

Our mission is to maximize learning for all students

MAXEY Messenger



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Important Upcoming Dates

Oct. 14-15: Book Fair – Media Center (8:00-9:00 a.m. and 3:00-4:30 p.m.)
Tues., Oct. 20: PLC Early Release Day – Dismissal at 2:18p.m.
NO SCHOOL FOR EXCITE STUDENTS
Fri., Oct. 23: Fall Classroom Parties
Fri., Oct. 23: End of 1st Quarter
Oct. 26-30: FALL BREAK – NO SCHOOL – SCHOOL CLOSED
Wed., Nov. 4: Picture Retakes/Group Pictures
Mon., Nov. 9: PTO Executive Committee Meeting-Conference Room (6:00-7:00p.m.)
PTO General Meeting-Annex (7:00-8:00p.m.)
Wed., Nov. 11: Report Cards go home with Students
Mon., Nov. 23: NO SCHOOL FOR EXCITE STUDENTS
Tues., Nov. 24: PLC Early Release Day – Dismissal at 2:18p.m.
NO SCHOOL FOR EXCITE STUDENTS
Wed., Nov. 25: No School for Elementary Students – Teacher Plan Day
Nov. 26 & 27: NO SCHOOL – SCHOOL CLOSED FOR THANKSGIVING HOLIDAY
Tues., Dec. 8: Band Concert-Multipurpose Room (6:30-7:30p.m.)
Tues., Dec. 15: PLC Early Release Day – Dismissal at 2:18p.m.
NO SCHOOL FOR EXCITE STUDENTS
Thurs., Dec. 17: Strings Concert-Multipurpose Room (7:00-8:00p.m.)
Dec. 21-Jan. 1: WINTER BREAK – NO SCHOOL – SCHOOL CLOSED

Student Directory Consent Form

The pink directory consent forms were due today, October 14th. We will accept them through Friday, October 16th. If you don't have your form turned in by Friday, October 16th, you will NOT be included in the directory.

Fundraiser Items

The fundraiser items that your children sold will be sent home with kids on Monday, October 19th. The giftwrap will be sent home with your child. If your child sold cookie dough, you will need to come into the school gym to pick that up (please see information

regarding this in the attached Mustang Matters). **Please note that ONLY those that sold cookie dough need to come inside it get their items.** All other items will be sent home with your child.

Student Council Update

Student Council is sponsoring the Karl and Bo Pelini Foundation with our Wednesday sales. We have numerous items for sale from \$.25 to \$1.50.

Also, Wednesday October 21st is Sports Day. Students are welcome to wear a favorite jersey or other sports related clothing. Please, no cleats or hats.

Wellness Committee Update

The wellness committee met with Jessie Coffee, RD of LPS and learned more about the nutritional content of the meals served to our children. Did you know that 4/5 days our breads are whole wheat? And the hot dogs served at lunch are made from turkey. All students are welcome to join us for breakfast (cost is \$1) and we just added hot oatmeal to the menu. Breakfast starts at 8:30am and there is adult supervision.

Here's our tip for this week from Michigan State University. Next week, we will share ideas for zero cost alternatives to food as reward.

At school, home and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little nutritional value but are easy, inexpensive and can bring about short-term behavior change. There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages overconsumption of foods high in added sugar and fat.
- It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. 2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and

Annu. Rev. Nutr. 1999, 19:41-62. Trends in Overweight Among US Children and Adolescents, 1999-2000.

JAMA, October 9, 2002 Vol 288, No. 14.

Help Wanted: Maxey Parent to help with our "Pyramids of Success"

We need someone to hang our most honorable mustangs on the wall in the lunchroom. This job could be done everyday or every other day. If you are interested, please email Greg Tebo (gtebo@lps.org) or Tracey Peterson (tpeters@lps.org) or call us at 436-1153. Thanks!

Bubba's Closet

The Lincoln Public Schools Elementary Principals will be presenting Bubba's Closet again this year. If your elementary-age children have outgrown their winter clothing, please drop them off at any Hanger's Cleaners between October 5th and November 7th. The clothes will be cleaned by Hanger's, and sorted by LPS elementary principals. On Saturday, November 14th, Bubba's Closet will be open at McPhee Elementary (820 Goodhue Blvd.) from 8:30-9:30a.m. Any elementary student, accompanied by an adult, may choose appropriate items of clothing to adopt and use! Please see attached flyer.

TEACH A KID TO FISH ART CONTEST

See the attached flyer. Help your children learn more about how to eat smart and stay active while creating art—plus they can win prizes for themselves and their teacher. Deadline is October 19th. For more information contact: jcf4331@earthlink.net.

Lost & Found (4th notice)

The lost and found area is filling up fast already this year. This area is located between the 2 sets of doors at the end of the main hallway. Please have your child check this area if they are missing anything. We have had a lot of lunch boxes found and reported missing. **Everything left in the lost and found will be donated during Fall Break**, so make sure you check it before then.

Health Office Dental Exams

Every year the School Health Office is required under Nebraska law to do health screenings on students. One of those screenings is for dental problems. If your child has seen the dentist in the past year you can complete the form below and return it to the health office and it will meet that requirement.

Parents: The dentist will be visiting Maxey in November to screen all students who have not submitted a form indicating a regular dental check up in the past 12 months.

Please complete the following information on your student, detach and return to the school health office, or email to awahlst@lps.org.

Thank you,
Dianne Smith RN, School Nurse
Alane Wahlstrom, Health Technician

STUDENT NAME _____

DATE OF LAST DENTAL VISIT _____

NAME OF DENTIST _____