nathan

What have you learned so far this year?

We have learned how to tell time, how to sew, how to do multiplication, how to add double digit numbers, how to read better, how to write neater, how to spell hard words, and how to take AR tests. Carmine, Luke, Madison, Sophia

What have you learned that you were most surprised by?

Second graders were very surprised about how Christmas or winter holidays are celebrated differently in many countries. First graders were surprised learning how a hermit crab grows out of the shell it's living in – that the shell is just a home and is not attached to the crab. Danielle, Gabriella, Jakob, Savanna

What are you learning and is it hard?

Regrouping, reading, and telling time. It's all easy. Chase, Morgen, Ronan

What do you like about a combination class?

UPPER CLASS OF THE MONTH

Mrs. Graves Classroom 2:

In Room 2 we are working very hard, but also enjoying the process. Thanks to SCEPTOR we have music twice a month, where we play instruments, sing, and have fun doing it. The art we do with Marchand has been great and people often stop by to tell us how much they like the artwork on the windows. We also had our first arts and crafts session with Miss Laurie and every child was totally engaged in the task.

We try to have fun in math by using our white boards a lot and playing math learning games. Third graders are using those facts to do long multiplication. We also do a lot of algebra during math time.

We do art projects to showcase our writing, which goes up on the wall. Stop by and see the wonderful writing going on in our class. We're writing excellent paragraphs and moving on to multi-paragraph essays. We read a lot and every child in the class made his/her AR goal last quarter. We do a lot of reading in social studies and science too. We have fun with that by playing games, such as vocabulary Bingo. As you can see there is lots of fun going on in Room 2, but we work very hard too. It's a happening place to be!!



NOTES

FROM THE SCHOOL NURSE: RETHINK YOUR DRINK

The Problem:

More than half of adults in the Northern California coast and a quarter of the region's youth are overweight or obese and at risk for type 2

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diabetes, heart disease and certain cancers. Empty calories from sugar-sweetened beverages, like soda, are a major contributor to this unprecedented obesity crisis.

One contributor- Sugar-Sweetened drinks:

The average American consumes almost 100 pounds of added sugar a year.

There are nearly 17 teaspoons of sugar in a regular 20 oz. cola.

Over a third of children ages 2-11, over half of adolescents ages 12-17, and almost a quarter of adults drink at least 1 soda or other sugar-sweetened beverage per day.

Adults who drink at least one sugar-sweetened beverage a day increase their risk of being overweight and obese by 27%.

Soda is the number 1 source of added sugar in the American Diet.

FREQUENTLY ASKED QUESTIONS:

Is bottled water a healthier choice than tap water?

Not necessarily. A four-year review of the Bottled water industry concluded that just because water comes out of a bottle, there is no assurance that it is any cleaner or safer than water from the tap. Bottled water is not as rigorously regulated as tap water and, unlike water from the tap, often lacks fluoride, which is essential for dental health. Water that comes from your tap costs a lot less than bottled water.

Are Energy drinks a healthy beverage option?

“Energy drink” is a term created by the beverage industry. Energy drinks are not considered to be healthy as they contain extremely large amounts of sugar and caffeine, along with some vitamins and herbal ingredients. These beverages are not recommended for children and adolescents because they may cause an elevation in blood pressure.

Are sports drinks, electrolyte replacement drinks, and vitamin waters healthy beverage options?

Sports drinks can be healthy options for people participating in endurance events to increase liquid intake, replace electrolytes and provide energy. Most people do not need sports drinks since regular food and beverage intake is sufficient to replace electrolytes lost during moderate physical activity. Vitamin waters are made with distilled water,

fructose, electrolytes and vitamins, and some varieties may also contain caffeine. Vitamin waters are high in sugar, are expensive and like sports drinks are not necessary if one eats a well-balanced diet and is adequately hydrated.

How does juice compare to soda?

100% fruit juices have about as many calories as sodas and other sweetened soft drinks, but they also contain vitamins, minerals, and phyto-chemicals. It is best to limit the intake of fruit juice and instead eat more whole fruits rich in fiber and nutrients.

Is diet soda better than regular soda?

Diet soda does not contain the sugar and calories that regular soda does, but it is still not considered a healthy drink choice. By drinking diet or regular sodas, you are replacing a healthy drink option with one that provides no nutritive value. Colas and diet colas also contain phosphoric acid, an ingredient that could increase a woman’s risk of bone loss later in life.

Is the high fructose corn syrup used in sweetened sodas and other beverages a problem?

High fructose corn syrup flooded the American food supply in the early 1980’s, about the same time as the unprecedented rise in obesity rates. Some researchers believe that high fructose corn syrup may have different metabolic effects in the body than other sugars and as a result, corn sweeteners have been accused of being major contributors to the nation’s obesity epidemic. However, many experts believe that the real problem with high fructose corn syrup is that it is an especially inexpensive and ever-present form of sugar. High fructose corn syrup is pervasive in the food supply and we are eating too much of it in the form of empty calories in ever-increasing portion sizes.

Does Sugar cause type 2 diabetes?

Eating excessive amounts of sugar does not cause type 2 diabetes directly. Many factors are involved in developing type 2 diabetes. Some of which include genetics, being overweight, and lack of exercise. Excess sugar intake may contribute to weight gain which may in turn contribute to the development of type 2 diabetes.

Have a Happy and Healthy New Year!!!!

*Joanne Hasson
ACUSD Nurse*