



CROUGHTON ELEMENTARY SCHOOL NEWSLETTER
DECEMBER 2008

Office of the Director, DoDDS-Europe
Diana J. Ohman, Director

Nutrition is crucial to children's health and is worth keeping in mind as we approach the holiday season and find ourselves tempted to indulge. Breakfast gets children to lunch, lunch gets them home, and dinner nourishes them overnight. Having a good dinner in the evening just isn't enough; children need to make wise food choices throughout the day, but how do we get them to eat right?

It is important to practice what you preach when it comes to nutrition. You are your children's first and most important teacher, even if your children, particularly your preteens and teens, don't always see it that way. If you start your day with a large coffee and bagel in the car, your children may believe that caffeine and sugar are clever breakfast choices and that eating on the go is normal. Here are some ways to be mindful of what you eat as a family:

Shop for groceries together. Read food labels for nutritional content, and choose foods that are low in sugar and fat.

Discuss the school lunch menu with your child in advance to help him or her make wise food choices. If your child takes a lunch from home, have him or her help pack a healthy one.

Encourage your children to cook with you, and allow them to help plan the week's meals. Slowly introduce some new wholesome foods.

Dine together as a family as often as possible. Although you may spend many hours in the car attending multiple activities, the car is not the dinner table. Try to refrain from eating there as it encourages eating fast food on the run. Dining together not only encourages healthy eating habits, it helps bond the family.

Stock your home with low-sugar foods and rid the pantry of refined sugar, i.e., processed white sugar found, for example, in many boxed snacks and cereals.

Avoid fast-food restaurants by planning your meals and snacks before leaving home. Be prepared for meal-time changes and food substitutions if necessary.

Food should not be given as a reward.

You know your child better than anyone and can provide food choices that are healthy and tasty. These examples can help guide you and your family toward healthier food choices. As a result, you and your family will achieve a dietary balance that will reward all of you in many ways throughout life.

DIANA J. OHMAN
Director, DoDDS-Europe



The DODDS Customer Satisfaction Survey is now available on the following websites:

www.dodea.edu

www.cros-emseu.dodea.edu

Parents from all over the world are asked to participate so it would be very much appreciated if you would take a few minutes and complete it.

Croughton students in Grades 4-6 will also have an opportunity to complete a survey here at school.

Please phone 236-8490 or 01869 810 613 and ask to speak with Mrs. Fitz if you have further questions.



Would you like for your child to learn Spanish?

Are you in Grades 4-6?

Gustas aprender Espanol? Then come join us after school on Mondays 3-4:15 pm for our FREE Spanish Club. Spanish Club will start on Monday January 5. More information will come home later this month.

Hasta Luego. Translation: **gustas aprender Espanol?** Would you like to learn Spanish? **Hasta Luego** see you later.

Ms. Fitz will be in Maryland on the dates of 8-12 December 2008 where she will be receiving the DODEA Outstanding Employee of the Year with a Disability Award.



COUNSELOR'S CORNER

Dear Parent,

Your child will be viewing a video this week in Guidance class entitled *The Six Pillars of Character: Respect* featuring the Popcorn Park Puppets. This video depicts and identifies respectful and disrespectful behavior, and teaches that treating people with respect leads to good friendships and positive interpersonal relationships.

Here are some things you can do to reinforce the message of this video and our related learning activities.

1 Ask your child to tell you about this video program and what he or she learned from it.

2 Talk with your child about the importance of treating other people with respect. Make sure he/she knows that it is important to you, and that it will lead to stronger friendships.

3 Help your child become sensitive to his or her own behaviors or language that may be of a disrespectful nature, as he or she deals with siblings or friends.

Remember that you are a powerful role model for your child. If you treat people respectfully, that is what your child will learn from you.





December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 <i>Geo Bee 0900 Grades 4-6</i>	12 <i>B'day Assembly B'fast with Santa 0845</i>	13
14	15	16 <i>Holiday Program 0845</i>	17	18	19	20
21	22 <i>C</i>	<i>H</i>	24 <i>R</i>	25 <i>I</i>	26 <i>S</i>	27 <i>T</i>
28	29 <i>M</i>	30 <i>A</i>	31 <i>S</i>			

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>B</i>	<i>R</i>	<i>E</i>	<i>A</i>	<i>K</i>	3
4	<i>5 Students return to school</i>	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



In honor of Native American Heritage Month , all students at Croughton ES became Native Americans for the month of November. The first task was to make replicas of themselves. Many of these are 'larger than life! Young students dressed their replicas as Native American children. Older students had the opportunity to chose a Nation from whichever state is their HOR, learn facts about that specific nation and dress their models in the style of the nation they chose.



All of this artwork will be on display in the Great Hall during the Holiday program on 16 December 2008. After the program and possible visit from Santa, your child will identify his/her work with the hopes that you will be able to transport their projects home...safely!

