

AR



The Bear Facts



Franklin Elementary School

1501 Figuers Drive
Franklin TN 37064

615-794-1187 phone
615-591-2800 fax

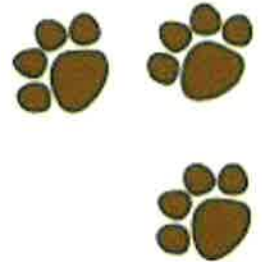
<http://franklinelementary.fssd.org/>

Anne Riley, Principal

April Carrigan, Assistant Principal

Important Numbers

Front Office 615-794-1187
FES MAC 615-591-2813
Nurse 615-472-3808



BIRTHDAYS

September

Jenny Williams 15
Michele Pieczura 16
Miriam Hyman 24
Sara Strasser 27
Sondra Wilson-Martin 27
Bill Kuhn 28



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Full calendar at: franklinelementary.fssd.org/event-calendar

CALENDAR

September

14 - 18 PTO Membership Drive
14 - Board of Education Meeting, FES
15 - DOT DAY!
17 - PTO Meeting Via Zoom, 10:00
18 - Fall Pictures

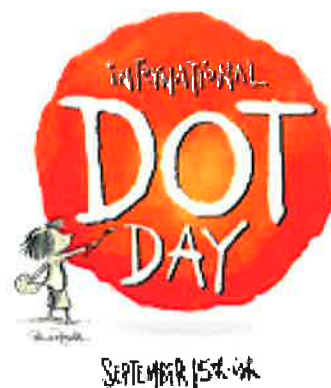
IN THIS ISSUE

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International Dot Day!

by Jennifer Alvarado, Art

The Dot tells the story of a caring teacher who reaches a reluctant student in a remarkably creative way. In Reynolds' book, the teacher dares a very resistant Vashti to "make her mark." Vashti's breakthrough begins with a simple dot on a piece of paper. Encouraged by her teacher, she sets off on a journey of self-discovery, letting her creativity bloom, and, ultimately, inspiring others. This story has the most wonderful themes: bravery, creativity, and self-expression!



How does Reynolds recommend celebrating? "Spread the word... On International Dot Day, read *The Dot*, wear dots, eat dots, draw dots, frame dots, connect the dots, splurge on art supplies, try a new medium — a new instrument, write a poem, rearrange your furniture, reconnect the dots with an old friend, make something, or make something with a friend. Share your creativity with the world."

On Tuesday, Sept. 15th ---Dress up in your spotty or dotty-est attire! Find something in your closet, make a special Dot Day outfit, and come ready to celebrate our 6th Annual Dot Day at FES!

If you need any additional information, please feel free to ask. You can visit thedotclub.org and also google "Dot Day" to find lots of images and fun ideas too!

Thank you so much in advance for supporting our 6th Annual Dot Day Celebration!

Individualized Healthcare Plan

by Sandra Deal, School Nurse

If your child has a chronic health condition, such as diabetes or a life threatening food allergy, you should have received an "Individualized Healthcare Plan" to have your physician complete to bring in with the child's emergency medications, such as asthma rescue inhalers and emergency epinephrine. If you have not received the plan, please contact me, and I will send home the form for completion. It is important that we have your child's emergency medications to treat symptoms promptly. In addition, if your child has medications that need to be administered during the school day, a completed medication form is required. Medications must be brought to the school nurse by a parent/guardian.



FSSD policy prohibits students from sharing food at school to protect our students with serious food allergies. Please reinforce to your child that they are NOT to share snacks or lunch items at school.

Details regarding birthday and classroom celebrations can be found in the parent handbook. Forms for ordering ice cream to celebrate your child's birthday are in the school office and are to be submitted two weeks prior to the event. The form was also included in your packet provided at the onset of the school year.



Counselor's Corner

by Andrea Gillette, School Counselor

Happy Friday! I hope you and your family had a nice week.

The character word for the month of September is respect, and we are continuing to learn the meaning of respect.

This week the kindergarten and third grade classes came to my room. The kindergarten students learned about feelings, and the third grade students learned how to be a good friend.

Next week, the first, second, and fourth grades will come to my class. The first grade students will learn about listening and following directions, and the second grade students will learn coping skills for when they are stressed.

The fourth grade students will be able to differentiate between good and bad stress and use strategies to help them with bad stress.

If you have questions or concerns, please feel free to contact me at 615-794-1187.

Have a great weekend!



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Lisa Chatman, FSSD Coordinated School Health
 Robbin Cross, SNS, FSSD Child Nutrition Supervisor

BEST BITES

Nutritious and on sale

Each time you get a new grocery advertising circular, let your child cut out pictures of healthy foods he wants to eat that week. He could glue them on paper to make an illustrated grocery list. Then, he can use his list when you go to the store or shop online together.

Be an example

Your youngster watches what you do. So if you go for a run or a bike ride, mention it to her. Or better yet, invite her to join you! Take walks with her after dinner, follow along with a yoga video, or announce that it's time for morning stretches. You'll put her on the path toward developing a lifelong fitness habit.



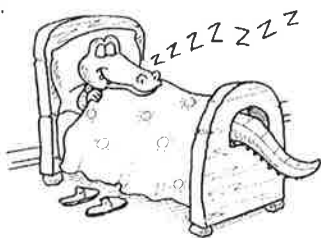
DID YOU KNOW?

Many beans and other legumes are "two-fers"—they belong to both the protein and vegetable food groups. To add more legumes to your child's diet, use pinto beans in tacos, toss chickpeas into salads, and stir lentils into soups. *Note:* Green beans, green lima beans, and green peas count only as vegetables.

Just for fun

Q: Why do you go to bed every night?

A: Because your bed won't come to you.



A healthy start

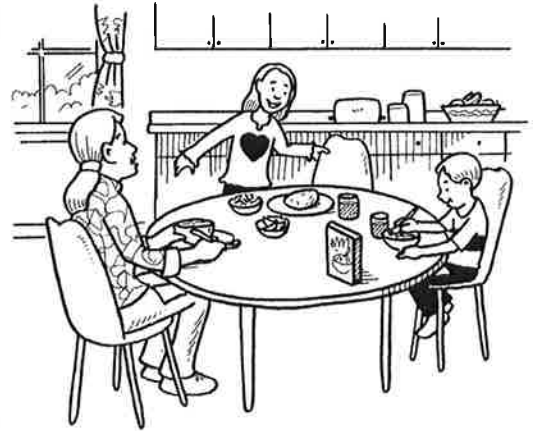
Many things may have changed in your youngster's world this year, but here's one that remains the same: She needs a balanced diet to stay healthy. Here are answers to questions you might have as the new school year gets in full swing.

Q: My daughter says she's not hungry for breakfast when she wakes up. What can I do?

A: A complete breakfast gives your child energy and helps her focus in school. Have her do the rest of her morning routine before she eats, or let her eat in school if that's an option. Also, she may be more interested if she gets to eat something other than breakfast foods. You could heat up last night's leftovers, or microwave a baked potato and let her pick the toppings.

Q: My child wants to snack all day when she's home. How can I encourage good habits?

A: Your daughter may not be eating enough at meals if she's hungry soon afterward. Discourage snacking 1–2 hours before each meal so she comes to



the table with a healthy appetite. When she does snack, suggest healthy options like snap peas or pumpkin seeds.

Q: We've been eating at home a lot more lately. Any tips for making family meals more interesting?

A: Ask your youngster to think of fun themes, such as Macaroni Monday or Souper Saturday. Or if you normally like going out for Thai or Mexican food, look up recipes for your favorite dishes and make them together. When the weather is nice, you might find a nice spot and eat outdoors. ♥

Gym-in-a-box

Encourage your child to get more physical activity with a portable "gym." Let him fill a big box or bin with fun equipment, then find creative ways to use it. Share these ideas to get him started.

- **Bubble wrap.** See how fast you can pop all the bubbles with your feet.
- **Twister mat.** Starting with each hand or foot on separate circles, do cartwheels or crab walks (walking on all fours—but upside down).
- **Hula-hoop.** Lay the hoop on the floor, and jump in and out of it 10 times. ♥



Creative cooking for kids

Want to boost the odds that your child will eat healthy foods? Do kid-friendly activities like these.

Play with shapes. Let your youngster use cookie cutters to make shapes from food. He might be more apt to eat spinach and mushroom quesadillas if they're shaped like dinosaurs. Or maybe he'll try cucumber and cream cheese sandwiches if he gets to cut them into star shapes.

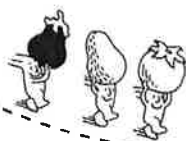
Add color. Does your child hesitate over whole grains? Try this. Ask him to squish



raspberries or blueberries in a colander and strain the juice into a bowl. Now let him stir the berry pieces, along with some whole berries, into batter for whole-grain pancakes or muffins. Be sure to save the "dye" so he can use a pastry brush to paint his cooked treat with the fruit juice!

Make pictures. Suggest that your youngster create a masterpiece on his plate. Offer a few healthy foods—including some he enjoys and others he's not as keen

on. He might make low-fat cottage cheese "clouds" and a pineapple "sun" shining down on a field of "flowers" with green bean "stems" and strawberry "petals." 🍓



PARENT TO PARENT

Smart swaps

During the spring and summer, we took fewer trips to the grocery store, which meant we didn't always have the ingredients we needed. The good news is, I learned to swap in different ingredients, and sharing my discoveries with my son Blake has helped him be more flexible about what he eats.

I asked Blake to make a chart labeled "Don't have that? Use this!" For example, when we ran out of butter to bake oatmeal raisin cookies,

I used an equal amount of mashed over-ripe bananas instead. When we didn't have pasta or ground

beef, I made couscous, stirred in pasta sauce, and heated up frozen turkey meatballs to put on top.

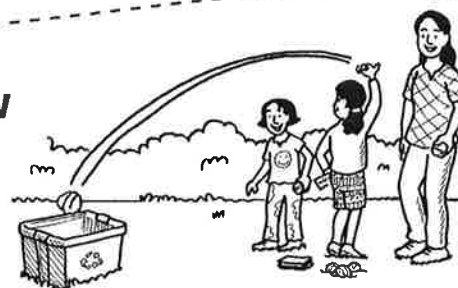
Each time we substitute an ingredient, Blake adds it to the chart so we remember for next time. We often discover that foods taste just as good—and sometimes even better—with a creative swap. 🍓



ACTIVITY CORNER

Aim and throw

Help your youngster get exercise and improve her throwing skills with these backyard games.



Materials: 10 beanbags (or balled-up pairs of socks), empty recycling bin or other large container

1. Underhand, overhand. Have your child stand 10 feet from the bin, and set a timer while she throws the beanbags underhanded into it. Throw back to her any that land on the ground. She must catch them and throw them into the bin—this time throwing overhanded. How quickly can she sink all 10 bags?

2. Throwing challenges. Ask your youngster to write five challenges on separate index cards. *Examples:* "Use the hand you don't normally throw with." "Lift one leg and throw under it." "Throw backward over your shoulder." Take turns selecting a card and using that motion to throw a beanbag into the bin (from 10 feet away). The first person to complete all of the throws wins. 🍓

IN THE KITCHEN

Rice bowls

For an easy, healthy approach to dinner, get the whole family involved. Just cook a batch of brown rice, and try these build-your-own rice bowls.

Put an egg on it

Add: raw vegetables (shredded carrots, baby kale leaves, diced cucumbers, thinly sliced scallions) and a sunny-side-up egg

Top with: sesame seeds and a drizzle of low-sodium soy sauce

Burrito in a bowl

Add: cooked black beans, halved pitted black olives, and low-fat shredded cheddar cheese

Top with: avocado chunks and salsa

How about some hummus?

Add: mixed oven-roasted vegetables, such as brussels sprouts, broccoli, butter-nut squash, and sweet potatoes

Top with: hummus sauce (slowly whisk warm water into hummus until it's the consistency of salad dressing) 🍓



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

Lisa Chatman, FSSD Coordinated School Health
 Robbin Cross, SNS, FSSD Child Nutrition Supervisor

BOCADOS SELECTOS

Nutritivo y rebajado

Su hijo puede recortar imágenes de alimentos saludables que quiere comer esa semana cada vez que reciban una nueva circular del supermercado. Podría pegarlas en un papel para hacer una lista ilustrada de la compra. Luego puede usar su lista cuando vayan a la tienda o compren en la red.

Dé ejemplo

Su hija observa lo que usted hace. Así que si va a correr o a montar en bici, menciónesele. O mejor aún, ¡invítela a que se una a usted! Den un paseo después de cenar, sigan un video de yoga o anuncie que es el momento de hacer los estiramientos de la mañana. Así se irá habituando a estar en buena forma toda su vida.



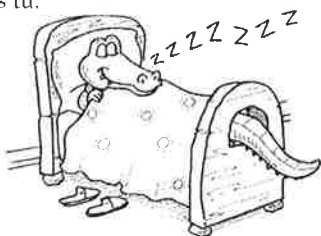
¿SABÍA USTED?

Muchos frijoles y otras legumbres alimentan “por partida doble”, es decir, pertenecen al grupo de las proteínas y de las verduras. Para añadir más legumbres a la dieta de sus hijos, usen frijoles pinto en los tacos, añadan garbanzos a las ensaladas e incluyan lentejas en las sopas. *Nota:* Las habichuelas, las habas de lima verdes y las arvejas cuentan sólo como verduras.

Simplemente cómico

P: ¿Por qué te vas temprano a la cama por la noche?

R: Porque la cama no vendrá donde estás tú.



Un comienzo sano

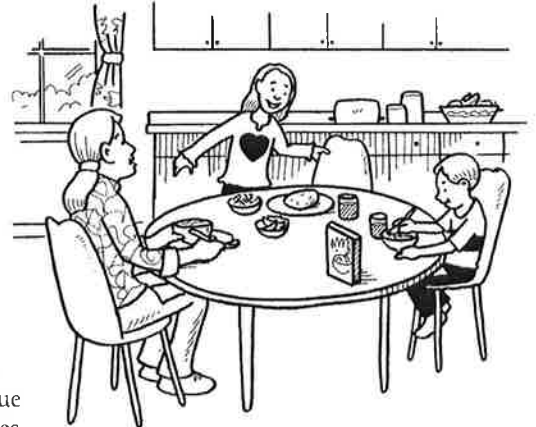
Muchas son las cosas que han cambiando este año en el mundo de su hija, pero una permanece igual: Necesita una dieta equilibrada para estar sana. He aquí respuestas a preguntas que quizá se haga con el nuevo curso escolar en marcha.

P: *Mi hija dice que no tiene hambre para desayunar cuando se levanta. ¿Qué puedo hacer?*

R: Un desayuno completo le da energía a su hija y la ayuda a concentrarse en la escuela. Dígale que termine lo que hace de costumbre por la mañana antes de desayunar o que desayune en el colegio si existe esa opción. También podría apeterle más si come cosas distintas al típico desayuno. Podría calentar los restos de la cena o asar una papa en el microondas y que ella elija los condimentos.

P: *Mi hija quiere picotear todo el día cuando está en casa. ¿Cómo puedo fomentar los buenos hábitos?*

R: Quizá su hija no coma lo suficiente en las comidas si tiene hambre poco tiempo después. Procure que evite los tentempiés 1-2 horas antes de cada comida para que llegue a la mesa con apetito. Cuando coma



entre horas, sugiérale opciones sanas como chícharos chinos o pepitas de calabaza.

P: *Últimamente hemos comido más en casa. ¿Qué me aconsejan para añadir interés a las comidas familiares?*

R: Dígale a su hija que piense en temas divertidos como Lunes de Macarrones o Sábado Sopero. O si suelen salir a cenar comida tailandesa o mexicana, busquen recetas de sus platos favoritos y cocínenlos todos juntos. Cuando haga buen tiempo podrían buscar un rincón agradable y comer al aire libre. ♥

Un gimnasio en una caja

Anime a su hijo a que haga más actividad física con un “gimnasio portátil”. Dígale que llene una caja o un recipiente grande con equipo divertido y que luego piense en formas creativas de usarlo. Comparta con él estas ideas para animarlo.

- **Plástico de burbujas.** Comprueba lo rápido que puedes explotar todas las burbujas con los pies.
- **Sábana Twister.** Con cada mano o pie en distintos círculos, haz volteretas o pasos de cangrejo (caminando a cuatro patas, pero boca arriba).
- **Aro hula.** Coloca el aro en el suelo y entra y sal de él saltando 10 veces. ♥



Cocina creativa para niños

¿Quiere aumentar las posibilidades de que su hijo coma alimentos sanos? Hagan actividades ideales para los niños como las siguientes.

Jugar con formas. Deje que su hijo use un cortapastas para hacer formas con los alimentos. Quizá le apetezca más comer las quesadillas de espinacas y champiñones si tienen forma de dinosaurios. O tal vez pruebe los sándwiches de pepino y queso crema si puede recortarlos en forma de estrella.

Añadir color. ¿Titubea su hijo ante los cereales integrales? Hagan esta prueba. Dígame que



un “sol” de piña brillando sobre un campo de “flores” con “tallos” de habichuelas y “pétalos” de fresa. 🍓

estruje frambuesas o arándanos sobre un colador y que recoja el jugo en un cuenco. A continuación, que añada los trozos de baya, junto con alguna baya entera, a la masa de panqueques o magdalenas integrales. ¡Guarden el “tinte” para que decore con un pincel y el jugo de la fruta lo que cocinen!

Crear imágenes. Sugíerale a su hijo que cree una obra maestra en su plato. Dele unos cuantos alimentos sanos, incluyendo algunos que le gusten y otros que no. Podría hacer “nubes” con requesón descremado y

DE PADRE A PADRE Sustituciones inteligentes

Durante la primavera y el verano fuimos menos veces al supermercado y, por lo tanto, no siempre teníamos los ingredientes que necesitábamos. Lo bueno de esto es que aprendí a sustituir distintos ingredientes y compartir mis descubrimientos con mi hijo Blake le ha ayudado a ser más flexible sobre lo que come.

Le pedí a Blake que hiciera una gráfica titulada “¿No tienes eso? ¿Usa esto!” Por ejemplo, cuando se nos terminó la mantequilla para hacer galletas de avena y pasas usé en su lugar la misma cantidad de bananas muy maduras aplastadas. Cuando no tenemos pasta o



carne molida, hice cuscús, añadí salsa para pasta y calenté albóndigas de pavo congeladas para completarlo.

Cada vez que sustituimos un ingrediente, Blake lo añade a la gráfica para recordarlo en el futuro. Descubrimos con frecuencia que la comida sabe igual de rica—y a veces incluso mejor—con una sustitución creativa. 🍓

RINCÓN DE ACTIVIDAD Apunta y lanza

Ayude a su hija a que haga ejercicio y mejore sus lanzamientos con estos juegos para el patio.

Materiales: 10 pelotas de semillas (o pelotas hechas con pares de calcetines), cubeta del reciclaje vacía o cualquier otro recipiente grande



1. Por encima, por debajo. Dígame a su hija que se coloque a 10 pies de distancia del recipiente y ponga un cronómetro mientras lanza al recipiente las pelotas por encima del hombro. Láncele de vuelta las que caigan al suelo. Ella debe atraparlas y lanzarlas a la cubeta, esta vez por debajo del hombro. ¿Cuánto tarda en meter las 10 pelotas?

2. Retos de lanzamiento. Dígame a su hija que escriba cinco retos en otras tantas fichas de cartulina. *Ejemplos:* “Usa la mano con la que no sueles escribir”. “Levanta una pierna y lanza por debajo de ella”. “Lanza hacia atrás por encima del hombro”. Seleccionen una ficha por turnos y usen ese movimiento para lanzar una pelota de semillas a la cubeta (a 10 pies de distancia). Gana la primera persona que complete todos los lanzamientos. 🍓

EN LA COCINA Cuencos de arroz

Con una forma fácil y sana de preparar la cena, conseguirá que participe toda la familia. Cocinen arroz integral y que cada uno se haga su propio cuenco de arroz.

Con un huevo encima
Añadan: verduras crudas (zanahoria rallada, hojas de colizada joven, dadito de pepino, cebolleta verde en rodajitas finas) y un huevo estrellado

Condimenten con: semillas de sésamo y unas gotas de salsa de soja baja en sodio

Burrito en cuenco

Añadan: frijoles negros cocidos, mitades de aceitunas negras y queso cheddar rallado bajo en grasa

Condimenten con: trozos de aguacate y salsa

¿Y un poco de hummus?

Añadan: verduras variadas asadas en el horno como coles de Bruselas, brócoli, zapallo anco y camotes

Condimenten con: salsa de hummus (mezclen poco a poco agua templada con el hummus hasta que adquiera la consistencia de aliño para ensalada) 🍓



NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan la alimentación sana y la actividad física de sus hijos.

Resources for Educators, una filial de CCH Incorporated
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La revisión de Nutrition Nuggets™ corre a cargo de un especialista en dietética. Consulte a su médico antes de introducir cambios importantes en la dieta o en el ejercicio físico.

ISSN 1935-4673

SEPTEMBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beefy Cheese Nacho Black Bean and Corn Fiesta Spinach Salad Watermelon	2 Chicken Smackers or Baked Chicken Mashed Potatoes Green Beans Roll Apple Slices	3 Hamburger Lettuce, Tomato, Cheese Pickles Emoji Potatoes Baby Carrots Fresh Orange Quarters	4 Cheese Pizza Honey Glazed Carrots Caesar Salad Manager's Choice Fruit
7 Holiday!	8 Walking Taco Lettuce, Tomato, Cheese Salsa Black Bean and Corn Fiesta Grapes	9 Chicken Smackers or Baked Chicken Mashed Potatoes Green Beans Roll Fresh Orange Quarters	10 Bosco Sticks Marinara Sauce Caesar Salad Baked Apples	11 Pepperoni Pizza Raw Veggies with Dip Romaine Tossed Salad Mixed Berry Salad
14 Chicken Breast Sandwich French Fries Lettuce, Tomato Grapes	15 Spaghetti Italian Vegetables Breadstick Apple slices	16 Chicken Smackers or Baked Chicken Mashed Potatoes Green Beans, Roll Pears	17 Fish Nuggets Hushpuppies Turnip Greens White Beans Fresh Orange Quarters	18 Cheese Pizza Baby Carrots Romaine Tossed Salad Fruit Slushes
21 Grilled Cheese Whole Kernel Corn Broccoli Fresh Orange Quarters	22 Breakfast for Lunch Cheese Omelet French Toast Sticks Sausage, Tri Tater Romaine Tossed Salad Grapes	23 Chicken Smackers or Baked Chicken Mashed Potatoes Green Beans Roll Apple Slices	24 Bosco Sticks Marinara Sauce California Blend Veggies Kiwi	25 Pepperoni Pizza Honey Glazed Carrots Caesar Salad Fresh Melon Salad
28 Mini Corn Dogs Peas & Carrots Tater Tots Grapes	29 Chicken Fajitas Refried Beans, Shrd. Cheese Lettuce, Tomato, Salsa Applesauce	30 Chicken Smackers or Baked Chicken Mashed Potatoes Green Beans, Roll Fresh Orange Quarters	Cold Option for delivered meals: Turkey Sandwich Baked Chips Baby Carrots or Raw Veggies Fruit of the Day	