

J A N U A R Y 2 0 2 6

Eagle Tales

Message from Mr. Erickson

Happy New Year! I hope you all had a wonderful and restful Winter Break filled with time together, laughter, and renewal. We are excited to welcome everyone back as we begin the second semester and start a brand-new year of learning and growth.

Missoula Children's Theatre

A big congratulations to all of our students who participated in the Missoula Children's Theatre production. The performance was absolutely fantastic, and our students shined on stage with confidence, creativity, and enthusiasm. Thank you to everyone who supported the event and helped make it such a memorable experience. Special thanks to Dr. Jerome Ramirez and Ms. Lucy Reyes for their work with the production.

Welcome to Our New Governing Board Member

Please join me in welcoming Anne Przybyla as our newest school board member. We are grateful for her commitment to serving our students and community. I would also like to extend a heartfelt thank you to Dave Naugle for his years of dedicated service on the board. His support and leadership have made a lasting impact on our district.

Staying Informed

Please take a moment each week to read all communications that come from the school. Staying informed helps us work together, support your child's learning, and keep our Eagles soaring. We truly appreciate your partnership and the time you take to stay connected with everything happening on campus.

Row the Boat Into the New Year

As we launch into 2026, our Row the Boat theme continues to guide us. A new calendar year brings fresh opportunities—new goals, new challenges, and new chances to grow together. Rowing the boat means staying positive, working hard, and supporting each other no matter the waters ahead. When students, staff, and families row in the same direction, we create the momentum our children need to succeed. Let's keep that spirit strong as we move into the second half of the school year.

I am looking forward to a wonderful semester ahead and all the great things our Eagles will accomplish in 2026!

David R. Erickson

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- ❖ Nurse's Corner



Sign up for important updates from Elgin School.

Get information for Elgin School right on your phone—not on handouts.

Pick a way to receive messages for Elgin School:

1 If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/elginsch

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

2 If you don't have a smartphone, get text notifications.

Text the message #elginsch to the number 81010.

If you're having trouble with 81010, try texting #elginsch to (423) 437-9101.

* Standard text message rates apply.

Don't have a mobile phone? Go to rmd.at/elginsch on a desktop computer to sign up for email notifications.

Celebrating our 8th Graders: Leaders, Learners, & Role Models!

By Ms. Kyndra Ortiz

Elgin's 8th graders are in the middle of their school year, showing energy, curiosity, and heart in everything they do. From academics to athletics, and from fundraising to leadership, these students are demonstrating meaningful growth and putting in the effort to succeed in every part of school life, even when faced with challenges.

For more than 20 years, Elgin 8th graders have raised money to attend the Catalina Island Marine Institute, a beloved tradition within our school community. This year marks the first time this particular class has taken on the responsibility of fundraising for the trip. CIMI offers students a hands-on, immersive marine science experience that includes snorkeling through kelp forests, exploring island geology, and studying marine ecosystems. Many students describe it as a highlight of their middle school years and a chance to learn, explore, and create lasting memories with peers and teachers.

As they begin this important effort, our 8th graders have already stepped up as leaders on campus. They help organize events, run the Holiday Shop and sports concessions, and take on responsibilities that build real world skills in leadership, budgeting, marketing, and teamwork. They are also finding creative ways to engage the community by writing letters to local businesses and promoting the walkathon. Throughout these efforts, students have faced setbacks and challenges but have shown resilience, determination, and strong problem solving skills.

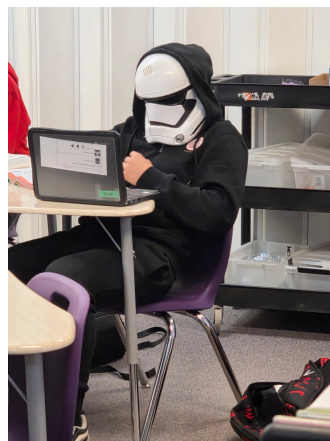
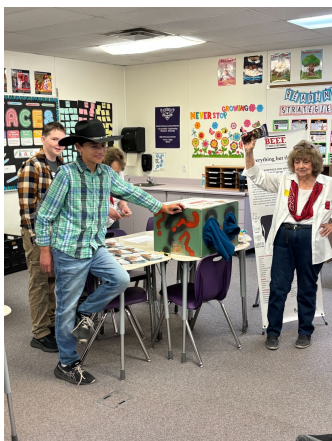
On Friday, December 20th, the 8th graders sold popcorn and hot cocoa at the Ugly Sweater Christmas Party. This festive fundraiser was another opportunity for students to work together, support one another, and contribute to their shared goal while building school spirit and connecting with the school community.

The fundraising goal for this year's trip is \$15,767.26, which covers camp fees, travel, meals, and special activities such as night snorkeling. Every effort, whether through donations, participation, or outreach, brings the students closer to this life changing experience and helps continue a tradition that has inspired generations of Elgin students.

What stands out most is how our 8th graders balance it all, academics, sports, leadership, and community service, while growing through obstacles and challenges. Their hard work, curiosity, and perseverance reflect the very best of our school community.

Elgin's 8th graders are proving that middle school is about more than grades. It is about growth, effort, resilience, and becoming the kind of humans who make a difference.

If you would like to know more about how you can support the 8th Grade class and the CIMI trip, please contact Ms. K. Ortiz at kortiz@elgink12.com, Coach Harper at dharper@elgink12.com, or Mr. D. Erickson.



Congratulations to Natalie Sanchez (8th Grade)!

We are incredibly proud to celebrate **Natalie Sanchez**, an 8th-grade student, for her outstanding achievement in the **VFW Patriot's Pen Essay Contest**!



1st Place – VFW Post 9972 (Local Level)



1st Place – District Level (representing 6–7 local VFW posts)

Because of her exceptional writing, Natalie will advance as a **district finalist** and will be traveling to **Phoenix on January 10** to attend the **State Awards Ceremony**.

In recognition of her hard work and talent, Natalie received:

- **\$300** for the local post first-place award
- **\$300** for the district first-place award

This is a remarkable accomplishment and a true reflection of Natalie's dedication, voice, and perseverance. **Her entire Elgin School family is incredibly proud of her** and excited to celebrate this well-earned success.

Please join us in congratulating Natalie on this amazing achievement—we are so proud of you!



Elgin School Spelling Bee

Elgin School Champion – Miranda Cass

Elementary Champion and

School Runner-Up – Luu Dinh Toan “Tony” Tran



On December 17th, with the entire school watching, six students competed in our school/district Spelling Bee. Representing each grade level were Charlotte Gummo (3rd grade), Leoric Davis (4th grade), Tony Tran (5th grade), Miranda Cass (6th grade), Nathan Gaviola (7th grade), and Noah George (8th grade).

After an impressive competition, Tony Tran finished as our runner-up. For the **third year in a row**, our Spelling Bee champion was **Miranda Cass**, who clinched the title with the word *faraway*.

Congratulations, Miranda! We are incredibly proud of you and all of our participants. Thank you to everyone who competed and to those who came out to support our students.



3RD QUARTER SPORTS

January-March

Boys' Volleyball & Co-Ed Soccer

Boys' Volleyball Coaches: Lacy Beyer & Megan Thomas
Volleyball practice will begin on Tuesday, January 6th
Volleyball is open to grades 5th-8th boys.

Soccer Coach: Lindsey Beal
Soccer practice will begin on Wednesday, January 7th.
Soccer is open to girls & boys in 4th-8th grades.

Athletic Registration Fees & Forms are due by
January 22nd.

Contact Athletic Director Harper for more
information at dharp@elgink12.com.



Absences must be reported to the office by the parent/guardian by **8:30 AM** if your student will be absent or tardy!

Please contact the office, and include the following information:

- Reason for absence
 - Illness – include symptoms such as fever, vomiting, etc.
 - Medical/Dental Appointments
 - Personal
- How many days student(s) will be absent
- Tardy students
 - Please notify office if a school lunch is required.
 - And provide an approximate arrival time

Absences that have not been reported will be marked as unexcused.

Contact the office to report absences or tardy via:

Phone – (520) 455-5514, ext. 300

Email – mpaul@elgink12.com

ParentVUE – via website or mobile app (see directions on page 2)

Elgin Eagle Robotics Team Takes On the Unearthed Challenge

By Ms. Kyndra Ortiz

This fall, the Elgin Eagle Robotics Team took on the FIRST LEGO League Unearthed challenge with curiosity, determination, and a willingness to try hard things. The challenge invited students to think about how robots can help with real world jobs that involve digging, discovering, and uncovering what lies beneath the surface.

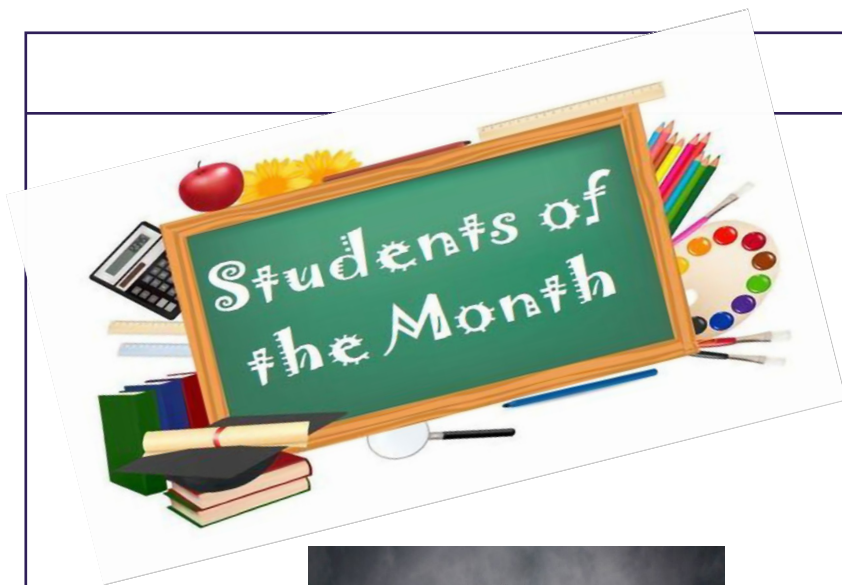
Using LEGO Spike Prime kits, team members designed and built a competition robot to complete a series of missions on the official field. Along the way, students experimented with different designs, built custom attachments, and adjusted their programming again and again. The work was not always easy, but it taught them patience, problem solving, and the importance of working together.

Beyond the robot game, the team also completed a Research and Innovation Project connected to their middle school science learning in geology, the periodic table, and space science. Students explored how robots might one day help with unearthing in outer space. Their idea focused on a space mining rover designed to collect valuable resources from asteroids or other planets and return them safely to Earth. The project showed both their scientific thinking and their creativity.

The Elgin Eagles shared their work on Saturday, December 13th at Orange Grove Middle School. While their season ended there and they did not move on to the next level of competition, the experience gave them something far more important. Throughout the season, students learned how to persevere through challenges, overcome setbacks, and support one another when things felt tough.

The season was filled with learning, growth, and teamwork. The Elgin Eagle Robotics Team finished the year proud of their efforts and stronger because of the journey they took together.





Lucas Vendituoli
3rd Grade



Destyni Hernandez-Deaner
6th Grade

Eagle Eye - Student of the Week

Recognizing elementary students who practice good character and citizenship



The Tortoise and the Hare

Adapted by Emily Morrison
Music by Gregory Boris
Lyrics by Gregory Boris & Emily Morrison

MISSOULA
CHILDREN'S
THEATRE



MISSOULA
CHILDREN'S
THEATRE

A PRODUCTION OF MCT, INC.

A Night of Laughter, Heart, and Hard-Earned Triumph: *The Tortoise and the Hare Comes Alive at Elgin Elementary* By: Dr. Jerome Ramirez and Mrs. Lucy Reyes

From December 8–13, 2025, Elgin Elementary School became a vibrant center of creativity as students, families, and professional artists came together for a memorable Missoula Children's Theatre (MCT) residency. In just one week, 32 students auditioned, rehearsed, and delivered an energetic and heartwarming production of *The Tortoise and the Hare*, culminating in a final performance on Saturday, December 13 at 6:00 p.m.

Missoula Children's Theatre's imaginative adaptation offered a fresh and playful twist on Aesop's timeless fable. Set in a small town outside Cape Canaveral, Florida, the story follows Taylor Tortoise and Curly Hare, whose competitive antics spiral into a "hare-raising" and "ab-shell-lute" whirlwind of fun. When a group of astronauts passes through town, Curly Hare comes up with the kookiest plan yet—to become the first animals on the moon. As the race to build a rocket intensifies, friendships are tested, and the story delivers a meaningful reminder: winning isn't everything, but working together can take you much farther.

The journey began on Monday, December 8, with auditions that set the stage for an exciting theatrical week. By the end of the day, 32 students had been selected to form the cast. Rehearsals followed immediately, with students working daily from 2:00 p.m. to 6:30 p.m., learning lines, refining movement, developing characters, and strengthening ensemble collaboration. A full dress rehearsal on Friday prepared the cast for a confident and polished final performance that filled the auditorium with laughter and applause.

The production was led by Missoula Children's Theatre directors David Bass and Nathaniel Tomb, whose guidance helped transform one week of rehearsals into a memorable stage production. David Bass, a recent BFA graduate with professional experience at Hershey Park, Missoula Children's Theatre, and the Butte Opera House, praised the cast's creativity and openness. *"This cast is unique and willing to play, and that is a huge thing for kids in theatre. If you are willing to play, everything fits together,"* Bass shared. He also noted that many artistic choices came directly from the students themselves, making the production truly collaborative.

Nathaniel Tomb, touring with Missoula Children's Theatre with great enthusiasm, emphasized the deeper impact of theater on students' growth. *"Performance actually takes a lot of teamwork and cooperation,"* Tomb explained. *"As we are learning the performance and the skills needed to do that, you build teamwork and you learn that you need to work with your co-stars on stage. That dependency builds confidence and helps you support your friends."* When asked to describe the cast's overall energy, he added, *"I would call them enthusiastic. They so want to be here, and they are into it."*

Founded in 1970, Missoula Children's Theatre is one of the largest touring children's theaters in the world. Its mission is to develop creativity, teamwork, discipline, and self-confidence by bringing professional-quality theatrical experiences to schools across the globe, an aim clearly reflected throughout the Elgin residency.

Continued next page

The production featured standout performances by Sterling Kyrklund, a 4th-grade student who portrayed Curly Hare, and Kennady Norell, an 8th-grade student who played Taylor Tortoise. Sterling shared that she initially auditioned for a smaller role and was excited to take on a lead part. When asked what advice she would give future students interested in Missoula Children's Theatre, she said, *"Go out and chase your dreams and have good acting skills."*

Kennady reflected on her favorite rehearsal moment, singing the finale song together as a cast. *"It shows that we like to do stuff together and that we are a good team overall,"* she said. Performing in front of an audience brought both nerves and joy. *"It makes me feel nervous because I'm afraid to forget my lines,"* Kennady shared, *"but it also makes me feel happy because it makes people in the audience happy."*

The show was further enhanced by Scott Ramsey, whose musical accompaniment added energy, rhythm, and depth to the performance, bringing the entire production together.

By the final curtain call on December 13, *The Tortoise and the Hare* proved to be more than a stage production—it was a celebration of imagination, collaboration, and student achievement. For one unforgettable week, Elgin Elementary students demonstrated what can be accomplished through dedication, teamwork, and a shared love for the performing arts, leaving the audience smiling long after the final bow.



Childfind Screenings

If you have concerns about your child's development from ages 3 to 21 years of age in these areas:

VISION/HEARING * SPEECH/LANGUAGE * THINKING SKILLS
PHYSICAL DEVELOPMENT * BEHAVIOR *
NORMAL DEVELOPMENT

Your school's CHILDFIND can help – with a free screening, and if needed, referral for diagnostic evaluation and/or early intervention programs (birth to three). If you have any concerns about your child's development, certain benefits are available through your local school district.

Screenings are available **by appointment**. To schedule your appointment or for more information please contact:

Christine Clouse– Student Services
455-5514 cclouse@elgink12.com

Look for these changes in your growing child.

When should he walk? When should she talk?
For the best and brightest future, have your child's development checked often during the first five years.

3 Months

- Lifts head regularly when on tummy
- Makes cooing noises
- Quiets when spoken to
- Grasps objects placed in hand
- Begins to bat at objects

9 Months

- Sits without support
- Begins creeping (up on hands and knees)
- Imitates cough, bye-bye, hand clap, mama
- Drops and looks for an object
- Can find a toy hidden under cloth
- Likes to dump out and pick up things

1 - 1½ years

- Walks well and runs
- Can push, pull, carry, and lift objects
- Names some objects
- Can point to simple pictures
- Brings an object he knows when asked

3 Years

- Uses three to five-word sentences
- Sings simple songs
- Can jump in place
- Begins to ask questions
- Enjoys "pretend" play (for instance, pretending to be mom, dad, brother, and sister)
- Can help brush teeth, wash hands, undress, etc.

5 Years

- Likes playground challenges
- Dresses self completely, including buttons; beginning to zip and tie
- Can play cooperatively with a small group of children
- Draws people in two parts—head and arms or legs
- Can tell parents about something that happened while they were gone
- Says number words to ten

6 Months

- Sits with light support
- Babbles when alone or with someone
- Reaches for objects
- Holds objects with either hand
- Turns eyes and head toward sounds and voices
- Begins to crawl (Moves around other than on hands and knees)

1 Year

- Pulls up to a standing position and cruises around furniture
- Begins to say ma-ma and da-da to refer to parents
- Finger feeds self solid food
- Follows a simple direction such as "bring me the ball"
- Points to object she knows when asked "where is it?"
- Begins to use a spoon and hold a cup

2 Years

- Walks up and down stairs, two feet on each step
- Can name more than three body parts
- Scribbles
- Stacks two to four objects
- Uses two-word sentences
- Enjoys doing things for self
- Gets easily frustrated
- Uses objects as they should be used

4 Years

- Can use the toilet (with few accidents)
- Can balance on one foot, then the other
- Can name up to three colors
- Can retell parts of a familiar story
- Begins to play with other children rather than alongside them

FOR MORE INFORMATION, VISIT

AZED.gov/SpecialEducation/Parents/AZ-Find



For more information on developmental screening, talk to your doctor or for infants and toddlers call the AZ Early Intervention Program at 602-532-5560. For preschoolers call your local school district.



Manténgase pendiente de estos cambios el crecimiento de su niño o niña.

¿Cuándo debería él andar? ¿Cuándo debería ella hablar?
Para un futuro mejor y brillante, revise a menudo el desarrollo de su niño(a) durante los primeros cinco años.

3 Meses

- Levanta la cabeza periódicamente cuando está acostado boca abajo
- Hace sonidos de arrullo
- Se calma cuando se le habla
- Agarra objetos colocados en su mano
- Comienza a palpar objetos

9 Meses

- Se sienta sin apoyo
- Comienza a gatear (en sus manos y rodillas)
- Imita sonido de la tos, aplausa, dice adiós con la mano, dice ma-má
- Deja caer y busca objetos
- Encuentra un juguete escondido debajo de una cobija
- Le gusta tirar y recoger cosas

1 Año y Media

- Camina bien y corre
- Puede empujar, jalar, acarrear, y levantar objetos
- Nombra algunos de los objetos
- Apunta hacia dibujos simples
- Le trae un objeto que conoce cuando se le pide

3 Años

- Se expresa en frases de tres a cinco palabras
- Canta canciones sencillas
- Puede saltar en un mismo lugar
- Comienza a hacer preguntas
- Juega a "imitar" (por ejemplo, pretender ser la mamá, el papá, los hermanos, y las hermanas)
- Puede ayudar a cepillarse los dientes, las manos, a desvestirse, etc.

5 Años

- Le gustan los desafíos que le presenta un patio de recreo
- Se viste completamente por sí mismo(a), incluso abotonar botones, subir y bajar cierres, amarrarse los zapatos
- Puede jugar conjuntamente con un grupo pequeño de niños
- Dibuja a las personas en dos porciones—la cabeza y los brazos o las piernas
- Puede contarle a los padres algo ocurrido durante su ausencia
- Puede contar hasta diez

6 Meses

- Se sienta con poco apoyo
- Balbucea cuando está solo(a) o con alguien
- Trata de alcanzar objetos
- Sostiene objetos con cualquiera de las manos
- Gira los ojos y la cabeza hacia los sonidos o las voces
- Comienza a movilizarse (se arrastra, pero no en las manos y rodillas)

1 Año

- Se para y camina apoyándose de los muebles
- Comienza a decir ma-má y pa-pá para referirse a sus padres
- Se alimenta comidas sólidas a sí mismo con los dedos
- Sigue instrucciones simples, como "tráeme la pelota"
- Señala objetos que conoce cuando le preguntan "¿dónde está?"
- Comienza a usar una cuchara y a sostener una taza

2 Años

- Sube y baja escaleras, con ambos pies en cada escalón
- Puede nombrar más de tres partes del cuerpo
- Escribe garabatos
- Apila de dos a cuatro objetos
- Se expresa en frases de dos palabras
- Disfruta de hacer cosas por sí mismo(a)
- Se frustra con facilidad
- Utiliza objetos de la manera en que se deben utilizar

4 Años

- Puede utilizar el baño (con pocos accidentes)
- Se puede equilibrar en un pie y después el otro
- Puede nombrar hasta tres colores
- Puede repetir partes de una historia familiar
- Empieza a jugar con otros niños en vez de solo(a)

FOR MORE INFORMATION, VISIT

AZED.gov/SpecialEducation/Parents/AZ-Find



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Exceptional Student Services



Exceptional Student Services



2025-26 Elgin School PTC Meeting Dates

SECOND Wednesday, 7:30 AM
Elgin School Conference Room

Oct. 8th
Nov. 12th
Dec. 10th

Jan. 14th
Feb. 11th
March 18th
April 8th
May 13th

Fourth Friday, 3:30 PM
The Coop in Sonoita

Sept. 26th
Oct. 24th
Jan. 23rd
Feb. 27th
March 27th
April 24th

Revised 9/2025



Elgin School STEAM Night

Thursday, January 29th

One School
One Book

Science • Technology • Engineering • Arts • Mathematics

Science FAIR

Community Services Booths
STEAM Activities

Open to the public!
We welcome all community members.

This is a family event.
NO childcare is available. All children must be accompanied by a responsible adult.

Get a copy of the ELGIN ELEMENTARY SCHOOL yearbook delivered to your home

**Buy your copy online
& we'll deliver it to you**

- Includes 2 **free** pages to personalize with your own photos
- Add photos from your computer, Facebook, Google Drive & more
- You can purchase and personalize in minutes!

To purchase and customize your yearbook, use the QR code or:

Must be a parent or student 13 years or older

1. Go to treering.com/validate
2. Enter your school's passcode:
1016358278643056

Regular price: **\$18.70**

*Does not include sales tax, if applicable

NATIONAL WEAR RED DAY

HELP RAISE AWARENESS
FOR HEART DISEASE

THURSDAY,
FEBRUARY 5TH

Show your support for
TEAM USA and wear Red,
White or Blue on
Thursday, February 12th!



Kindergarten Registration 2026-27

Wednesday, April 22nd
8:00-9:15 AM

8:00-8:15 AM	Flag Ceremony - Gym
8:15-8:30 AM	Story Time - Library
8:30 AM	New Students will join Kindergarten for an activity Q & A for parents and registration information - Room 15
8:45 AM	Campus Tour for parents and students
9:00 AM	Bus Ride and transportation information for parents and students

Items Needed for Registration:

- Birth Certificate
- Current Immunization Record
- Proof of Residency in the Sonoita School District
- Guardianship/Custody Paperwork

Student must turn 5 by
Sept. 1, 2026

www.elgink12.com

Any questions call
520-455-5514,
ext. 300



2026 Testing Dates

Elementary Calendar Grades 3, 4, & 5

March 31st - Science (5th Grade)
- Oral Proficiency (3rd Grade)
April 2nd - Writing



April 7th - Reading & Math, parts 1
April 9th - Reading & Math, parts 2

Middle School Calendar Grades 6, 7, & 8



March 31st-April 2nd- Science (8th Grade)
April 7th - Writing

April 8th & 9th - Reading
April 14th & 15th -Math



Elgin School Calendar

2025-26

Normal School Hours:
7:55 AM-3:00 PM

July						4
S	M	T	W	T	F	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						16
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	
30	31					

September						17
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						17
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						11
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						12
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January						15
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						16
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						14
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						18
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						12
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July 21st-24th Faculty & Staff Return
 July 28th First Day - Students
 Sept. 1st Labor Day - No School
 Oct. 6th Fall Break - No School
Nov. 10th Special Event Release (11:30 AM)
 Nov. 11th Veterans Day - No School
 Nov. 24th-28th Thanksgiving Break - No School
 Dec. 22nd-Jan.2nd Winter Break - No School
 Jan. 5th Students Return
 Jan. 19th Civil Rights Day - No School
 March 9th- 13th Spring Break - No School
May 21st Last day for Students - Early Dismissal at 11:30 AM

*This calendar is subject to change.
 152 Instructional Days*

Report Card Periods
 1st Quarter - 7/28-10/2
 2nd Quarter - 10/7-12/18
 3rd Quarter - 1/3-3/5
 4th Quarter - 3/16-5/21

Teacher & Staff In-Service
 First & Last Days
 Vacation - No School
 Special Event Release

Cafeteria Connection

Connecting you to your child's school lunchroom



HYDRATION IS KEY: How School Meals Help Keep Kids Hydrated

We all know how essential water is for staying healthy, but did you know that proper hydration is especially important for children? Hydration plays a critical role in keeping kids alert, focused, and energized throughout the day. Whether they're learning in the classroom or playing on the playground, water helps regulate body temperature, support digestion, and ensure that the brain and muscles are working at their best.

THE ROLE OF SCHOOL MEALS IN HYDRATION

At school, we take hydration seriously and ensure that students have access to a variety of options that support their fluid needs. In addition to offering water with every meal, we also serve low-fat or fat-free milk during breakfast and lunch. These options not only help meet hydration needs but also provide key nutrients like calcium, vitamin D, and potassium that support overall health.

We also encourage students to consume fruits and vegetables as part of their meals, many of which are naturally high in water content. **Fruits like watermelon, oranges, and apples, and vegetables like cucumbers and lettuce, provide both hydration and essential vitamins, minerals, and fiber, keeping kids refreshed and nourished.**

ENCOURAGING HEALTHY HABITS

Parents, you can reinforce these healthy hydration habits by reminding your children to drink water regularly and encouraging them to choose water-rich fruits and vegetables. Sending them to school with a refillable water bottle is another easy way to promote regular hydration throughout the day. Together, we can ensure that our students stay properly hydrated, healthy, and ready to learn and play.