

Oakfield Elementary

SEPTEMBER 2018 IMPORTANT DATES AND INFORMATION

Snack Guidelines

On the back of this document you will find **Snack Tips for Parents: 10 Tips for Healthy Snacking.**

I greatly appreciate the support parents/guardians have provided to allow students to have healthy options during snack time.

Student Drop-Off/Pick-Up

Thank you to all parents for being so cooperative with the **STUDENT DROP-OFF/PICK-UP TIMES.** Students should **not** arrive at school prior to 7:30 AM each morning. Students will wait in the entry from 7:30-7:45 AM. During pick-up time, families and visitors will be allowed to enter the hallway at 3:15 PM upon the dismissal of the students.

Parent Orientations

Attendance is STRONGLY encouraged!

Free Child Care will be available for families during Parent Orientations.

At 6:00 PM on the following nights:

Wed., Sept. 12	Kindergarten and 3rd Grade
Mon., Sept. 17	4th and 5th Grade
Wed., Sept. 19	4K
Wed., Sept. 26	1st and 2nd Grade

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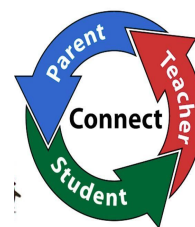
DATES

EVENTS

Tues., Sept. 4 to Thurs., Sept. 6	4K Getting to Know Your Schedule <ul style="list-style-type: none"> 7:45 - 11:00 AM Monday/Wednesday 4K students 12:00 - 3:15 PM Tuesday/Thursday 4K students
Fri., Sept. 7	1:15 PM Early Dismissal
Mon., Sept. 10	4K Regular School Schedule Begins <ul style="list-style-type: none"> 8:00 AM-3:15 PM Monday/Wednesday -- OR -- 8:00 AM-3:15 PM Tuesday/Thursday 5:30 PM -Committee of the Whole School Board Meeting in MS/HS Library/IMC
Tues., Sept. 11	Bridging Brighter Smiles Appointments (See school website for details)
Wed., Sept. 12	OES T-shirt Orders are Due 6:00-7:00 PM - Parent Orientation Meeting (Info to left)
Mon., Sept 17	6:00-7:00 PM - Parent Orientation Meeting (Info to left)
Wed., Sept. 19	6:00-7:00 PM - Parent Orientation Meeting (Info to left)
Fri., Sept. 21	1:15 PM Early Dismissal
Sun., Sept. 23	11:30 Oakfield Color Run/Walk-Starts at Village Park
Sept. 24 - 28	Homecoming Week Dress-up Days (more details to come)
Mon., Sept. 24	5:30 PM School Board Meeting in MS/HS Library/IMC
Wed., Sept. 26	6:00-7:00 PM - Parent Orientation Meeting (Info to left)
Fri., Sept. 28	4:15 Homecoming Parade Brat Fry at Village Park after parade 7:00 Homecoming Football Game

Benefits of Attending Parent Orientation

1. Build the teacher/parent partnership
2. Become familiar with classroom expectations
3. Understand your child's day
4. Homework and a parent's role in the process
5. Putting everyone on "the same page".





10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

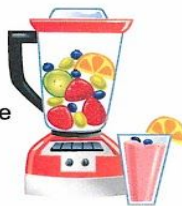
Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 nibble on lean protein

Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.