

South Prairie Elementary School is  
**Wild About Learning!**

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Pride of South Prairie  
October 14, 2022

 <p>Riley</p>	 <p>Kora</p>	 <p>Liam</p>	 <p>Drew</p>	 <p>Eva</p>
 <p>Scarlett</p>	 <p>Lucy</p>	 <p>Sam</p>	 <p>Jason</p>	 <p>Claire</p>
 <p>CJ</p>	 <p>Brooks</p>	 <p>Hadli</p>	 <p>Colin</p>	 <p>Nora</p>
 <p>Kaely</p>	 <p>Cora</p>	 <p>Cora</p>	 <p>Damontay</p>	 <p>Maddie</p>

# MENU

WE ARE EXCITED TO WELCOME PARENTS BACK INTO THE BUILDING TO ENJOY LUNCH WITH THEIR STUDENT. PLEASE CALL OR EMAIL THE OFFICE IF YOU PLAN TO EAT SO WE CAN MAKE SURE THERE IS ENOUGH FOOD. ALSO, NO OUTSIDE RESTAURANT FOOD IS ALLOWED IN THE CAFETERIA. THANK YOU!



## DCG Elementary LUNCH MENU

October  
2022

Meals include Entree, Fruit, Vegetable, & Choice of Milk.

**Encouraging New Tastes**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>17</b> Chicken Tenders Whole Grain Dinner Roll OR Yogurt Pak with Bagel  Mashed Potatoes (1/2c) Carrots (1/4c) Mixed Fruit (1/2c) Milk (1c)</p>	<p><b>18</b> Walking Taco  OR Garden Vegetable Salad  Spicy Pinto Beans (1/2c) <b>(HOM)</b> Celery Sticks (1/4c) Apples (1/2c) Milk (1c)</p>	<p><b>19</b>     1:00 DISMISSAL Cheese Pizza  OR Ham Deli Sandwich  Romaine (1/2c) Tomatoes (1/4c) Pineapple Tidbits (1/2c) Milk (1c)</p>	<p><b>20</b> Pancakes Scrambled Egg OR WG Chips, Salsa, &amp; Cheese  Tater Tots (1/2c) Broccoli (1/4c) Fresh Melon (1/2c) Milk (1c)</p>	<p><b>21</b> Hotdog on Whole Grain Bun Sweet Potato Fries OR Pretzel Pack  Carrots (1/4c) Cucumber Slices (1/4c) Canned Fruit (1/2c) Milk (1c)</p>
<p><b>24</b>     NO SCHOOL</p>	<p><b>25</b> Crispy Chicken Bites &amp; Sauce Brown Rice OR Pretzel Pack  Carrots (1/4c) Celery (1/4c) Applesauce (1/2c) Milk (1c)</p>	<p><b>26</b> Mini Corn Dogs  OR Yogurt Pak with Bagel  Spinach (1/2c) Tomatoes (1/4c) Canned Pears (1/2c) Milk (1c)</p>	<p><b>27</b> Macaroni &amp; Cheese  OR Crispy Chicken Salad  Peas (1/4c) Broccoli (1/4c) Grapes (1/2c) Milk (1c)</p>	<p><b>28</b> Hamburger on a Bun  OR WG Chips, Salsa, &amp; Cheese  Bean-a-Licious Salad (1/2c) <b>(HOM)</b> Cucumber Slices (1/4c) Canned Fruit (1/2c) Milk (1c)</p>

## HELPFUL LINKS:

[SCHOOL CALENDAR](#)

[ADD MONEY TO MY STUDENT'S LUNCH ACCOUNT](#)

[ORDER BIRTHDAY TREATS](#)

[INFINITE CAMPUS PARENT PORTAL](#)

[SOUTH PRAIRIE SCHOOL WEBSITE](#)

[TRANSPORTATION](#)

[SOUTH PRAIRIE PTO DIRECTORY LINK](#)

[EBACKPACK](#)

PLEASE CONTACT THE OFFICE...

- BY 8:15 IF YOUR STUDENT WILL BE OUT FOR THE DAY

- IF YOUR STUDENT NEEDS TO LEAVE EARLY OR WILL ARRIVE AFTER 8:15

- FOR ANY CHANGES TO THE WAY YOUR STUDENT WILL BE DISMISSED FROM SCHOOL

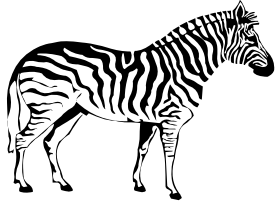
CALL (515)986-4057 OR EMAIL SARAH.SCHOCK@DCGSCHOOLS.COM

# UPCOMING...

10/19 - DRESS IN OUTDOOR ACTIVITY GEAR

10/19 1:00 DISMISSAL - NO OPTIONAL KINDERGARTEN

10/24 NO SCHOOL - TEACHER WORKDAY



## - October -



3	Day 4	4	Day 5	5	Day 6 1:00 DISMISSAL	6	Day 1	7	Day 2
10	Day 3	11	Day 4	12	Day 5	13	Day 6	14	Day 1
17	Day 2	18	Day 3	19	Day 4 1:00 DISMISSAL DRESS IN OUTDOOR ACTIVITY GEAR	20	Day 5	21	Day 6
24	NO SCHOOL	25	Day 1	26	Day 2	27	Day 3	28	Day 4
31	Day 5								

# 2 LIMIT RECREATIONAL SCREEN TIME HOURS OR LESS EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

## Life is a lot more fun when you join in!

### Try These Activities Instead of Watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).

### Tame the TV and Computer! Set Limits and Provide Alternatives.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

### Healthy Screen Time Means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

### Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.



www.iowahealthieststate.com/5210

## Weekly Themes and Dress-Up Days

 <b>1 HOUR OR MORE OF PHYSICAL ACTIVITY.</b>	 <b>5 OR MORE FRUITS AND VEGETABLES.</b>	 <b>2 HOURS OR LESS OF SCREEN TIME.</b>	 <b>0 SUGARY DRINKS—MORE WATER.</b>
<b>Week 1 - October 3-7</b>	<b>Week 2 - October 10-14</b>	<b>Week 3 - October 17-21</b>	<b>Week 4 - October 25-28</b>
<b>Work Out Wednesday</b> - Dress in activewear	<b>Favorite Fruit/Veggie Wednesday</b> - Dress like your favorite fruit or veggie	<b>Outdoorsy Wednesday</b> - Dress in outdoor activity gear	<b>Water Wednesday</b> - Dress in blue

# October LIBRARY NEWS

## LIBRARY NUMBERS

In September,  
South Prairie  
students  
checked out

782 books!



## READ AT HOME

Click on the book cover  
to read Creepy Crayon  
at home!



## WHAT WE'RE LEARNING

2nd graders are finishing up reading *The Adventures of Captain Underpants*. While reading this story they have been creating their own superheroes, finishing comic story starters, and sharing lots of laughs!

3rd and 4th graders have been reading the *Jasper Rabbit* series by Aaron Reynolds. After reading the newest book, *Creepy Crayons*, students have been working in pairs to construct a Crayon Castle using paper cups and popsicle sticks. It has been a fun challenge!

Kinder and 1st graders are learning and practicing how to find books on the shelves!

## REMINDERS

The book fair will be here very soon! Look for information coming in an email and home with your student next week about dates and shopping!

## DCG ELEMENTARY DIRECTORY!



Join our (free!) directory at [www.dcgpto.com](http://www.dcgpto.com) to have your information included and gain access to our digital directory! Once you're in you can search by school, grade, or class.

Log in with your username and password previously created, or create a new log in! Once we verify your child is enrolled at DCG you will be granted access.

You must include an address, phone, and/or email to be included.



DCG PTO

## In need of

South Prairie Elementary is currently in need of donated new or gently used headphones or ear buds.

Headphones or earbuds are used multiple times a day to encourage independent reading and during small groups.

Right now not every kid has one and we need your help.

\*\*Drop off at the front office or contact Sarah if you have questions or for more information.

